

Bariatric Surgery Diet:

A Comprehensive Guide to
Your Pre-Op and Post-Op
Nutrition





What's Inside

4

Pre-Operative Diet

Approved liquids and daily intake goals

7

Post-Surgery Diet Stages:

8

Day 0:

Nothing by mouth.

8

Day 1-2:

Clear liquids.

9

Day 3-13:

Full liquids.

11

Day 14-28:

Pureed/blended foods.

What's Inside

12

Day 29+:

Soft foods.

13

Daily Nutrition Goals:

Protein, fluid, and fat targets for recovery.

14

Exercise

Recommendations:

Safe activity progression post-surgery.

15

Vitamin & Mineral

Supplements:

Lifelong supplementation requirements.

16

Common Post-Surgery

Considerations



Pre-Operative Diet

The purpose of the liquid diet is **to reduce the size of your liver and minimize the risk of complications**, such as bleeding, during surgery. It also helps demonstrate your commitment to the bariatric process. Your target intake should be approximately 1000 calories and 60-80 grams of protein per day.

Unlimited Liquids

These liquids can be consumed in **any amount** since they do not contain sugar or unnecessary calories:

- **Sugar-Free Beverages:** Crystal Light, Sugar-Free Kool-Aid, Sugar-Free Tang, Diet Snapple, FUZE, Powerade Zero, Propel, Fruit2O, coffee without milk/sugar, tea, and water.
- **Low-Sodium Broths:** Chicken, vegetable, or beef broths (Tomato soup does not count). Broth should be clear and contain no bits of meat, tofu, noodles, or vegetables. Ensure each serving has no more than 140 milligrams of sodium. Bouillon cubes are not allowed due to high sodium levels. A high-quality bone broth has the added benefit of extra protein and collagen.
- **Sugar-Free Jell-O and Popsicles**

Restricted Liquids

These liquids should be **limited** to the quantities specified:

- **Fruit Juices & Drinks:** No more than 16 ounces (2 cups) per day. Ideally, split into 4 x 4 oz servings evenly throughout the day. Includes apple, orange, cranberry, grape, or grapefruit juice, as well as Gatorade, Vitamin Water, Snapple, Powerade, and low-sodium V8.
- **Gelatin & Popsicles:** Limit to three servings per day - ½ cup of regular Jell-O, regular popsicles, or no sugar added fudgesicles.
- **Dairy Products:** Limit to three servings per day. Choose from:
 - 1 cup of milk (skim, 1%, Lactaid, almond, soy)
 - 6 ounces of light yogurt (Greek or soy yogurt with less than 110 calories and <5 grams of sugar per serving)
 - ½ cup of sugar-free Jell-O pudding, low-fat cottage cheese, or low-fat Greek yogurt.



Restricted Liquids

These liquids should be **limited** to the quantities specified:

- **Protein Shakes:** Limit to two servings per day. Approved brands include:
 - Premier Protein (most popular)
 - Fairlife Core Power Drinks
 - Muscle Milk Light
 - Pure Protein
 - Orgain Protein shakes
 - EAS 100% Whey Protein
 - Jay Robb's Protein Powders (including soy options for lactose intolerance)
 - Isopure and Nectar (great for lactose intolerant individuals)



Post-Surgery Diet

Target Goals for Post-Operative Nutrition

- **Protein:** 60-80+ grams per day
- **Fluids:** 64 ounces per day
- **Fat:** Less than 20 grams per day

You may not reach these goals immediately, but aim to work towards them. [Contact us AND the surgeon's office](#) if you are unable to consume at least 32 ounces of fluids per day.





Day Zero (Surgery Day)

- Nothing to eat or drink for the first night following surgery.

Day One Post-Op

- Aim to consume 24 ounces of clear liquids. Sip 1 ounce (30 milliliters) every hour, stopping when full.
- **Clear Liquids:**
 - Sugar-free, diet, non-carbonated drinks
 - Low-sodium broths (Chicken, vegetable, or beef)
 - Sugar-free Jell-O and popsicles
 - Clear protein drinks (Isopure, Syntrax Nectar)

Day Two Post-Op

- Aim to consume 48 ounces of clear liquids. Sip 2 ounces (60 milliliters) every hour.



Day Three and Four Post-Op

- Aim to consume 64 ounces of liquids, taking frequent sips.
- Transition to full liquids (includes everything under days 5-13 Post-Op below) as soon as you are able to tolerate, to ensure adequate nutrition.

Days 5-13 Post-Op

- Continue drinking from the clear liquids list.
- Introduce the following liquids that contain proteins and vitamins needed for healing:
 - **Fruit Juices & Drinks:** Includes apple, orange, cranberry, grape, or grapefruit juice, as well as Gatorade, Vitamin Water, Snapple, Powerade, and low-sodium V8.
 - **Gelatin & Popsicles:** Regular Jell-O, sugar-free popsicles, or sugar-free fudgesicles.
 - **Dairy Products:** Choose from:
 - 1 cup of milk (skim, 1%, Lactaid, almond, soy)
 - 6 ounces of light yogurt (Greek or soy yogurt with less than 110 calories and <5 grams of sugar per serving)

Days 5-13 Post-Op (Cont)

- ½ cup of sugar-free Jell-O pudding, low-fat cottage cheese, or low-fat Greek yogurt.
- **Protein Shakes:** Limit to two servings per day. Approved brands include:
 - Premier Protein (most popular)
 - Fairlife Core Power Drinks
 - Muscle Milk Light
 - Pure Protein
 - Orgain Protein shakes
 - EAS 100% Whey Protein
 - Jay Robb's Protein Powders (including soy options for lactose intolerance)
 - Isopure and Nectar (great for lactose intolerant individuals)



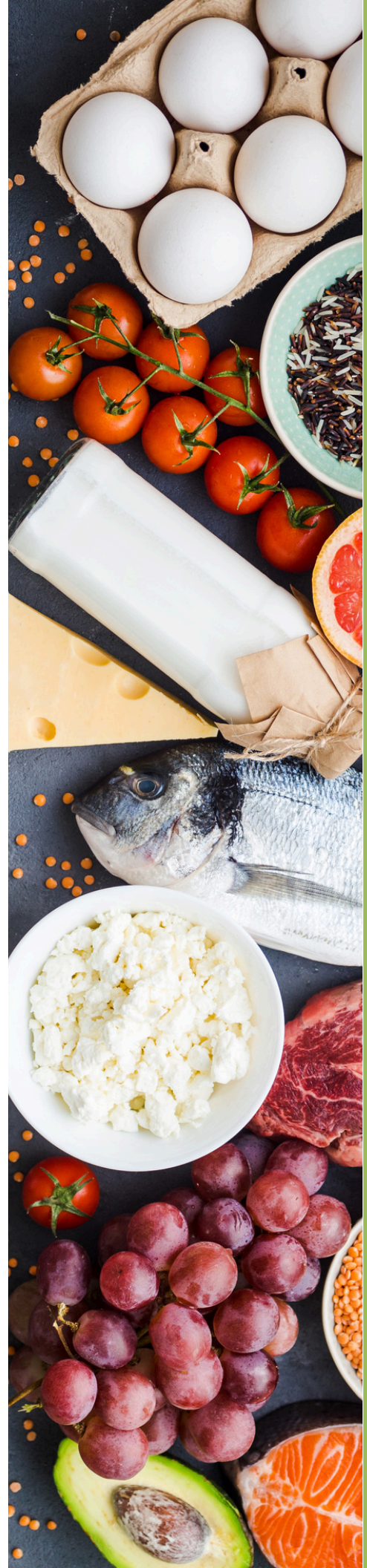
Days 14-28 Post-Op (Pureed/Blended Foods)

- All liquids above are OK to include.
- Introduce “real” food in blended/pureed form. Foods soft enough to mash with fingers are OK if they are chewed very well and “pureed” before swallowing.
- Consider 6 smaller meals/snacks each day.
- **Daily Goals:**
 - 800-1000 calories
 - 60-80+ grams of protein
 - 20-30 grams of fat
 - 100-150 grams of carbohydrates
 - 25 grams of fiber
 - 25 grams or less of added sugar (fresh fruit and milk are OK – they contain natural sugars).
- **Foods to try:**
 - Cooked or steamed vegetables
 - Tuna, chicken, or egg salad (blended with low-fat mayo or mustard)
 - Low-sodium soups (add extra meat before blending)
 - Oatmeal (add protein powder)
 - Smoothies (non-fat yogurt, Greek yogurt, fresh fruit, frozen vegetables, protein powder)
 - Beans (well-cooked)

Important: Avoid drinking liquids 30 minutes before or after meals to prevent the stomach from expanding and reducing satiety.

Day 29 and Beyond (Soft Foods)

- Gradually introduce soft foods (foods that are easy to digest and chew) and work up to normal textured foods.
- Wait 1-2 hours after a new food to check tolerance.
- **Examples of Soft Foods:**
 - Tuna, chicken, or egg salad
 - Fresh or frozen fish
 - Eggs or egg substitutes (Egg Beaters)
 - Beans
 - Steamed vegetables (without skin)
 - Sugar-free pudding
 - Non-fat yogurt or cottage cheese
 - Low-sodium soups
 - Baked potatoes (regular or sweet)
 - Low-sugar, high-protein cereals
- Continue to focus on high-protein, low-fat foods.





Guidelines for Successful Post-Surgery Nutrition

- **Chew Your Food:** Aim to chew each bite 20–30 times before swallowing. Meals should take 20+ minutes.
- **Protein First:** Always prioritize protein-rich foods to support healing and prevent muscle loss.
- **Mindful Eating:** Eat slowly and mindfully over 20 minutes, waiting between bites, while paying attention to your body’s fullness signals (pressure or discomfort). Avoid grazing or nibbling throughout the day and any distractions while eating.
- **Fluid and Meal Timing:** Avoid drinking fluids 30 minutes before or after meals to allow for proper digestion.
- **Avoid:** high-sugar and high-fat foods
- **Track Your Progress:** Keep a food diary (or use apps like MyFitnessPal or Baritastic) to monitor your intake and stay on track. Time blocking can be helpful to ensure you’re eating enough.

Exercise Recommendations

- **Post-Surgery Mobility:** Start moving around with assistance the evening after surgery.
- **Home Exercise:** Begin by walking 10 minutes a day at a brisk pace, gradually increasing to 30 minutes of cardio exercise daily.

After six weeks, you can explore more intense activities such as aerobic classes, biking, swimming, or weight training. Discuss with your doctor during your 4-week follow-up.





Vitamin & Mineral Supplements

You will need to take vitamin and mineral supplements for the rest of your life after surgery. We recommend that you start with chewable or liquid supplements. Eventually, you can swallow a petite tablet or cut pills in half.

- **Multivitamin with Minerals:**
 - Take a 'complete' multivitamin daily. Complete vitamins contain iron, zinc, folic acid and copper.
 - Avoid gummy or soft chew multivitamins.
 - Separate multivitamins with iron from calcium by at least 2 hours
- **Vitamin B12**
 - Take 350-500 mg daily.
 - Can be a tablet, liquid, nasal spray or injection.
 - Your multivitamin may already have enough vitamin B12 in it.
- **Calcium Citrate**
 - 1200-1500 mg daily, split into 2-3 doses (your body can only absorb 600mg at a time).
 - Separate calcium from multivitamin by at least 2 hrs.
- **Vitamin D**
 - 1000-3,000 mg per day (more if you are vitamin D deficient).



Common Post-Surgery Considerations

Constipation

- Mild constipation is common but not harmful. If necessary, try Miralax to ease symptoms. If unsuccessful, add Calm Magnesium with the Miralax.

Bloating and Gas

- Certain foods may cause bloating or gas. Avoid them or reduce intake until symptoms improve. You may use over-the-counter medications (chewable or crushable) to manage gas.

Dumping Syndrome and Lactose Intolerance

- High-sugar foods or dairy can cause cramping, bloating, and diarrhea for some patients. Identify trigger foods and avoid them in the future.

Belching and Air Swallowing

- Frequent belching may indicate swallowing air. Avoid straws, carbonated drinks, and gum, which can exacerbate this issue.

Common Post-Surgery Considerations

Loss of Appetite

- This is a normal symptom after surgery. Focus on a nutrition schedule and do not skip meals. If the issue persists, consult our office for further advice.

Dehydration

- Due to the reduced stomach size, you may be more prone to dehydration. If you notice symptoms like dark urine, dizziness, or excessive thirst, contact your doctor immediately.

Food Intolerances

- Tolerance varies from person to person and day to day. If you experience difficulty with a specific food, it may be a temporary issue. Reintroduce the food after a few weeks, prepared differently if necessary.





Interested in
learning more?

**Let's
Connect**



www.allofnutrition.com



contact@allofnutrition.com



[@allofnutrition](https://www.instagram.com/allofnutrition)



[Facebook.com/allofnutrition](https://www.facebook.com/allofnutrition)