

Diet Progression

When to Change Your Diet After Surgery

After weight loss surgery, you will need to slowly return to eating solid foods. This will help your body heal and help you get used to your new eating habits.

Please follow the diet progression listed in the chart below. Do not change your diet ahead of schedule.

It is OK to change your diet more slowly or go back to a previous diet based on how you are feeling. Talk with your dietitian if you have any questions or concerns.

Type of Diet	Start Date	How Long	When to Change Your Diet
Clear liquid diet		1 week	You will start this diet while you are in the hospital. When you leave the hospital, you can add protein shakes.
Full liquid diet		2 weeks	You will start a full liquid diet 1 week (or 8 days) after your surgery.
Pureed diet		2 weeks	You will start a pureed diet 3 weeks (or 22 days) after your surgery.
Regular diet			You will start a regular diet 5 weeks (or 36 days) after your surgery.

Important Reminders When Drinking Liquids

- Do not drink very hot or very cold liquids.
- Do not swallow ice.
- Do not drink any type of carbonated beverage.
- Sit up straight when drinking liquids.
- Do not drink through a straw.

Clear Liquid Diet

Important

Try to have at least 1 protein shake each day while on a clear liquid diet.

Note: Your protein shake does not have to be clear.

It is OK to add skim milk, 1 percent milk, unsweetened almond milk or soy milk with your protein powder.

During your hospital stay, you will be on a clear liquid diet. You will be able to have water, broth, fruit juice, sugar-free gelatin or decaffeinated, unsweetened tea.

After you leave the hospital, you will be on a clear liquid diet with protein shakes. You will stay on this diet for 1 week.

At home, you can choose from the following:

- water
- protein shakes
- broth, bouillon or granules
- sugar-free drink mixes, such as Crystal Lite[®] or sugar-free Kool-Aid[®]
- 100 percent fruit juices (diluted half water and half juice at first)
- sugar-free gelatin
- decaffeinated, unsweetened tea or coffee
- sugar-free Popsicles[®] (melt in your mouth before swallowing)
- sugar-free lemonade
- Propel[®] Fitness Water diluted with one-half water (This is a good source of potassium and vitamins.)

Full Liquid Diet

Important

Try to have 2 protein shakes each day while on a full liquid diet. If you cannot or have any questions, please talk with your dietitian.

You will start a full liquid diet 1 week after your surgery. You will be able to increase how much you drink over the first several weeks. You should work toward drinking 64 ounces (8 cups) of liquids each day.

Along with the clear liquids listed above, you can also choose from the following:

- skim milk: for flavor, add sugar-free Nestle[®] Nesquik[®] or no-sugar added Carnation[®] Instant Breakfast[®]
- V8[®] 100 percent vegetable juice or Diet V8 Splash[®]
- tomato juice
- tomato soup (Mix soup with one-half water and one-half skim milk, or all water if you cannot tolerate milk.)
- low-fat cream soups, strained. (Mix soup with one-half water and one-half skim milk, or all water if you cannot tolerate milk.)

Pureed Diet

Important

Pureed foods should be the consistency of applesauce.

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

- You can start adding foods that you puree in a blender.
- Be sure to eat protein foods first and take small bites.
- Start following the 30/30 rule.
- Drink 64 ounces (8 cups) of liquids each day.
- Drink at least 1 protein shake each day in between meals.
- Start having more structure to your meals: breakfast, lunch and dinner.

In general, you will eat about 1 tablespoon to ½ cup (at most) of food at each meal.

Food	Pureed Diet Examples
Proteins	<ul style="list-style-type: none">■ pureed soft meats, poultry, fish, tuna■ pureed tofu■ small curd cottage cheese■ skim milk or light soy milk■ plain, low-fat or fat-free yogurt without chunks of fruit■ Greek yogurt without chunks of fruit■ pureed hard-boiled eggs with low-fat mayo or plain Greek yogurt■ baby food meats
Grains and cereals	<ul style="list-style-type: none">■ Cream of Wheat®■ Malt-O-Meal®■ rice cereal
Potatoes	<ul style="list-style-type: none">■ thinned mashed potatoes■ thinned mashed sweet potatoes
Vegetables	<ul style="list-style-type: none">■ pureed soft cooked vegetables (such as squash, carrots or beets)■ baby food vegetables
Fruits	<ul style="list-style-type: none">■ unsweetened pureed fruit (such as peaches or pears)■ unsweetened applesauce■ baby food fruits
Miscellaneous	<ul style="list-style-type: none">■ soups (any strained or pureed)■ sugar-free pudding
Flavorings or seasonings	<ul style="list-style-type: none">■ dried or powdered herbs and spices■ broth (chicken, beef, vegetable)■ artificial sweeteners and sugar (use very sparingly)

Sample Pureed Diet Menu		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ 2 tablespoons yogurt ■ 1 tablespoon Cream of Wheat <p style="text-align: center;">or</p> <ul style="list-style-type: none"> ■ 2 tablespoons pureed hard-boiled egg ■ 1 tablespoon Malt-O-Meal 	<ul style="list-style-type: none"> ■ 2 tablespoons cottage cheese ■ 1 tablespoon pureed peaches <p style="text-align: center;">or</p> <ul style="list-style-type: none"> ■ 2 tablespoons pureed deli turkey ■ 1 tablespoon pureed green beans 	<ul style="list-style-type: none"> ■ 2 tablespoons pureed chicken ■ 1 tablespoon pureed squash <p style="text-align: center;">or</p> <ul style="list-style-type: none"> ■ 2 tablespoons pureed pork tenderloin ■ 1 tablespoon applesauce

Regular Diet

You will start a regular diet 5 weeks after your surgery.

- You can now try any type of food at this time. There may be foods that you will not be able to tolerate. You can read more about problem foods on the next page.
- The amount of food you eat will depend on what you eat and your feeling of fullness. **Stop eating when you feel satisfied.**
- Continue to drink 64 ounces (8 cups) of liquids each day and follow the 30/30 rule.

Sample Regular Diet Menu				
Breakfast	Snack	Lunch	Snack	Dinner
<ul style="list-style-type: none"> ■ ½ cup yogurt or 1 egg with 1 strawberry ■ 30 minutes later, start drinking calorie-free beverages 	<ul style="list-style-type: none"> ■ 1 ready-to-drink protein supplement or 1 scoop of low-sugar protein powder mixed with 8 ounces of skim or 1 percent milk (You can divide into two 4-ounce servings.) 	<ul style="list-style-type: none"> ■ ¼ cup chili with 1 to 2 baby carrots ■ 30 minutes later, start drinking calorie-free beverages 	<ul style="list-style-type: none"> ■ 1 string cheese 	<ul style="list-style-type: none"> ■ 1 to 2 ounces meat, fish or poultry ■ 1 to 2 asparagus spears, cooked ■ 1 to 2 banana slices (if still hungry) ■ 30 minutes later, start drinking calorie-free beverages