

Hi – My name is Lindsey.

I'm here to help guide you on how to eat and care for yourself following weight loss surgery.

Once home, your diet will progress through four phases:

A Clear Liquid Diet

A Full Liquid Diet

A Pureed Food Diet

And a Solid Food Diet

How long you stay on each diet will depend on how you are feeling.

Talk with your dietitian if you have any questions or concerns.

Most people are able to start eating a regular diet 5 weeks after surgery.

Clear Liquid Diet:

You began a clear liquid diet at the hospital and will continue until your first follow-up clinic visit.

You will be able to have water, broth, fruit juice, sugar-free gelatin or unsweetened tea.

Your patient education binder has a list of liquids you can safely choose from. It's a good idea to shop in advance.

Liquids must be introduced slowly and in small amounts.

Measure each swallow, which should be one-half ounce or one-half of a small medicine cup.

You should drink a minimum of 1 ounce of liquids every 15 minutes during waking hours.

As the swelling in your new stomach decreases, you will be able to tolerate slightly larger amounts of liquids.

Be aware that not getting enough liquids can easily lead to dehydration.

Call your clinic if you have concerns.

Protein supplements and pre-made protein drinks will help you meet your nutritional needs while on the clear liquid diet.

A protein supplement should have at least 20 grams of protein, less than 250 calories and less than 10 grams of carbohydrate per serving.

You'll need to supplement your diet with vitamins and minerals every day ... for the rest of your life.

You'll need to take a multivitamin with iron,
an under-the-tongue B12,
calcium citrate,
and vitamin D.

Full Liquid Diet

You will start a full liquid diet after your first follow-up clinic visit.

Work towards drinking 64 ounces or 8 cups of liquids each day.

In addition to clear liquids, you can drink protein shakes, skim milk, tomato and V8 juices, along with strained and diluted low fat cream soups.

Check your patient education binder for details.

Be aware that cold or iced liquids and carbonated beverages can cause uncomfortable spasms.

It's best to limit beverages that are caffeinated or carbonated.

Drink water and low calorie liquids *slowly* and *many times* throughout the day to successfully reach your goal of 64 ounces.

Drink what you tolerate best until your 64 ounce goal is met for the day to prevent dehydration.

One helpful tip is to divide your liquids throughout the day. For example:

With a goal of 64 ounces - drink 24 ounces during the morning hours, 20 ounces in the afternoon and 20 ounces in the evening.

It can be helpful to track how much liquids you drink to successfully reach your goal of 64 ounces each day.

Pureed Diet

You will start a pureed diet 3 weeks after your surgery.

The amount you are able to eat will vary from meal to meal, depending on the food.

Portion sizes range between 1 tablespoon to 1/2 cup per meal.

Pureed foods should be the consistency of applesauce.

Examples of foods that are naturally this texture include low-fat Greek yogurt, applesauce, and hot cereals.

Your blender will become an essential tool. Solid food that is not pureed will not pass well in your new stomach.

Focus on pureeing food rich in protein, such as chicken, cottage cheese, and hard boiled eggs with yogurt.

Refer to your patient education binder for menu ideas.

Be sure to eat protein foods first and take small bites.

You may also drink 1 protein shake each day.

Drink 64 ounces or 8 cups of calorie-free liquids, especially water, throughout each day and in between your meals.

Eating too much or eating the wrong foods could cause a leaking of digestive juices or partially digested food.

Follow program recommendations to avoid any unpleasant reactions.

Eat slowly and listen for your body's cues. A heavy pressure sensation in your chest will be your sign that your new stomach is full.

Once you are on pureed foods, it is very important to follow the 30/30 rule.

This means don't drink liquids 30 minutes before meals, while you are eating and 30 minutes after meals.

Solid Food Diet

After your 5-week follow-up clinic visit, you can start a solid food diet.

You will need to eat 3 well-balanced meals each day.

Nutritious food such as eggs, fish, moist meats, cooked vegetables and fruit are great choices.

The amount you eat will depend on food choices and your feeling of fullness. Stop eating when you feel satisfied.

Your goal is to have at least 60 grams of protein each day. This is very challenging to get from solid foods.

You may want to include a protein supplement as part of your liquids.

Most patients find that by the time they are a few months out of surgery they can achieve protein goals through solid foods and no longer need a protein supplements.

Many patients have increased sensitivity to certain foods, especially those high in fat, sugar or carbohydrates.

Refer to your patient education binder for problem foods to avoid.

Dumping Syndrome

Patients who have a Roux-en-Y gastric bypass may experience an unpleasant reaction called "dumping syndrome".

Dumping syndrome can happen after eating food that is high in sugar or fat.

These problem foods can move out of your stomach too quickly and enter your intestines without being partially digested by the gastric juices of your old stomach.

To avoid experiencing dumping syndrome – be sure to make good nutrition choices.

At six months, you may be able to eat about one-half cup per meal.

After a year, your new normal meal size will be about one cup of food.

Each day for the rest of your life, you'll need to:

- Eat three well-balanced meals
- Supplement your diet with vitamins and minerals
- And Drink 64 ounces or 8 cups of liquids

Remember to keep following the 30/30 rule.

Don't drink liquids 30 minutes before meals, while you are eating and 30 minutes after meals.

Last but not least ...

Your weight loss surgery team is always available to help you. Please seek our support whenever you need it.