



Longview Regional
MEDICAL CENTER

POST-OPERATIVE BARIATRIC SURGERY

Nutrition and Phase I-IV Diets

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POST-BARIATRIC SURGERY

Nutrition and Phase I-IV Diets

NUTRIENTS

- CARBOHYDRATES
 - Simple (<2 grams per serving initially)
 - Complex
- PROTEIN
 - 60-80 grams per day
- FAT
- WATER
- VITAMINS and MINERALS

DIET PHASES

- **Phase 0**
 - 1st post-op day (after swallow study)
 - **Water – at 30 mls per hour by nursing staff**

- **Phase I**
 - 1st post-op day as ordered
 - Water, clear SF liquids ad lib
 - **Pro V 60 Protein Shake – 30 mls per hour**

- **Phase II**
 - 2nd post-op day as ordered
 - SF Jell-o cube – one ounce
 - Low carbohydrate vanilla yogurt – one ounce
 - ProV60 protein shake – 8 ounces served per tray
 - Between mid-morning and mid afternoon snack
 - Jell-O – one ounce
 - Yogurt – one ounce

WATER

- 64 OUNCES PER DAY!!
- ALL PHASES!!
- Keep a Bottle with You!

PHASE I

IN HOSPITAL

- CLEAR LIQUID
 - Sugar Free Jell-O
 - Sugar Free Popsicles
 - SF Crystal light or Kool-Aid
- FULL LIQUID
 - Protein Drinks – with Milk or Water

PHASE II (In hospital)

- Phase I liquids
- Yogurt

PHASE II (at home) for first week post-op

- Phase I and II liquids
- Strained Cream Soup
- Cream of Wheat or Grits (thinned)
- Sugar Free Pudding
- Sugar free popsicles
- Ice chips
- Don't forget your protein shakes

Beginning on your one-week anniversary you may add:

- PUREE / SOFT
 - Cottage Cheese
 - Mashed Potatoes
 - Apple Sauce
 - Soft Scrambled Egg
 - Pureed foods or Baby Food
 - Very soft cooked pasta (Mac & Cheese)

MEAL TIMING

- **Phase I and II**
 - Very small, frequent meals
 - 1 oz every 60 minutes, increase frequency as directed by Nurse
 - ½ cup every 1 – 2 hours

PHASE III – 3 weeks post-op start adding

- PUREE
- SOFT – “Mush”
 - Pasta, soft cooked
 - Fish – steamed, canned tuna or chicken
 - Canned fruits
 - Cheese - soft
 - Casseroles
 - Lunch Meat
 - Crispy Foods – “Melt in Your Mouth”

MEAL TIMING

- 6 small meals / 3 meals and 3 snacks (<4 oz)

DON'T FORGET

- CHEW! CHEW! CHEW! (About 25 chews before swallowing)
- EAT SLOWLY!!

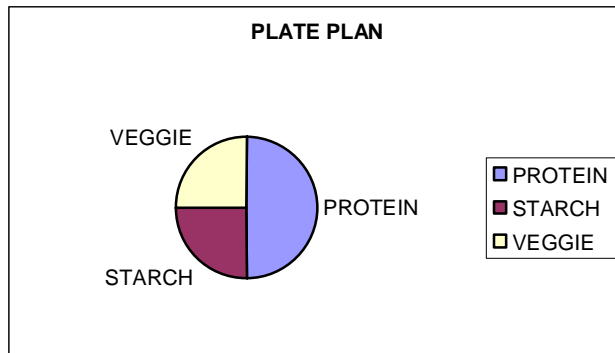
PHASE IV

- REGULAR (as tolerated)
 - Add new foods *slowly* – One at a time
 - Moist Cook Meats
 - Extra Lean Cuts
 - Reduced Fat Sauces and Gravies
 - Avoid Fatty and Fried Foods
 - May need to Avoid Gastric Irritants and Gas Forming Foods
 - Avoid carbonated beverages, alcohol, and caffeine
- PROTEIN
 - 60 – 80 grams per day
 - Will always need a protein supplement
 - Drinks, Powders and Bars
- VITAMINS and MINERALS
 - Multi-Vitamin
 - Calcium
 - B-Vitamins (Folic Acid, B12)
 - Iron

MEAL TIMING

- 3 regular Meals
- High protein snacks as needed
- Meal Timing – eat every 4-5 hours

PLATE PLAN



- Use SALAD plate instead of Dinner plate
- Do this Pre-op to begin adjusting
- CHEW YOUR FOOD!
- EAT SLOWLY
- Put fork down between bites
- Drink Liquids BETWEEN meals

FOOD & EXERCISE DIARY

- START TODAY
- Record all of your meals
- Record any problems or discomfort
- BRING to all appointments!

- EXERCISE PROGRESS
 - Start with 10 – 15 minutes DAILY
 - Increase intensity, duration and frequency

Post Operative Bariatric Guidelines

Remember to:

- * Keep a food and exercise diary
- * Get 1.5 to 2 liters of fluid each day –start early in the day
- * Drink your protein shakes –you will always need a supplement!

	Foods	Amount to eat	Behaviors	What to expect
Week 1	Sugar free popsicles Sugar free Jell-O Sugar free pudding Skim milk Protein shakes Strained soups –no chunks	Slow sips throughout the day Go slowly	Learn to feel what fullness is –you will have a “tight” feeling.	Feeling tired, a little achy and sore. No driving Emotions are out of whack
Week 2	Cottage Cheese Scrambled eggs Applesauce Pureed foods or baby foods	No more than ½ a cup over an hour	Keep drinking water and protein shakes to avoid dehydration. Learn to eat slowly!	Start to have more energy, start slowly adding walking to your day (once okayed by MD).
Week 3	Mushy foods Canned tuna, canned chicken Soft cheeses Casserole dishes Lunch Meats	6 small meals, 3 meals, 3 snacks. No more than ½ cup at each meal/snack	Keep eating slowly Learn what fullness feels like Protein shakes should be 1-2 meals per day	Keep exercising, energy levels will increase
Week 4	Start adding regular foods Add soft, bland foods first Check for tolerance	3 meals per day High protein snacks as needed	No grazing! When you feel full stop Chew food 25 times before swallowing	If you are experiencing hunger, you need more protein