



ADVANCED SURGICAL & BARIATRICS OF NJ, PA



Post Surgery Diet Stages

Sleeve Gastrectomy and Gastric Bypass

These are allowed items: they are not mandatory to consume. Any questions or concerns, please contact your registered dietitian.

Stage 1: CLEAR LIQUIDS

Days: 1-3

Protein Goal: 40 grams

Fluid Goal: 48 ounces or more

- Non carbonated/calorie-free liquids: can dilute 8 ounces low sugar juice with water
- Clear liquid protein shake: Baritrack Creamsicle: blend with water/ice for first 3 days and then can blend with the milk of your choice (almond, skim, soy)
 - You can use 1 scoop of powder with 4 ounces of liquid or 2 scoops with 8 ounces at a time, whichever is easiest for you.
- Sip liquids as tolerated all day: try to keep a water bottle with you
- Take liquid vitamins: mix powder with 4-8 ounces of water, tea, coffee or add to your shake (must consume within 20 minutes once mixed).

Stage 2: FULL LIQUIDS

Days: 4-13

Protein Goal: 50 grams or more

Fluid Goal: 64 ounces or more

- Drinkable or then consistency yogurt (no fruit pieces)
- Protein shakes: milk based- can blend 1 fruit in them to change flavor
- Pudding
- Soup: cream or water based, strained
- Cream of wheat/oatmeal (make with milk or add protein powder)

Stage 3: PUREE/MUSHY

Days: 14-20

Protein Goal: 60 grams or more

Fluid Goal: 64 ounces or more

- Ricotta cheese / cottage cheese / any type of yogurt (Greek yogurt has extra protein)
- Refried beans / guacamole / hummus
- Tuna / egg salad with tablespoon of mayonnaise
- Any type of white fish (broiled/baked tilapia, flounder, etc.)
- Scrambled egg
- Follow up with your registered dietitian so you can discuss your goals

Stage 4: SOFT FOODS/ADVANCE AS TOLERATED

Days: 21+

Protein Goal: 60 grams or more

Fluid Goal: 64 ounces or more

- Slowly reintroduce foods back. You should have your guidelines from your registered dietitian. If not make sure to schedule a follow up appointment.

REMEMBER: PROTEIN FIRST AT MEALS

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Post Surgery Diet Stages

STAGE 1: CLEAR LIQUIDS (Days: 1-3)

Day 1 post surgery: begin sipping clear liquids all day to stay hydrated. Allowed items this week: water, unsweetened tea (iced or hot), clear soup/broth (no pieces), Jell-O, sugar free popsicles, Propel, G2 Gatorade, Vitamin Water Zero, Bai 5, LifeWater, etc. (any calorie free beverage).

You can dilute 4-8 ounces of low sugar fruit juice with water. Aim to get in 1-3 CLEAR protein shakes during these days: Baritrack Creamiscle

STAGE 2: FULL LIQUIDS (Days: 4-13)

Continue to sip on clear liquids throughout the day for hydration. Additions: Milk- based protein shakes (Baritrack chocolate / vanilla- try blending in ½ banana or ½ cup berries), yogurt (may want to start out with thin consistency such as drinkable yogurts or other non Greek), thinned oatmeal and cream of wheat (make with milk or add protein powder), soups (cream or clear, strained), pudding (no sugar added), vegetable juice.

Sample Menu: Remember each person is able to tolerate different amounts. You need to consume liquids / solids slowly and mindfully to see what your new stomach can hold. Also, these are not mandatory items- just ideas! Questions contact your registered dietitian.

MEAL	SAMPLE MENU CHOICES
Breakfast	Protein shake
Throughout morning	Drinking fluids
Lunch	6 ounces of yogurt
Throughout afternoon	Drinking fluids
Afternoon snack	Pudding
Throughout late afternoon / early evening	Drinking fluids
Dinner	Cream of tomato soup
Evening	Drinking fluids
Snack	½ protein shake



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Post Surgery Diet (cont'd)

STAGE 3: PUREE / MUSHY (Days: 14-20)

Protein goal: 60 grams or more/day

Fluid goal: 64 ounces/day

Continue to sip on clear liquids throughout the day for hydration. Additions this week: Mashed up tuna or egg salad made with a tablespoon of mayonnaise, small curd of whipped nonfat / 1% cottage cheese (plain) part skim ricotta cheese, hummus, guacamole, refried beans, scrambled egg, baked white fish, flaked (flounder, cod, tilapia, etc.), bean / lentil soup.

Sample Menu: Remember each person is able to tolerate different amounts. You need to consume liquids / solids slowly and mindfully to see what your new stomach can hold. Also, these are not mandatory items- just ideas! Questions contact your registered dietitian.

MEAL	SAMPLE MENU CHOICES
Breakfast	Protein shake
Throughout morning	Drinking fluids
Lunch	Scrambled egg
Throughout afternoon	Drinking fluids
Afternoon snack	½ cup part skim ricotta cheese with marinara sauce
Throughout late afternoon / early evening	Drinking fluids
Dinner	½ can tuna salad
Evening	Drinking fluids
Snack	Finish the tuna salad or 6 ounces of yogurt



Post Surgery Diet (cont'd)

AGE 4: SOFT FOODS / REGULAR (Days: 21+)

Protein goal: 60 grams or more/day

Fluid goal: 64 ounces/day

You should be doing better getting in your fluids / shakes. Now is the time to start introducing new solids items as tolerated. There is no rush: take your time, eat slowly, and chew thoroughly. Use the guidelines the Nutritionist discussed with you. Try and begin tracking your food intake at this time. There is no rule with how many times to eat- whatever you need to do to get your protein / carbohydrate / fat / fluid requirements.

Sample Menu: This is just a sample – each person is able to tolerate different amounts. You need to eat slowing and mindfully to see what your new stomach can hold.

MEAL	SAMPLE MENU CHOICES
Morning	Protein shake
Mid-morning	Drinking fluids
Lunch	Egg salad and 2-3 crackers
Mid-afternoon	Drinking fluids
Snack	Cheese stick
Remainder of afternoon	Drinking fluids
Dinner	3-4 ounces of grilled or broiled fish
Evening	Drinking fluids
Snack	Few slices of turkey