

## Post op Diet Gastric Sleeve, Bypass and Band

STAGES	SOLIDS	LIQUIDS
Day Of Surgery	NO FOOD	Ice chips Allowed
Hospital- Stage 1	POST-OP DAY 1&2- NO FOOD	Bariatric Clear Liquids, Water, Ice chips, Sugar Free Fluids, Broth, De-Caf Coffee/Tea, Diet Jello No Maximum Minimum- 1 oz. Every 30 Min (While Awake)
Home- Stage 2 Two Weeks Long or Less	No Solid Food	Bariatric Full liquids plus clear liquids. Protein shakes, milk 1% or less, Greek yogurt (80 cal or less)
Stage 3 2 weeks long. Begin if stage 2 is well tolerated	1-2 ounces of pureed (mushy) soft, high protein meals for breakfast, lunch, dinner NO RED MEAT, CHICKEN BREAST, EGGS.  <b>*START FOOD BOOT CAMP HERE*</b>	64 ounces of fluids, sugar free liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 30 total grams per day by liquid protein. No caffeine for at least 6 weeks – Then you must be able to ingest 64 oz. of fluids consistently
Stage 4 2 weeks long	2-3 ounces regular textured high protein meals (may add beans) Breakfast, lunch, dinner Be careful of dry foods. NO RED MEAT, CHICKEN BREAST, EGGS	64 ounces of fluids, sugar free liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 30 total grams per day by liquid protein.
Stage 5 2 weeks or longer	3-4 ounces regular textured meals for breakfast, lunch, dinner Red meat, chicken, eggs allowed PLUS lettuce with low calorie dressing, Non-starchy vegetables soft.	64 ounces of fluids, sugar free liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 30 total grams per day by liquid protein.
Stage 6	Always eat protein first Then if still hungry, ½ cup cooked or 1 cup raw vegetables. Then if you are still hungry – 1 serving fruit daily = small whole fruit or ½ cup soft canned fruit in own juice. <b>ALWAYS PRIORTIZE PROTEN</b>	64 ounces of fluids, sugar free liquids daily in between meals. PROTEIN SUPPLEMENT DRINK 30 total grams per day by liquid protein IF you cannot get the protein in any other way. Remember, 60-80 grams of protein daily.
Final Stage 7 At one year or when excess weight is lost	3-4 ounces high protein meals plus 2 servings of vegetables daily 2 servings fruit daily Complex, High Fiber Carbohydrates (3 servings or less) 1 serving of carbs = 15 grams of carbs	64 OZ. DAILY FLUIDS At 1 year, Protein Supplement drinks can be replaced with healthy snacks. Snacks should be protein, plus or minus fruit, vegetable or hi-fiber carbs at about 150-200 calories.

**Remember:** Fluids should have NO BUBBLES, NO SUGAR, NO JUICE.

Goal is 60-80 grams of protein daily. 50 grams of Carbs.

## Protein is Your Priority

Always eat ALL protein first before eating fruits or vegetables.

Starchy carbohydrates can be added in at 1 year or when 75 % excess weight loss is achieved.

Once allowed - starchy carbohydrates are NOT to exceed 3 servings per day.

When starchy carbohydrates are added to diet — they are to be consumed last -

AFTER eating protein, fruits/vegetables.

### VERY IMPORTANT EATING RULE

Protein FIRST, Fruits and vegetables SECOND, Starchy Carbohydrate THIRD.

Unflavored protein powders are a great way to add extra protein into , soups, hot foods. Make sure powder is heat stable if adding to hot foods. Foods should be prepared using low-fat cooking techniques such as bake, steam, grill, poach, roast. Do not fry or sauté unless using PAM or similar product.

### Protein Sources

Eggs

Yogurt\* Greek Yogurt has higher protein content.

Low fat Cheese (3 grams fat or less per oz.)

Cottage Cheese, Ricotta Cheese, Pot Cheese

Beans

Veal

Chicken, Duck, Turkey, Cornish Hens (remove skin)

Lean Red Meat — 95 % ground meat, flank steak, filet mignon (tenderloin)

Pork (tenderloin only)

Fish

Seafood

Lamb

Liver

Turkey Sausage, Chicken Sausage

Canadian bacon

Lean Lunch Meats (3 grams fat or less per oz.) High quality only i.e. Boars Head

Hot Dogs 90-95% fat free

Tofu

Textured vegetable protein and products

Chili — ground lean red meat, turkey, chicken Salads — tuna, crab, shrimp, lobster, ham, chicken with light mayo in small amounts.