

At-a-Glance Nutrition Guidelines Following Sleeve Gastrectomy (SG) and Gastric Bypass (RNY)

The purpose of the diet progression is to help you heal and reduce the side effects of vomiting, diarrhea, and cramping. The plan progresses from liquids to solid foods. Individual tolerance to foods may vary.

Food

- Aim for 12–15 grams protein per meal to reach your goal of **60–80 grams of protein per day**.
- High protein foods include meats, poultry (no skin), fish, cheese, eggs, and tofu.
- Use the approved protein supplements.
- Check food labels for protein content per serving.
- Avoid foods with **added** sugar.

Liquids

- Drink 48–64 oz. (6–8 cups) of **calorie free/decaffeinated** liquids each day, not with meals; water is preferred.
- Avoid eating and drinking at the same time. Resume drinking 30 minutes after eating. It is **ok to drink up until** you start eating.
- Avoid carbonated beverages and caffeine in the early weeks after surgery. Caffeine may increase reflux. Carbonation may not be well tolerated long-term.
- We highly recommend you wait at least 6 months after surgery to drink any alcohol and discuss the consumption of alcohol with your surgeon. It may increase the risk for ulceration, is of no nutritional value and contains excess calories which will slow your weight loss.

Vitamin and Mineral Supplements

- Take vitamin and mineral supplement(s) daily as prescribed by your surgeon and dietitian. This is a **lifelong** requirement.
- All vitamin/mineral supplements should be chewable, crushed, or in liquid form for the first 3–6 months.

Eating Behaviors

- Add one new food in at a time.
- Eat and drink slowly, taking small bites and **chew food** to baby food consistency.
- Eat only until you feel comfortable. Recommended portion sizes for each diet stage are listed on the reverse side. Your portion size will increase as you heal.

In the first couple of weeks, your fluid goal is more important than your protein goal

Acceptable beverages for in-between meals

Water, Broth, Decaf tea/iced tea, Decaf coffee, Sugar free popsicles, Fruit infused water such as Hint®, Low calorie liquid or powdered drink mixes such as Crystal Light® or MiO®, Low calorie sports drinks such as Gatorade Zero® or Powerade Zero®

Diet Stage and Length	Suggested # of Meals	Approx. Meal Size	High Protein Choices (Choose first)	Low Protein Choices (Consume with a high protein choice or add protein powder)	Avoid
STAGE 1: Bariatric Full Liquid For at least 14 days post-op	5-6 per day 12-15 grams protein per meal	¼-½ cup per meal	Protein Supplements	Strained or blended creamed soups (must add protein powder)	Carbonation, caffeine, sugar sweetened beverages and items such as milkshakes, slushies, and ice cream, black pepper, acidic foods (tomato, orange, grapefruit, pineapple), alcohol
			As listed on the “Recommended Protein Supplements” handout	Cream of chicken, cream of mushroom, cream of celery, cream of broccoli (lower fat may be better tolerated)	
			Milk or Dairy alternatives	Low Protein Dairy alternatives (must add protein powder)	
			Milk, lactose-free milk, unsweetened soy milk, unsweetened Ripple dairy-free milk, unsweetened/unflavored Kefir, buttermilk	Unsweetened: almond, cashew, coconut milk	
STAGE 2: Bariatric Mushy/Soft Days 15-30 post-op Foods easily mashed with a fork or spoon	3-5 per day 15-20 grams protein per meal	¼-¾ cup as tolerated	Ground chicken, turkey, or beef; fish	Soft, cooked vegetables	Same as full liquid phase, instant/boxed mashed potatoes, breads and breading, hot cereals, pasta/noodles, rice, nuts, corn, popcorn, pea pods, fruit and vegetable skins, whole green beans, raw, or stringy vegetables, raw fruit and dried fruit
			Lightly seasoned ground meat and poultry, burger, meatballs, meatloaf, chili (mild); flaky fish	Carrots, cauliflower, canned green beans, peas, plain beets, butternut squash, acorn squash	
			Canned chicken or tuna	Healthy fats	
			Made into salad with mayo	Soft avocado or creamy nut butter (natural): peanut, almond, cashew	
			Cheese, eggs, yogurt, tofu	Canned, soft fruit packed in juice or water as tolerated	
			Cottage or Ricotta cheese, scrambled eggs or egg salad made with mayo, Greek or Icelandic yogurt (>12 g protein and < 20 g carb)	Diced peaches or pears	
			Legumes Black beans, pinto beans, lentils, refried beans, lentil soup, black bean soup, split pea soup without chunks of meat		
STAGE 3: Bariatric General Diet Approx. 30 days post-op	3-4 per day 20-25 grams protein per meal	½-1 cup as tolerated	Poultry, fish, eggs, beef, pork	Cooked vegetables, raw as tolerated	Sugar and sugar sweetened items, tough, dry or coarse meats such as steak, grilled chicken breast, or dry turkey, instant/boxed mashed potatoes, breads and breading, hot cereals, pasta/noodles and rice, potato chips and other snack foods, alcohol Items made primarily with flour, sugar, rice, corn, or potato
			Tender, cooked meats, fish and poultry, eggs cooked any style, chicken, tuna, or egg salad made with mayo, seasonings, and chopped veggies as tolerated	Carrots, green beans, cauliflower, broccoli, beets, leafy greens (start with cooked)	
			Cheese, yogurt, tofu	Healthy fats	
			Cottage or Ricotta, 1-2 oz. of other types of cheeses such as mozzarella, cheddar, or Swiss, Greek or Icelandic yogurt (>12 g protein and < 20 g carb)	Soft avocado or creamy nut butter (natural): peanut, almond, cashew	
			Legumes	Fresh fruit as tolerated — limit to 1-2 servings per day	
			Edamame, black beans, pinto beans, lentils, kidney beans, refried beans	Sliced apples or berries	

Note that these foods may not be tolerated for a while

Fruit or vegetables with tough skins, pods or seeds, dried fruits, whole citrus fruits, seeds and nuts, popcorn