

## PHASE 4: SOFT FOODS (CONTINUED)

Phase 4 Sample Menu	
Breakfast	1/2 cup cereal soaked in 1/4 cup skim milk, 1 boiled egg
Snack	1/2 cup Greek yogurt, 1/2 banana
Lunch	1/2 cup tuna salad, 1/4 cup cooked/soft vegetables, 1/2 small baked potato
Snack	Protein shake (8 ounces sipped over the course of 1 hour), low-fat cheese stick
Dinner	1/2 cup ground turkey with 2-3 tablespoons spaghetti sauce and 1/4 cup noodles
Snack	1/2 cup cottage cheese, 1/2 cup canned peaches
Provides approximately 85 grams of protein	

## PHASE 5: REGULAR FOODS

In uncomplicated surgeries, your "regular diet" phase should begin 6-8 weeks after surgery. This means that you may begin to introduce normally textured foods back into your diet. Continue to limit total food volume to 3/4-1 cup at a time.

• Examples of recommended foods:

- Lean protein
- Low-fat dairy products
- Fruits
- Vegetables
- Whole grains
  - You may note that, while these foods have been included in previous phases, they no longer need to be cooked or prepared to a specific consistency.

Notes/Questions:

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Phase 5 Sample Menu	
Breakfast	1/2 English muffin, 10 grapes, 1/4 cup Greek yogurt
Snack	Protein shake (8 ounces sipped over the course of 1 hour), 1 peach
Lunch	1/2 of a lean turkey sandwich, 1 small apple, a few raw veggies with hummus
Snack	1/2 of a peanut butter sandwich, 1/2 cup skim milk
Dinner	2 oz. of chicken breast, 1/3 cup brown rice, 1/2 cup green beans
Snack	4-6 crackers, low-fat cheese stick
Provides approximately 62 grams of protein	

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# Your Guide to Your Diet After Bariatric Surgery



Fairfield  
 Medical Center

This guide has been prepared to assist you and your family with understanding the diet restrictions and recommendations you should plan to follow after bariatric surgery.

## DIET RECOMMENDATIONS AFTER SURGERY

During the first 6-8 weeks following bariatric surgery, you will move through several different steps, or phases, of diet restrictions and recommendations. There are five phases total, each consisting of different types and textures of foods.

Protein supplements will be added to create "high protein" options.

Staying hydrated is important as well. Initially, however, you may only be able to tolerate 1/4-1/2 cup of liquid at a time. When you're able, should aim to slowly consume eight ounces every hour, taking small sips every several minutes. Your water intake goal for the day should be at least 48-64 oz., or 6-8 cups. You should avoid straws and carbonation for the first six (6) weeks following surgery.

Keep a record of what you're drinking, how much you're drinking and how much protein you consume to ensure you're on track to promote healing and maintain lean muscle.

## OVERVIEW OF DIET PHASES

- Phase 1: Clear liquids (1-2 days after surgery)
- Phase 2: Full liquids (1-2 weeks after surgery)
- Phase 3: Pureed foods (2-4 weeks after surgery)
- Phase 4: Soft foods (4-6 weeks after surgery)
- Phase 5: Regular foods (6-8 weeks after surgery)

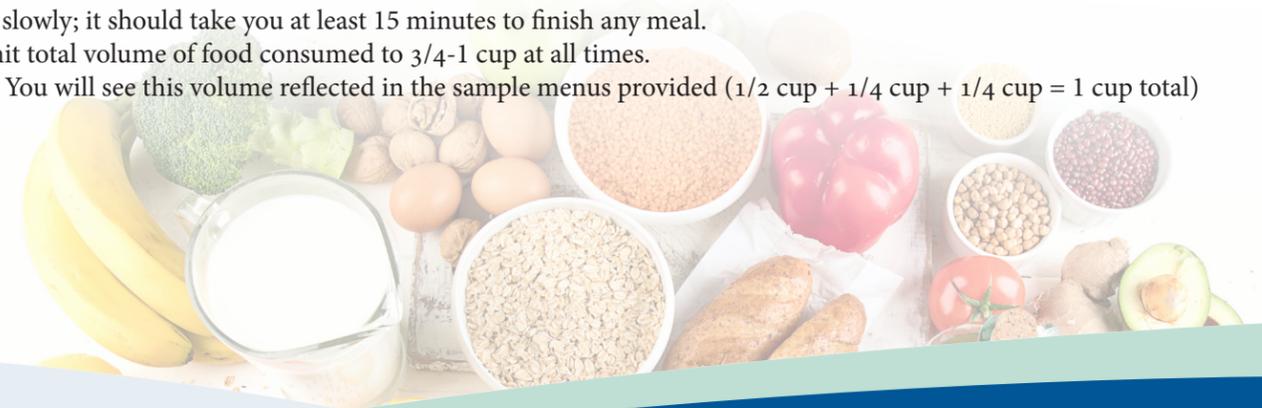
As you move onto the next phase, you may continue to include foods and beverages from the previous phase.

**During all phases, it is extremely important to:**

- Take *small sips* and *eat slowly*.
- Do not drink beverages with your meals. Instead, drink beverages 30 minutes before and 30 minutes after meal.
- Drink plenty of water between meals throughout the day to avoid dehydration – continue to take small sips.
- Take your daily vitamin and mineral supplements.

**As you move into phases 3-5, it is also important to:**

- Take small bites of food.
- Eat slowly; it should take you at least 15 minutes to finish any meal.
- Limit total volume of food consumed to 3/4-1 cup at all times.
  - You will see this volume reflected in the sample menus provided (1/2 cup + 1/4 cup + 1/4 cup = 1 cup total)



## PHASE 1: CLEAR LIQUIDS

In uncomplicated surgeries, the clear liquid phase only lasts for 1-2 days after your surgery. As you may have guessed, clear liquids are most easily defined as liquids you can see through. This means you should avoid anything heavy or very rich.

- Examples of clear liquids:
  - Sugar free or low sugar beverages
  - Sugar free or low sugar gelatin
  - Sugar free or low sugar popsicles
  - Broth and/or Bouillon cubes
  - Diluted fruit juice
  - Water

Notes/Questions:

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Phase 1 Sample Menu	
Breakfast	High protein broth, diluted juice (separate from meal time), sugar free gelatin
Snack	Diluted juice
Lunch	High protein broth, high protein gelatin, sugar free popsicle
Snack	High protein gelatin
Dinner	High protein broth, sugar free popsicle, sugar free gelatin
Snack	Sugar free gelatin or sugar free popsicle

## PHASE 2: FULL LIQUIDS

In uncomplicated surgeries, the full liquid phase should be followed during weeks 1-2 after your procedure. Full liquids are typically thicker than clear liquids, but still liquid at room temperature. You may only tolerate 1/4-1/2 cup of liquids at a time. Aim for eight (8) oz. every hour, and keep track of what, how much and the amount of protein you are consuming to ensure you're reaching your nutrition goals to promote healing.

- Examples of full liquids:
  - Skim milk
  - Strained cream soups
  - Unsweetened applesauce
  - Cream of wheat or rice cereal (not oatmeal)
  - Artificially sweetened yogurt (Greek yogurt may help you meet protein goals)
  - Sugar free pudding
  - Vegetable juice
  - Sugar free drink mixes

Notes/Questions:

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Phase 2 Sample Menu	
Breakfast	1/4-1/2 cup of cream of wheat or rice cereal with 1 scoop of protein powder
Snack	Protein shake (8 ounces sipped over the course of 1 hour)
Lunch	1/4-1/2 cup <i>strained</i> cream of chicken soup
Snack	1/4-1/2 cup Greek yogurt
Dinner	1/4-1/2 cup beef broth with 1 scoop of protein powder
Snack	Protein shake (8 ounces sipped over the course of 1 hour)
Provides approximately 70-90 grams of protein	

## PHASE 3: PUREED FOODS

In uncomplicated surgeries, the pureed food phase should be followed during weeks 2-4 after your procedure. Pureed foods are typically blended, smooth or strained – similar to the consistency of baby food. In fact, if you prefer, you can purchase jars of baby food to consume during this stage of food introduction. If you don't want to purchase baby food, we recommend you use a blender or food processor to prepare your meals. Limit total food volume to 3/4-1 cup at a time.

- Examples of pureed foods:
  - Mashed potatoes
  - Strained cottage cheese
  - Blended soft fruits and vegetables
  - Scrambled eggs or egg substitutes
  - Oatmeal
  - Homemade, low-sugar smoothies or puddings
    - Add protein powder
  - Pureed, strained meats
    - Chicken, fish or lean beef
    - Use broth, milk or water to create smooth texture in blender

Notes/Questions:

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Phase 3 Sample Menu	
Breakfast	1/4 cup scrambled egg (approximately 1 egg), 1/4 cup cream of wheat or oatmeal, 1/4 cup of unsweetened applesauce
Snack	Strawberry smoothie (2-3 frozen strawberries, 1 scoop protein powder, 1/2 cup milk, 1/2 cup Greek yogurt)
Lunch	1/4 cup pureed beef, 1/4 cup pureed peaches, 1/4 cup pureed peas
Snack	1/2 cup strained cottage cheese, 1/4 cup pureed fruit
Dinner	1/2 cup pureed chicken noodle soup, 1/4 cup mashed potato, 1/4 cup pureed vegetables
Snack	Protein shake (8 ounces sipped over the course of 1 hour)
Provides approximately 75 grams of protein	

## PHASE 4: SOFT FOODS

In uncomplicated surgeries, the soft food phase should be followed during weeks 4-6 after your procedure. During this phase, you may begin to introduce soft textured food back into your diet. We recommend you use low fat gravies and/or sauces to moisten your food. Continue to limit total food volume to 3/4-1 cup at a time.

- Examples of soft foods:
  - Tuna, salmon and other flaky fish
  - Beans or lentils, cooked thoroughly
  - Skinless chicken, turkey, lean beef or pork, cooked until tender and cut into small pieces or ground
  - Lean deli meats; low-fat cheese sticks
  - Boiled eggs
  - Canned fruits and vegetables (in light syrup)
  - Baked potato without skin
  - Cooked noodles
  - Cereal soaked in milk until soggy

Notes/Questions:

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