

# Post-Operative Diet

Following surgery, your digestive system will require 6-8 weeks to heal. To help with the healing process, you will progress through 5 diet stages.

**Never advance your diet without discussing it with a member of the bariatric team due to the possibility of surgical complications.**

## Stage 1: Water

- **Initiation:** The day of surgery, as directed by the surgeon.
- **Duration:** a few hours
- **Intake:** 1 ounce of water per hour, during the first hour; 4 ounces of water per hour (1 ounce every 15 minutes), after the first hour
- **Goals:** Hydration
- **Allowed Food/Fluids:** Water or ice only
- **Instructions:** You will be given a 1 ounce medicine cup of water to sip slowly. Record your intake of water on your fluid log, which will be provided by your nurse.

## Stage 2: Clear Liquids

- **Initiation:** The evening of surgery, as directed by the surgeon
- **Duration:** 1 day or less
- **Intake:** 4 ounces of clear liquids per hour (1 ounce or more every 15 minutes)
- **Goals:** Hydration
- **Allowed Food/Fluids:** Ice, water, sugar free decaffeinated beverages like Crystal Light, sugar free Jell-O, sugar free popsicles, vegetable/beef/chicken broth, diet cranberry juice
- **Instructions:** All liquids need to be sugar free. Record your intake of clear liquids on your fluid log, which will be provided by your nurse.



### Stage 3: Full Liquids

- **Initiation:** 1 day after surgery, as directed by the surgeon
- **Duration:** 2 weeks
- **Intake – Week One (1-7 days):**
  - 3 protein shakes (8-11 ounces each)
  - 1 snack (1/2 cup or 4 ounces)
  - 64 ounces or more of fluid
- **Intake – Week Two (8-14 days):**
  - 2 protein shakes (8-11 ounces each)
  - 2 snacks (1/2 cup or 4 ounces)
  - 64 ounces or more of fluid

### Shopping List of Allowed Foods:

Check nutrition labels for all items listed below to ensure they contain no more than 10 grams of total sugar, and no more than 10 grams of total fat per serving.

	Week One (1-7 days)	Week Two (8-14 days)
<b>Protein Supplement</b>	<ul style="list-style-type: none"> <li>• Ready-to-drink (bottled) protein shake</li> <li>• Protein powder mixed with 8-11 ounces of water, high protein milk, or unsweetened non-dairy milk</li> <li>• Protein water (<i>use no more than 1 time per day</i>)</li> </ul> <p>Starting week 2, you may add ¼ cup of pureed fruit or vegetable <b>without</b> skins or seeds to your protein supplement.</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Pudding</li> <li>• Cottage cheese</li> <li>• Ricotta cheese</li> <li>• Pureed soup</li> <li>• Pureed fruit or vegetable <b>without</b> skins or seeds</li> </ul>
<b>Fluid</b>	<p>Choose only beverages that are calorie free (5 or less), caffeine free, sugar free, and non-carbonated.</p> <p>Examples: water, Crystal Light, Mio flavor drops, Gatorade Zero, Powerade Zero, Propel, Fruit 20, Ocean Spray Diet Juice, sugar free popsicles, sugar free gelatin, decaf or herbal tea, decaf coffee, etc.</p>	

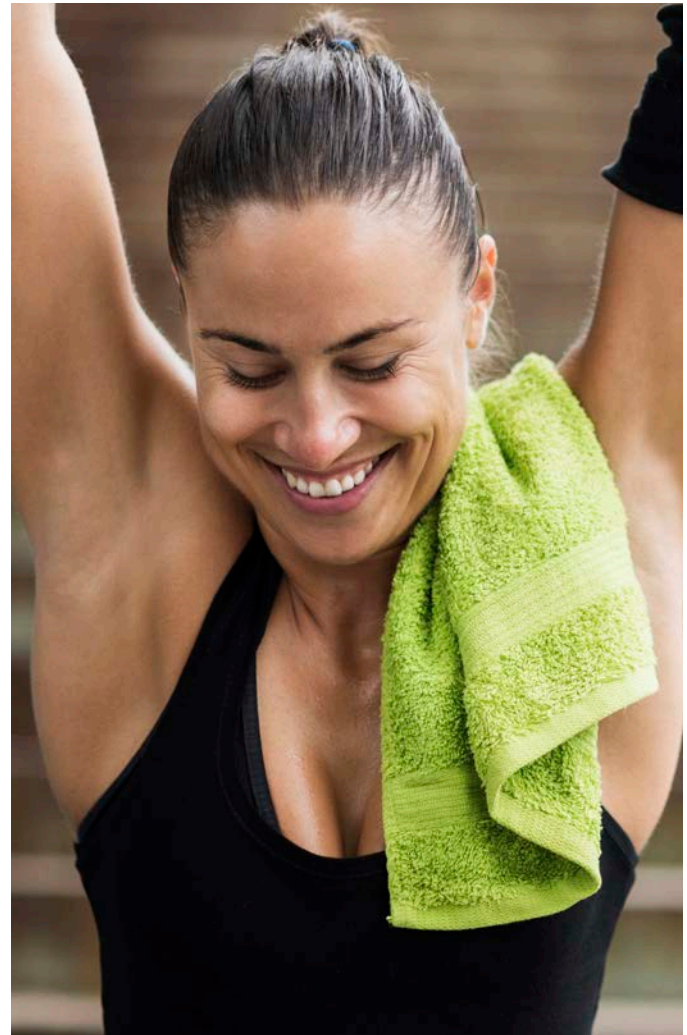
## Instructions:

### Meal Timing and Mindful Eating Tips:

- **Give yourself 30 to 60 minutes to drink each protein supplement and snack.**
- If you have not finished your protein supplement or snack within 60 minutes, stop.
- Take small bites of snacks. Wait at least a minute before taking your next bite.
- You will receive **Ensure Max Protein** as your protein shake while in the hospital.
- Do not drink while you eat and do not drink within 30 minutes after consuming a protein shake or snack.
- Drink a minimum of 12 ounces of clear liquids between protein shakes and snacks.
- Avoid carbonated and caffeinated beverages during this stage since they can interfere with your healing.
- Temporary lactose intolerance can develop during this time. If you experience bloating, gas, stomach cramps, or diarrhea after eating milk products or protein shakes, you may benefit from switching to lactose free skim milk and lactose free protein supplements.
- If you are too full from the protein shakes in the first few days after surgery, it is ok to skip your snack.

## Meal Preparation Tips

- To prepare protein supplements: Measure 8 to 11 ounces of suggested fluids (listed above) with 1 serving of protein powder and mix using a protein shaker bottle or blender. Mix with a spoon instead of the shaker bottle or blender to reduce frothiness/foaminess of shakes (this can sometimes be bothersome after surgery).
- If protein shakes taste too sweet, try mixing with water instead of milk or switch to an unflavored or savory flavored protein powder.
- If the texture of your shakes or snack seem too thick, try adding a splash of water or milk to thin it out.



- Tolerance of foods and beverages can vary. Taste changes may occur. For example some may tolerate ice-cold beverages better while others prefer liquids at room temperature.
- It is ok to add ground spices (i.e. cinnamon, nutmeg, etc.), dried or powdered herbs, flavor extracts, sugar free fat free pudding mix, unsweetened cocoa powder, powdered peanut butter, Swiss Miss Reduced Calorie Hot Chocolate mix, or sugar free syrups (i.e. Torani, Skinny Syrups, etc.) to protein shakes or snacks.
- Starting **week 2**, you may blend 1/4 cup of fruits or vegetables **without** skins or seeds into your protein shake.
- Starting **week 2**, you may mix 1/4 cup of pureed fruits or vegetables **without** skins or seeds with 1/4 cup of any stage 3 snack.

# Bariatric Stage 3 Diet Guide

Stage 3 diet starts the day after surgery in the hospital and continues for 2 weeks until your first dietitian visit. This diet consists of protein shakes, high protein soft snacks, and fluids to allow for healing.

Do not advance your diet until you meet with your dietitian since this can result in **serious surgical complications**.

## Week 1 (1-7 days):

- 3 protein shakes (8-11 ounces each)
- 1 snack (½ cup or 4 ounces)
- 64 ounces or more of fluid

## Week 2 (8-14 days):

- 2 protein shakes (8-11 ounces each)
- 2 snacks (½ cup or 4 ounces)
- 64 ounces or more of fluid

## Goals:

- Consume a minimum of 60-80 grams of protein per day
- Drink a minimum of 64 ounces of fluid per day
- Do not take your vitamins during this stage
- Separate fluids from your protein shakes and snacks by 30 minutes before and after

# Stage 3 Diet: Protein Shake Guide



Use this guide when selecting your protein shakes on the stage 3 diet.

## Nutrition:

- 200 calories or less
- 20 grams or more of protein

- 10 grams or less of total sugar
- 10 grams or less of total fat

## Tips:

- Take 30 to 60 minutes to drink each protein shake
- Each protein shake should be 8 to 11 ounces
- Avoid drinking within 30 minutes of drinking your protein shake

## Ready-to-Drink Protein Shakes

**Portion:** 8 to 11 ounces

Ready-to-drink protein shakes are often better tolerated since they do not “foam” like protein powder does.

## Whey/Milk Based Recommended brands:

- Premier Protein Shake
- Equate High Performance Protein Shake
- Ensure Max Protein Shake
- Quest Protein Shake



- Pure Protein Shake
- Orgain Clean Protein Shake
- Muscle Milk Protein Shake
- GNC Lean Shake
- Atkins Plus Protein Shake

#### Low Lactose Recommended Brands:

- Fairlife Nutrition Plan Protein Shake
- Core Power Elite Protein Shake
- Core Power Protein Shake

#### Plant-based Recommended Brands:

- Orgain Plant Protein Shake
- OYWN Protein Shake
- OWYN Elite Protein Shake

**Tip:** Avoid coffee flavored shakes since they contain caffeine.



## Homemade Protein Shakes

**Portion:** 8 to 11 ounces

#### Mixing Instructions:

- **Week 1:** Use a blender or protein shaker bottle to mix protein powder with 8 to 11 ounces of preferred fluid
- **Week 2:** May begin blending in 1/4 cup skinless seedless fruit or vegetable

#### Recommended Fluids (to mix powder with)

Choose 8 to 11 ounces of any fluids listed below

#### High protein low sugar milk

- Fairlife Fat-Free, 1%, or 2% Milk
- Stonyfield Organic Protein Fat-Free Milk
- Simply Smart Fat-Free Milk
- Silk Almond and Cashew Protein Milk
- Silk Organic Unsweetened Soy Milk
- Orgain Organic Unsweetened Almond Milk with Protein

#### Other

- Water
- Decaf Coffee
- Ocean Spray Diet Juice (or appropriate alternative)
- Almond Breeze Unsweetened Almond Milk

**Tip:** To reduce foam, leave the shake in the refrigerator for 30 minutes after mixing to let it “settle”. During week 1 and beyond, may add flavor extracts, sugar free syrups, or spices for added flavor.

## Recommended Protein Powders

#### Whey Protein Isolate

Isolate is the highest quality protein powder since it is lowest in calories, highest in protein, mixes well, and is lactose free.

#### Recommended brands:

- Body Fortress Whey Protein Isolate
- Ghost Protein
- Iso100 Protein



- Quest Protein
- Isopure Zero Carb Protein
- Gold Standard Whey Protein Isolate
- Unjury Protein (available at WDH pharmacy)
- Bariatric Fusion Protein

### Whey Protein Concentrate

Concentrate is slightly higher in calories than isolate, but is affordable and high quality.

#### Recommended brands:

- Body Fortress Whey Protein Concentrate
- Body Fortress
- Equate Whey Protein
- Premier Protein
- Pure Protein Powder
- Orgain Clean Whey Protein Powder

- Gold Standard Whey Protein Powder
- GNC Lean Shake Protein Powder

### Plant Based Protein Powder

These are the preferred substitutes for those who do not use whey protein, but are higher in calories, and lower in protein.

#### Recommended brands:

- Jay Robb Egg White Protein
- Designer Egg Protein
- Bulk Supplements Egg White Protein
- Nutricost Soy Protein Isolate
- Orgain Organic Protein Plant-Based Protein
- Plant Based Vega Protein Powder
- OWYN Plant-Based Protein Powder

### Unflavored Whey Protein

Mix these into pudding and soups, or mix as a protein shake with liquid of choice

#### Recommended brands:

- Unjury Unflavored Protein Powder (available at WDH pharmacy)
- Bob's Red Mill Whey Protein Powder
- Isopure Unflavored Protein Powder
- Cabot Unflavored Protein Powder

### Savory Whey Protein

#### Recommended brands:

- Unjury Chicken Soup, French Onion Soup, or Beef Broth Flavored Protein Powder (available at WDH Pharmacy)
- Bariatric Fusion Chicken Soup Protein Powder

If using protein soup mixes (below), remove any pieces of vegetables.

- PROTI-VLC High Protein Soups (Request QR code from your Dietitian if interested)

**Mixing Tip:** When mixing protein powder with hot liquid, use a meat thermometer to ensure the liquid is not above 140°F.

## Clear Protein Water

**Portion:** 8 to 16 ounces

### Ready-to-Drink

Can be used **in place of** a protein shake up to once daily, or in addition to a protein shake as fluid up to once daily

### Recommended brands:

- Protein20 (avoid caffeine-containing flavors)
- Premier Protein Clear Protein Drink
- Gatorade Zero with Protein
- Ascent Recovery Water

## Powders

Mix 8 to 16 ounces of water with 1 serving powder to make your own protein water.

### Recommended brands:

- Syntrax Nectar Protein Powder
- Isopure Zero Carb Alpine Punch Protein Powder
- Isopure Infusions Protein Powder
- Unjury Root Beer, Moonbeam Mist, and Cherry Cola Flavored Protein Powder (available at WDH Pharmacy)

**Tip:** Dilute with water if too sweet or freeze into popsicle molds. Avoid those that contain caffeine.



# Stage 3 Snack Guide

Use this guide when selecting a snack on the stage 3 diet.

These are the **only approved snacks** on stage 3 diet for your safety to allow for healing.

## Week 1 (1-7 days):

- Yogurt
- Pudding

## Week 2 (8-14 days):

- Yogurt
- Pudding
- Cottage Cheese
- Ricotta Cheese
- Pureed Soup
- Pureed Fruit or Vegetable  
(No skin, no seeds, ¼ to ½ cup)

### Tips:

- Give yourself 30 to 60 minutes to eat your snack
- Measure each snack to be 1/2 cup (or 4 ounce) portion
- Avoid drinking within 30 minutes of eating your snack
- If you are too full from your fluid and protein shakes, it is ok to skip the snack or substitute with a protein shake

## Yogurt - Week 1 and Beyond

**Portion:** ½ cup (4 ounces)

### Greek Yogurt

Greek yogurt (any flavor) is best since it is higher in protein and lower in sugar compared to regular yogurt.

#### Recommended brands:

- Oikos Triple Zero Greek Yogurt
- Oikos Pro Greek Yogurt

- Light & Fit Greek Yogurt
- Two Good Greek Yogurt
- Chobani Zero Sugar Greek Yogurt
- Chobani Less Sugar Greek Yogurt (no artificial sweeteners)
- Ratio Protein Yogurt
- Fage Greek Yogurt (no artificial sweeteners)
- Siggis Skyr Yogurt (no artificial sweeteners)
- Icelandic Provisions Skyr Yogurt (no artificial sweeteners)

### Drinkable Yogurt

Drinkable yogurt is a great alternative for those who dislike Greek yogurt!

#### Recommended brands:

- Pillars Drinkable Yogurt
- Light & Fit Protein Drinkable Yogurt
- Plain Kefir: Unsweetened with 1% Milkfat (no artificial sweeteners)\*

\*Plain only

### Lactose Free/Plant-Based

Caution – many plant-based yogurts are low in protein and high in sugar.

#### Recommended brands:

- Fage Best Self Greek Yogurt (no artificial sweeteners)
- Siggis Plant-Based Coconut Blend Yogurt (no artificial sweeteners)
- Green Valley Low-Fat Yogurt (no artificial sweeteners)
- Siggis Plant-Based Probiotic Coconut Drink (no artificial sweeteners)



## pudding - Week 1 and Beyond

**Portion:** ½ cup (4 ounces)

### Check the “Nutrition Facts” (per serving):

- 10 grams or less of total sugar
- 10 grams or less of total fat

### pudding Mix

Choose any flavor of instant pudding mix labeled “sugar free”

#### Recommended brands:

- Sugar-Free Jell-O Pudding Mix
- Royal Instant Sugar-Free Pudding Mix

**Mixing Instructions:** Prepare pudding mix with fat free Fairlife milk (8 grams protein per ½ cup pudding) or skim or 1% milk (4 grams protein per ½ cup pudding).

### pudding Cups

Most pudding cups contain sugar alcohols (a laxative!) and should be avoided if more than 5 grams per serving.

#### Recommended brands:

- Jell-O Sugar-Free Pudding Cup



- KozyShack No Sugar Added Pudding Cup (chocolate flavor only)

**Mixing Instructions:** Stir in ½ scoop of any flavor protein powder until well combined since these have very little protein on their own.

## Cottage Cheese & Ricotta Cheese - Week 2 & Beyond

**Portion:** ½ cup (4 ounces)

### Check the “Nutrition Facts” (per serving):

- 10 grams or less of total sugar
- 10 grams or less of total fat

### Cottage Cheese (low fat)

#### Recommended brands:

- Hood Plain Cottage Cheese
- Hood Chive Cottage Cheese
- Hood Whipped Cottage Cheese
- Breakstone’s Cottage Cheese
- Lactaid Cottage Cheese
- Good Culture Cottage Cheese

**Tip:** Add ranch flavored seasoning or other dried/powdered seasoning blends for added flavor!

**Note:** Good Culture “3 gram sugar” is the only acceptable brand of fruited cottage cheese.

### Ricotta Cheese

Select only brands labeled as “part-skim”, “low fat”, “light”, “2%”, or “1%”.

#### Recommended brands:

- Galbani Part-Skim Ricotta Cheese
- Dragone Part-Skim Ricotta Cheese
- Sargento Light Ricotta Cheese
- Frigo Part-Skim Ricotta Cheese

**Tip:** Make it sweet by adding a splash of vanilla or other flavor extract and your favorite zero calorie sweetener, or make it savory with added garlic powder, Italian seasonings, and warm in the microwave.

## Pureed Soup - Week 2 & Beyond

**Portion:** ½ cup (4 ounces)

### Check the “Nutrition Facts” (per serving):

- 10 grams or less of total sugar
- 10 grams or less of total fat

### Condensed Soup

Choose any flavor “cream of” condensed soup, but strain out any pieces of vegetables or meat

#### Recommended brands:

- Campbell’s 98% Fat Free Cream of Chicken Soup
- Great Value Healthy Cream of Mushroom Condensed Soup
- Pacific Foods Organic Cream of Mushroom Condensed Soup
- Pacific Foods Cream of Chicken Condensed Soup

**Mixing Instructions:** Prepare ¼ cup soup with ¼ cup fat free Fairlife milk (4 grams protein per ½ cup soup) or skim or 1% milk (2 grams protein per ½ cup soup).

### Pureed Vegetable Soup

Choose any pureed vegetable soups that meet the nutrition guidelines

#### Recommended brands:

- Amy’s Low-Fat Butternut Squash Soup
- Imagine Tomato Creamy Soup
- Imagine Butternut Squash Creamy Soup
- Pacific Foods Creamy Butternut Squash Soup

**Mixing Instructions:** Prepare soups with ½ to 1 scoop of unflavored protein powder (Use a meat thermometer to ensure the soup is not warmer than 140°F before adding protein powder to prevent clumping)

## Pureed Fruits & Vegetables - Week 2 & Beyond

**Portion:** ¼ to ½ cup (2-4 ounces)

### Check the “Nutrition Facts” (per serving):

- 10 grams or less of total sugar
- 10 grams or less of total fat

### Pureed Fruits

Choose only fruits without skin or seeds, pureed or mashed

#### Recommended brands:

- Mott’s No Sugar Added Applesauce
- Happy Baby Pureed Pears
- Beech-Nut Pureed Peaches
- Gerber Pureed Banana
- Mashed Banana

**Tip:** Limiting portion to ¼ cup will ensure sugar content is no more than 10 grams. Try mixing ¼ cup into ¼ cup cottage cheese, ricotta cheese, yogurt, or other stage 3 snacks!

### Pureed Vegetables

Choose only vegetables without skin or seeds, pureed or mashed.

#### Recommended brands:

- Mashed Cauliflower
- Mashed Avocado
- Tomato Sauce
- Pureed or Mashed Butternut Squash
- Beech-Nut Fruit and Vegetable Pouch
- Happy Baby Pureed Carrots

**Tip:** If preparing yourself, puree in a food processor until smooth, or mash completely without chunks.

# Stage 3 Beverage Guide

Use this guide when selecting beverages on the stage 3 diet.



**Selection:** Choose only beverages that are:

- Calorie free (5 or less)
- Sugar free
- Caffeine free
- Non-carbonated

**Examples:**

- Water
- Crystal Light Packets (caffeine free)
- True Citrus Packets
- Fruit20
- Gatorade Zero
- Powerade Zero
- Propel
- Vitamin Water Zero
- Body Armour Lyte
- Ocean Spray Diet Juice

- Minute Maid Zero Sugar
- Sugar-Free Jell-O
- Mio Drops (caffeine free)
- Sugar-Free Popsicles (should not contain sugar alcohols)
- Herbal Tea

**Tips:**

- Track your intake! Aim for 64 ounces per day (minimum)
- Your protein shakes count as fluid, but aim for half of your fluids to be from clear liquids
- Avoid drinking within 30 minutes of your protein shake or snack
- Varying temperature of liquids sometimes improves tolerance
- Remember that jello & popsicles are a clear liquid and not a snack!

# Shopping List

## Protein Shakes:

- Ready-to-drink protein shakes (variety of brands, flavors)
- Whey protein isolate powder (variety of brands/flavors)\*
- 1-2 sample packets Unjury unflavored protein powder\*
- Fat free Fairlife milk
- Protein 20 Water
- 1-2 sample packets Unjury chicken soup protein powder\*
- Pillars or Light & Fit drinkable yogurt
- Low fat cottage cheese
- Good Culture 3 Gram Sugar fruited cottage cheese
- Part-skim ricotta cheese
- Campbell's 98% Fat Free Cream Soups (variety of flavors)
- Pacific Foods Butternut Squash Soup

## Snacks:

- Kozy Shack Simply Well chocolate pudding cups
- Sugar free fat free pudding mix
- Greek yogurt (variety of brands, flavors)

## Beverages:

- Water & other sugar free fluids (variety of brands, flavors)
- Sugar free popsicles
- Sugar free jello
- Broth

## Other:

- Blender or food processor
- Protein shaker bottle
- Water bottle (with ability to track ounces)
- Meat thermometer (use when mixing protein powder with hot liquids)\*
- Small utensils, bowls and plates
- Measuring cups
- Food scale (digital)
- Popsicle molds
- Food journal
- Flavor extracts, cinnamon





# Bariatric Stage 3 Diet – Week 1 Example Menu

Use this simply as a guide. Substitute protein shakes or snacks from those in this guide based on preference.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Drink</b> 6:30 – 7:30 a.m.	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids
<b>Protein shake</b> 8:00 – 9:00 a.m.	8-11 oz Ensure Max protein shake	8-11 oz Core Power protein shake	8-11 oz Pure Protein shake with 1 packet Swiss Miss Reduced Calorie Hot Chocolate (warmed)	8-11 oz Fairlife Nutrition Plan protein shake	1 scoop Unjury chocolate protein powder mixed with 8-11 oz unsweetened almond milk	8-11 oz Quest chocolate protein shake (warmed as “hot chocolate”)	1 scoop vanilla Unjury protein powder mixed with 4 oz cold decaf coffee, 4 oz fat free Fairlife milk
<b>Drink</b> 9:30 – 11:30 a.m.	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids
<b>Protein shake</b> noon – 1:00 p.m.	8-11 oz Ensure Max protein shake	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder	8-11 oz Premier Protein shake	8-11 oz hot water with 1 scoop Unjury French onion soup protein powder	8-11 oz Fairlife Nutrition Plan protein shake with 1 tbsp powdered peanut butter	8-11 oz hot water with 1 packet Proti- VLC Soup Mix (with Hot Base Mix)	8-11 oz Ensure Max protein shake
<b>Drink</b> 1:30 – 2:30 p.m.	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids
<b>Snack</b> 3:00 – 3:30 p.m.	4 oz Pillars drinkable yogurt	½ cup sugar free pudding (made from mix, prepared with fat free Fairlife milk)	4 oz Light & Fit Protein drinkable yogurt	½ cup Dannon Triple Zero Greek Yogurt	½ cup Kozy Shack Simply Well chocolate pudding with ½ scoop whey protein powder	½ cup Two Good yogurt	½ cup plain Kefir with ½ tsp vanilla extract, 1 packet zero calorie sweetener
<b>Drink</b> 4:00 – 5:30 p.m.	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids
<b>Protein shake</b> 6:00 – 7:00 p.m.	8-11 oz Premier Protein shake	8-11 oz Pure protein shake	1 scoop Quest protein powder with cinnamon, 8-11 oz fat free Fairlife milk	1 scoop Isopure protein powder mixed with 8-11 oz unsweetened almond milk	8-11 oz Quest protein shake	8-11 oz Premier protein shake	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder
<b>Drink</b> 7:30 – 10:00 p.m.	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids

# Bariatric Stage 3 Diet – Week 2 Example Menu

Use this simply as a guide. Substitute protein shakes or snacks from those in this guide based on preference.

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Drink</b> 6:30 – 7:30 a.m.	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids
<b>Protein shake</b> 8:00 – 9:00 a.m.	8-11 oz chocolate Premier protein shake, ½ tsp mint extract (warmed as “hot chocolate”)	1 scoop Unjury vanilla protein powder, ¼ cup pureed peaches, 8 oz unsweetened coconut milk	8-11 oz Ensure Max protein shake	1 scoop Unjury chocolate protein powder, 1 tbsp PB2, ¼ cup pureed banana, 8 oz fat free Fairlife milk	8-11 oz Fairlife Nutrition Plan protein shake	1 scoop Syntrax nectar strawberry kiwi protein powder, 8-11 oz water	1 scoop Quest caramel protein powder, 4 oz cold decaf coffee, 4 oz fat free Fairlife milk
<b>Drink</b> 9:30 – 11:30 a.m.	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids	16 oz clear fluids
<b>Snack</b> noon – 1:00 p.m.	¼ cup low fat cottage cheese, ¼ cup pureed peaches	½ cup Light & Fit Greek yogurt	¼ cup low fat cream of mushroom soup, ¼ cup fat free Fairlife milk	½ cup part- skim ricotta cheese, 1 drop liquid stevia, ½ tsp vanilla extract	½ cup Imagine tomato soup with ½ scoop unflavored protein powder	½ cup sugar free pudding (made from mix, prepared with fat free Fairlife milk)	½ cup cottage cheese with ¼ tsp ranch seasoning mix
<b>Drink</b> 1:30 – 2:30 p.m.	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids	8 oz clear fluids
<b>Protein Shake</b> 3:00 – 3:30 p.m.	8-11 oz Fairlife Nutrition Plan protein shake	8-11 oz Core Power protein shake	1 scoop Unjury root beer protein powder + 8 oz fat free Fairlife milk	1 scoop Syntrax peach protein powder, 8-11 oz unsweetened almond milk	8-11 oz hot water with 1 packet Proti- VLC Soup Mix (with Hot Base Mix)	8-11 oz hot water with 1 scoop Unjury chicken soup protein powder	8-11 oz Fairlife Nutrition Plan protein shake
<b>Drink</b> 4:00 – 5:30 p.m.	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids	12 oz clear fluids
<b>Protein shake</b> 6:00 – 7:00 p.m.	¼ cup part- skim ricotta cheese, ¼ cup tomato sauce, garlic powder & Italian seasoning (warmed)	½ cup pureed butternut squash with ½ scoop unflavored protein powder	¼ cup vanilla Triple Zero Greek yogurt, ¼ cup unsweetened applesauce	¼ cup cream of chicken soup (prepared with fat free Fairlife milk), ¼ cup pureed carrots	¼ cup mashed avocado, ¼ cup low fat cottage cheese	¼ cup Ratio yogurt with ¼ cup pureed pears	¼ cup mashed cauliflower, ¼ cup Imagine butternut squash soup with added protein powder
<b>Drink</b> 7:30 – 10:00 p.m.	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids	20 oz clear fluids

## Stage 4: Pureed/Blended/Ground

- **Initiation:** 3 weeks after surgery
- **Duration:** 3-4 weeks, varies based on individual tolerance
- **Intake:**
  - 3 meals per day (1 meal as a protein supplement)
  - 1 snack per day
  - Drink a minimum of 12 ounces of water or clear liquids between meals
- **Goals:**
  - Meet minimum protein goal of 60-80 grams/day
  - Meet minimum fluid goal of 64 ounces/day
  - Initiate daily vitamin/mineral supplements as advised by your dietitian

### Shopping List of Allowed Foods:

#### Protein Supplements:

- Protein powder
- Ready-to-drink protein shake

#### Meats/Beans/Alternatives:

- 90% lean ground chicken, turkey or beef
- Baked white fish
- Canned or pouch tuna or chicken in water
- Eggs, egg whites, or egg substitutes
- Low fat, high protein soups without noodles or rice
- Beans, lentils, or split peas
- Fat free refried beans
- Tofu

#### Dairy:

- Skim or 1% milk (lactose free if needed)
- Light soy milk
- Greek yogurt, nonfat or low fat
- Light or plain yogurt
- Cottage cheese, nonfat or low fat
- Ricotta cheese, nonfat or low fat
- Cheese, part-skim, light, 2%, or fat free
- Sugar free, fat free pudding mix (prepare with skim or 1% milk)

#### Fruits:

- Applesauce, unsweetened
- Mashed banana
- Diced peaches or pears, drained
- Any pureed fruit without skin

#### Non-Starchy Vegetables:

- Mashed or riced (cooked) cauliflower, broccoli, or carrots

#### Starches (limit intake):

- Low sugar instant oats
- Mashed potatoes, sweet potatoes, or winter squash (prepare with skim/1% milk and/or light margarine)

#### Condiments:

- Fat free gravy
- Light mayonnaise, light salad dressing
- Mustard
- Sugar free BBQ sauce or ketchup
- Spray oil
- Light margarine spread or spray
- Pureed mild salsa
- No sugar added pasta sauce

## Instructions

### Meal Timing and Mindful Eating Tips:

- Take 30 to 60 minutes to eat meals.
- Space meals 4-5 hours apart. Space snacks 2-3 hours apart from meals.
- If you feel full, STOP.
- If you are not hungry at meal times, try to have a few bites and stick to your schedule as best as possible.
- Eat protein foods first, fruits and vegetables second, and starch last.
- Continue drinking 1-2 protein shakes as a meal. You may begin adding ¼ cup of blended fruit to your shakes if desired.
- Do not drink with meals and avoid drinking within 30 minutes after eating.
- Avoid carbonated and caffeinated beverages during this stage.
- Take small bites the size of a pencil eraser. Chew each bite 20-30 times or until food is a pureed consistency. Swallow one bite at a time. Wait at least a minute between each bite.
- Temporary lactose intolerance can develop during this time. If you experience bloating, gas, stomach cramps, or diarrhea after eating milk products or protein shakes, you may benefit from switching to lactose free skim milk and isolate-based lactose free protein supplements.

## 4 Basic Guidelines of Stage 4 Diet

Before you choose to eat something, consider whether your food/beverage choice meets the following rules:

1. Is the food a pureed consistency or chopped/ground smaller than a pencil eraser?
2. Is the food moist?
3. Is the food high in protein?
4. Is the food low in sugar and fat?

If the answer is “no” to any of the above guidelines, consider how you can modify it to meet the guidelines. If you cannot modify it, choose another food!

## Meal Preparation Tips

- **To prepare foods to a pureed/blended texture:**  
Add food item(s) to food processor or blender, add 2-4 tablespoons of broth, fat free gravy, or other approved condiment of choice and blend until completely smooth.
  - » Recommended foods to blend: soups, beans, fruit, cooked non-starchy vegetables, potatoes/sweet potatoes/squash, and instant oatmeal prepared with skim milk and/or protein powder
- **To prepare foods to ground/chopped texture:**  
Use a knife or food processor to chop chicken, turkey, fish, ground meats, boiled eggs, cooked vegetables. Chopped pieces of food should be no bigger than the size of a pencil eraser.
  - » Recommended foods to chop/grind: canned tuna or chicken, white fish, 90% lean cooked ground meat/meatloaf/meatballs, lean deli meat, eggs, tofu
- Use moist methods of cooking like roasting, baking, stewing, steaming, poaching, slow cooking, pressure cooking. Avoid grilling or broiling since this tends to make food too dry, causing it to “get stuck”.
- Adding moisture to your foods can alleviate the feeling of food “getting stuck”. Try adding fat free gravy, light mayonnaise, light dressing, mustard, lemon juice, or other condiments listed on the shopping list. A splash of skim milk, broth, or water can help to thin out foods that are too thick.
- Tolerance of foods and beverages can vary. Taste changes may occur. For example some may tolerate ice-cold beverages better while others prefer liquids at room temperature.



# Bariatric Diet: Stage 4 (Pureed/Ground)

From 2 week dietitian post-op visit until next dietitian visit

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Drink</b> 6:30 – 7:30 a.m.	8 ounces fluid: water, broth, sugar free jello, sugar free popsicles, sugar free non-carbonated non-caffeinated beverages (i.e. Crystal Light, Gatorade Zero, etc.), decaffeinated or herbal tea, decaffeinated coffee				
<b>Breakfast</b> 8:00 – 9:00 a.m.	8 ounce protein shake + 2 tbsp powdered peanut butter (28 grams protein)	1/3 cup egg whites, 2 tbsp part-skim shredded mozzarella cheese (13 g protein)	1/3 cup instant oats prepared w/ 6 oz skim milk + 1/2 scoop protein powder (21 g protein)	1/4 cup low fat cottage cheese, 1/4 cup diced pears in 100% juice, drained (7 g protein)	5.3 ounce Dannon Triple Zero Greek Yogurt (15 g protein)
<b>Drink</b> 9:30 – 11:30 a.m.	16 ounces fluid: water, broth, sugar free jello, sugar free popsicles, sugar free non-carbonated non-caffeinated beverages (i.e. Crystal Light, Gatorade Zero, etc.), decaffeinated or herbal tea, decaffeinated coffee				
<b>Lunch</b> noon – 1:00 p.m.	1/2 cup egg salad prepared w/ light mayonnaise & dried seasonings of choice (10 g protein)	1/2 cup chicken salad prepared w/ light mayonnaise & dried seasonings of choice (21 g protein)	8 ounce protein shake (23 grams protein)	2 ounces 93% lean ground chicken, 2 tablespoons mashed cauliflower, 2 tbsp low fat gravy (14 g protein)	2 ounces 93% lean ground beef, 2 tbsp part-skim ricotta cheese, 2 tbsp marinara sauce (18 g protein)
<b>Drink</b> 1:30 – 2:30 p.m.	8 ounces fluid: water, broth, sugar free jello, sugar free popsicles, sugar free non-carbonated non-caffeinated beverages (i.e. Crystal Light, Gatorade Zero, etc.), decaffeinated or herbal tea, decaffeinated coffee				
<b>Snack</b> 3:00 – 3:30 p.m.	1/2 cup low fat cottage cheese + 1 tsp Ranch dressing powder mix (14 g protein)	8 ounce protein shake (23 grams protein)	1/2 cup part-skim ricotta cheese + 1 tsp almond extract + sugar substitute (7 g protein)	8 ounce protein shake (23 grams protein)	1/2 cup sugar free fat free pudding, prepared from mix w/ skim milk (4 g protein)
<b>Drink</b> 4:00 – 5:30 p.m.	12 ounces fluid: water, broth, sugar free jello, sugar free popsicles, sugar free non-carbonated non-caffeinated beverages (i.e. Crystal Light, Gatorade Zero, etc.), decaffeinated or herbal tea, decaffeinated coffee				
<b>Dinner</b> 6:00 – 7:00 p.m.	1/2 cup fat free Hormel Turkey Chili (12 g protein)	2 ounces 93% lean ground turkey, 1/4 cup mashed butternut squash (14 g protein)	2 ounces white fish, 2 ounces mashed carrots (14 g protein)	1/2 cup tuna salad prepared w/ light mayonnaise & dried seasonings of choice (21 g protein)	8 ounce protein shake (23 grams protein)
<b>Drink</b> 7:30 – 10:00 p.m.	20 ounces fluid: water, broth, sugar free jello, sugar free popsicles, sugar free non-carbonated non-caffeinated beverages (i.e. Crystal Light, Gatorade Zero, etc.), decaffeinated or herbal tea, decaffeinated coffee				
<b>Protein</b>	<b>64 grams</b>	<b>71 grams</b>	<b>65 grams</b>	<b>65 grams</b>	<b>60 grams</b>
<b>Fluid</b>	<b>72 ounces</b>	<b>72 ounces</b>	<b>72 ounces</b>	<b>72 ounces</b>	<b>72 ounces</b>

## Stage 5: Lifelong (low fat, no sugar added, solid foods)

- **Initiation:** 5-7 weeks after surgery
- **Duration:** Lifelong
- **Intake:**
  - 3 meals per day
  - 2-3 snacks per day
  - Drink a minimum of 12 ounces of water or clear liquids between meals
- **Goals:**
  - Meet minimum protein goal of 60-80 grams/day
  - Meet minimum fluid goal of 64 ounces/day
  - Continue daily vitamin/mineral supplements
  - Include more variety and balance to your diet

### Shopping List of Allowed Foods:

#### Protein Supplements:

- Protein powder
- Ready-to-drink protein shake
- Protein bars

#### Meats/Beans/Nuts/Alternatives:

- Lean chicken, turkey, beef or pork
- 90% lean ground chicken, turkey or beef
- Fish, shellfish
- Canned chicken, turkey, or fish in water
- Lean deli meat
- Lean chicken or turkey sausage or bacon
- Eggs, egg whites, or egg substitutes
- Low fat, high protein soups
- Beans, lentils, split peas
- Tofu, tempeh
- Peanut butter
- Nuts, seeds

#### Dairy:

- Skim milk (or lactose free skim milk)
- Light soy milk
- Greek yogurt, nonfat or low fat
- Light or plain yogurt
- Cottage cheese, nonfat or low fat
- Ricotta cheese, or low fat
- Cheese, fat free, low fat, part-skim or 2%

- Sugar free, fat free pudding mix (prepare with skim milk)

#### Fruits:

- All fresh fruit
- Frozen fruit without sugar added
- Canned fruit in light syrup or juice

#### Non-Starchy Vegetables:

- All fresh, frozen or canned non-starchy vegetables
- Low sodium tomato juice

#### Starches (avoid all pasta, rice, and bread until 3 months after surgery):

- High protein, high fiber cereal
- Plain or low sugar oatmeal
- Whole grain pasta, brown rice, quinoa
- Low carb or light whole grain bread
- Whole grain crackers, pretzels, fat free popcorn
- Starchy vegetables (potatoes, sweet potatoes, corn, peas, winter squash)

#### Condiments:

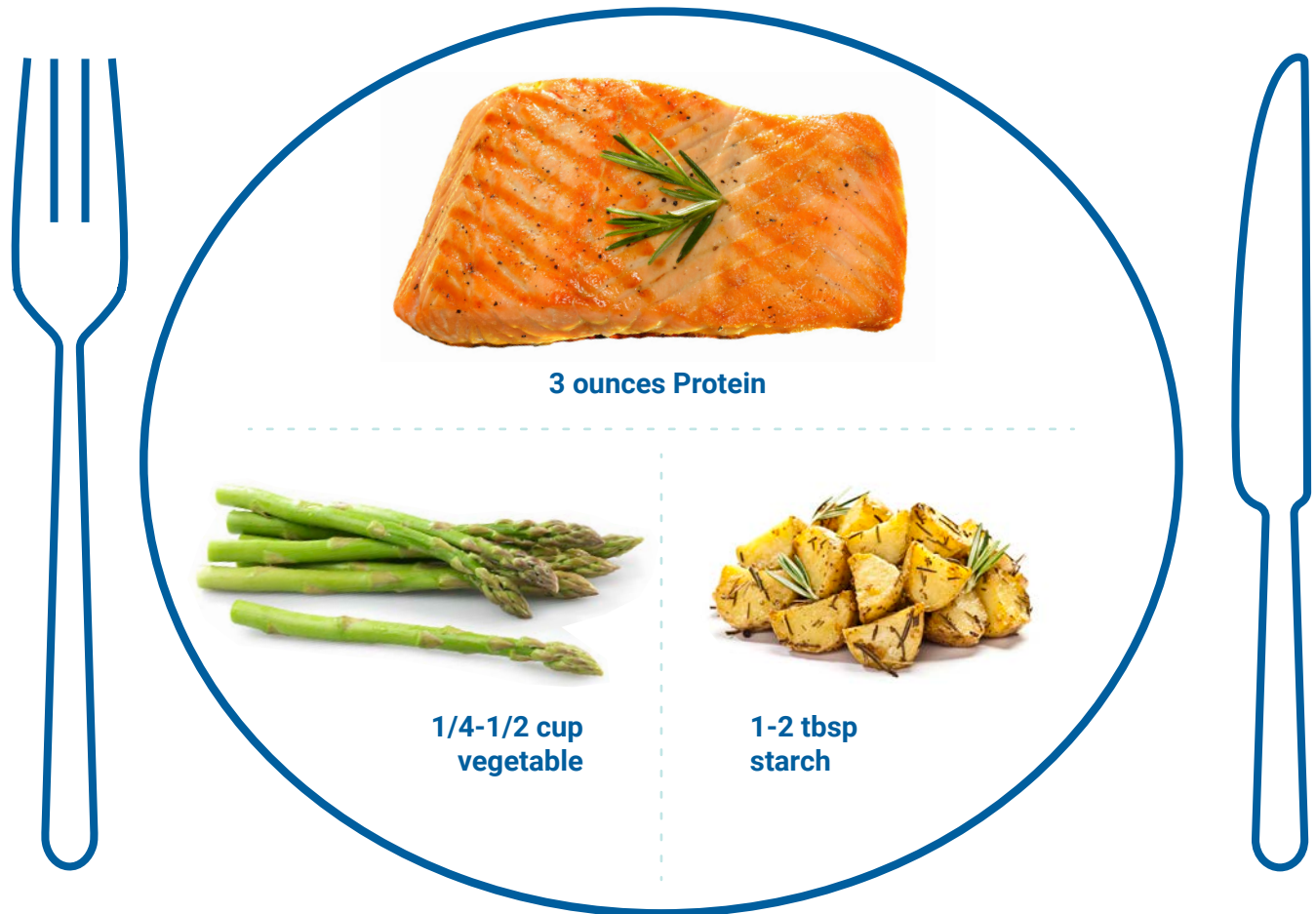
- Fat free gravy, light mayonnaise, light salad dressing, mustard, ketchup, relish, pickles, olive oil or spray, light margarine spread or spray, hummus, salsa, avocado, sugar free jelly or jam, sugar free BBQ sauce or marinades

# Bariatric Diet: Stage 5 Example Menu

Starts at 5 week post-op visit with dietitian until 3 month post-op visit with dietitian.

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Protein Shake:</b> 1 scoop Unjury vanilla protein powder + 8 oz skim milk + ½ cup frozen peaches (23g protein)	<b>Omelet:</b> 2 egg whites, ½ ounce feta cheese, 1 handful spinach, 1 Alfresco chicken sausage breakfast link (15g protein)	<b>Oatmeal:</b> 1/3 cup oats w/ 6 oz water, ½ scoop Unjury protein powder, ¼ cup blueberries, 1 tbsp chopped walnuts, cinnamon (16 g protein)	<b>Protein Pancakes:</b> 1/3 cup Kodiak pancake mix made w/ 1/3 cup skim milk + 2 tbsp SF syrup + 4 sliced strawberries (12g protein)	<b>Yogurt Parfait:</b> 5.3 ounce Dannon Triple Zero Greek Yogurt w/ ¼ cup Kashi Go cereal, ½ small sliced banana (20 g protein)
<b>Snack</b>	½ medium banana, 1 tbsp peanut butter (5g protein)	1 clementine, 100 calorie pack cashews (4g protein)	1 string cheese, 10 slices turkey pepperoni (10g protein)	8 ounces Core Power protein shake (24 grams protein)	1 Built protein bar (15g protein)
<b>Lunch</b>	2 ounces deli turkey slices rolled up with 1 slice Cabot light cheddar cheese, ¼ sliced avocado (17g protein)	2 ounces (1/2 can) tuna salad w/ light mayo, diced celery & onion + 8 Triscuit Thins (17g protein)	1 scoop Unjury chocolate protein powder + 8 oz unswt almond milk + ½ medium banana + 2 tbsp PB2 (28g protein)	2 ounces canned chicken w/ light mayo, diced celery & onion + tomato slices (13 g protein)	½ cup Cedar's chickpea salad (5g protein)
<b>Snack</b>	½ cup low fat cottage cheese + 1 tsp Ranch dressing mix + cucumber slices (14 g protein)	11 ounce Premier Protein shake (30 grams protein)	½ One Protein Bar (10g protein)	¼ cup plain Greek yogurt, 1 tsp Ranch dressing mix, 8 wheat thins (11g protein)	1 medium sliced pear, 1 tbsp almond butter (5g protein)
<b>Dinner</b>	2 ounces rotisserie chicken w/ SF BBQ sauce, ¼ cup mashed sweet potato (14g protein)	2 ounces 93% lean ground beef meatball, ¼ cup marinara sauce, 2 tbsp shredded part-skim mozzarella cheese (15 g protein)	2 ounces salmon, ¼ cup cooked broccoli, 1 steamed baby potato (15 g protein)	3 ounces cooked shrimp, 1/4c cooked zucchini noodles, 4 cherry tomatoes, 1 tbsp pesto, 1 tbsp parmesan cheese (15g protein)	11 ounce Ensure MAX protein shake (30 grams protein)
<b>Calories</b>	<b>815</b>	<b>750</b>	<b>800</b>	<b>800</b>	<b>815</b>
<b>Protein</b>	<b>77 grams</b>	<b>81 grams</b>	<b>79 grams</b>	<b>75 grams</b>	<b>74 grams</b>

# Post-Surgery Bariatric Plate



**Note: Use a small appetizer sized (8 inch) plate.**

## Other helpful tips:

- Eat your protein first!
- Meals should be eaten every 3-4 hours
- Chew foods well, 20-30 times per bite
- Space time between each bite
- Prolong meal duration to 20-30 minutes
- Don't drink during meals and wait 30 minutes after a meal to drink
- Wait to introduce raw vegetables until at least 7 weeks postop
- Avoid untoasted bread products, pasta, rice, or other cooked grains until 3 months postop



# Ensuring Success After Surgery

## Follow-Up Appointments

It is important to follow-up with the bariatric team regularly after surgery to ensure your safety and success. You will follow-up with the surgeon, physician assistant, nurse practitioner, and dietitian where we will monitor for potential complications, ensure you are well nourished, obtaining adequate vitamin and minerals (lab work will be checked regularly), and track your progress.

Your first follow-up visits after surgery will be provided to you at the time your surgery is scheduled. You will continue to have regular visits, initially every few weeks, and later every few months throughout the first year after surgery. You will be seen by one of the team providers annually after the first year until 5 years from your surgery date.

## Support Groups

Research shows that patients who attend support groups after surgery lose more weight, and maintain their weight loss longer. Our monthly support group is free to all patients. Refer to the "Support Group" section for more information.

Additionally, we have a closed Facebook group open to patients in our program for ongoing support.

## Emotional Considerations

Bariatric surgery impacts you physically and psychologically. These changes should not be taken lightly, and need to be taken into consideration before surgery. After surgery, you will experience mixed emotions that may include depression, frustration, anxiety, anger, disappointment, helplessness, euphoria, excitement, and joy. These are normal reactions to your changing body image, and may change day to day as you adapt to your new lifestyle.

This surgery gives you control over one aspect of your life – weight loss. It is important to keep in mind that this surgery will not give you control over other life struggles such as problems with your

spouse, friends, family members, employment, or social life. Surgery changes the lifestyle and routine you were familiar with. Once the reality of your new lifestyle sets in, you may find yourself longing for your old routines and way of life.

This expresses itself in several stages. These stages include:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Due to the excitement and positive outlook before surgery, many patients fail to consider the emotional and physical stress that accompanies surgery. After surgery, some patients who have not yet adjusted to the smaller capacity of their stomachs tend to overeat. They experience painful consequences, and later become angry for making this choice. This anger may also surface when other discomforts or complications develop during the recovery period. These feelings are difficult to accept or express openly, and depression may follow. Feelings of sadness and crying episodes can be common occurrences. These emotional responses to surgery are completely understandable. They cannot be eliminated, but must be experienced and worked through. Adapting to the changes taking place in your body and in your relationship to food can take many months.

## Counseling

A major lifestyle change can sometimes cause new problems to emerge or old ones to intensify. Emotional counseling can help you deal with struggles that may arise in adjusting to your new body image and the many other changes that accompany weight loss surgery. Professional counseling can be a positive step in your emotional health.

## Social Relationships

You can expect your family and friends to have variable reactions to your surgical experience, if they know about it, and to the weight loss that follows. After surgery, people who have known you may have become secure in your obesity and have difficulty adapting to the new body and lifestyle you have developed. Your goals and hobbies may change, and you may no longer relate as well to others who you previously enjoyed spending time with. Some people may be resistant to the change they see, be resistant to support your diet or exercise regimen, or develop jealousy. Keep in mind that your main responsibility is yourself and that others are responsible for their own feelings and actions. Hopefully, most close family members and friends will adjust over time.

## Exercise

We encourage cardiovascular and resistance exercise after surgery to support overall health, weight loss, weight maintenance, and maintenance of muscle mass.

There are a variety of classes and wellness programs offered locally at The Works, a Wentworth-Douglass Hospital Family Health & Fitness Center. Notify the bariatric team if you are interested in these programs to obtain a referral.

## Reconstructive or Plastic Surgery

It is common to experience excess skin on your arms, legs, and abdomen following significant weight loss. Excess skin on the abdomen is often referred to as a pannus or “apron”. If it becomes large enough, rashes, open sores, and fungal infections can occur. It is important you notify your surgeon and/or primary care physician if you notice this. Plastic surgeons can usually correct this problem, but most will require that the patient be at least one year out from surgery, and have a stabilized weight. Insurance coverage varies for this surgery. Many insurance companies require 6-12 months of documentation of recurring infections or rashes related to the excess skin.

## Pregnancy and Sexuality

You may resume sexual activity when you feel physically and emotionally stable. Women need to use a mechanical form of birth control since fertility may be increased with weight loss and oral contraceptives may not be fully absorbed. You may begin to plan a pregnancy 18 months after surgery. Getting pregnant prior to this can compromise weight loss and is dangerous to both you and the baby since your nutrient intake is too low to support both you and the fetus. Should you become pregnant, ask your OB/GYN to contact your bariatric team to discuss specific concerns related to pregnancy after bariatric surgery.

## Weight Gain

It is possible to regain weight after surgery. This usually happens when old habits return. A year after weight loss surgery, many patients find that they are able to tolerate most foods, have less incidence of dumping syndrome, and can eat larger portions. This is when it is important to remember the lifestyle changes you learned in the program. Just because you can eat something doesn't mean that you should. Resuming previous lifestyle changes that made you successful initially with weight loss can help get back on track. Examples include eating a healthy balanced diet, eating mindfully, taking your vitamins, and regularly exercising. We encourage continued attendance to support groups to assist you with the ups and downs of bariatric surgery.

## Bariatric Surgery and Alcohol Behavior

Research has shown an increased risk for alcohol-related problems following bariatric surgery. Neurobiological and psychological reasons contribute to this problem. Risk of “cross-addiction” is likely to increase if you have a strong family or personal history of depression, alcohol abuse, drug abuse, or smoking. Refer to the information learned and written materials given from your Behavior Modification Classes before surgery. If you find yourself engaging in “addictive” behaviors such as alcohol, gambling, sex, shopping, or drugs after surgery, please contact your behavioral health provider or discuss with your PCP.









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