

Post Bariatric Surgery Diet

- Diet after bariatric surgery will include a total change in a patient's food habits.
- To get the best results in weight loss, the patient has to comply with the dietary instructions as mentioned below.
- This dietary plan consists of multiple stages starting from the first day of surgery:
- First stage: Clear Fluids (Time period: From 1-3 days post surgery)
 - Second stage: Full Fluids (Low Fat and Sugar Free) (Time period: 2 weeks)
 - Third stage: Pureed Foods (Time period: 2-4 weeks)
 - Fourth stage: Soft Foods (Time Period: 4-6 weeks)
 - Fifth stage: Regular foods (Time Period: After 6 weeks)
- Shifting from one stage to another depends on patient tolerance
- Stop eating when you feel full, otherwise you may develop vomiting & discomfort
- Drink 6-8 cups of water (30-60 ml roughly 2 -4 tablespoons every 15 minutes)
- Always remember that your new small stomach can tolerate only limited amount of food /30-60 ml (2-4 tablespoons).
- When starting solid foods (full consistency), take only a small amount, eat slowly, and chew the food thoroughly.
- Don't use straws for drinking.

Stages of Dietary Plan

Stage (1): Clear fluids

Time period: From 1-3 days post surgery

Allowed foods:

Water, non carbonated, decaffeinated and no added sugar drinks, fresh strained juices, strained soups, jelly, mint/green tea and strained herbal drinks.

How to consume

Drink liquids - 30 ml (6 tea spoons) every 15 minutes and ensure the intake of 2-3 liters/day

Tips to avoid:

- Avoid sweetened drinks/juices
- Avoid soft drinks and alcohols
- Avoid chewing gum and chocolate
- Don't use a straw to drink liquids
- Stop drinking when you feel full
- Liquids should be served at room temperature