

Bariatric Surgery Program

The following has been designed to help you and your family understand the diet that you will follow before and after bariatric surgery. Committing to healthy lifestyle habits, including dietary guidelines, is essential in helping you to achieve and maintain your weight goal for a lifetime.

Click on the following pre-op and post-op bullet points to see the dietary guidelines that you will follow each week and month.

- Pre-Op Nutrition
- Post-Op Weeks 1 and 2: Liquid Diet
- Post-Op Week 3: Puree Diet
- Post-Op Week 4: Soft Foods
- Post-Op Months 2-5: Continue Soft Foods, Increase Protein Intake
- Post-Op Month 6 and Beyond: Maintenance Diet

Pre-Op Nutrition

Liver Shrinking Diet

Breakfast	Protein shake
AM Snack	Something low-calorie OR high-protein – see list below
Lunch	Protein shake
PM Snack	Something low-calorie OR high-protein – see list below
Dinner	4 oz lean protein with 1/2 to 1 cup non-starchy vegetables

- Drink at least 64 oz. of fluids throughout the day.
- You can change the order in which you eat your meals and protein shakes; however, if it's not on the menu do not eat it!

Menu:

Protein Shakes:

- Must have **less than** 5g of sugar and **at least** 20g of protein per serving
- Check the labels to ensure your choice meets these criteria

Lean Protein Sources:

- Egg whites, poultry (chicken, turkey), beef (select >90% lean), seafood (fish, shrimp, crab, lobster), deli meats (turkey, ham, chicken), non-fat yogurt (sugar-free), non-fat cottage cheese, non-fat cheese, plant-based protein (edamame, soybeans, tofu, tempeh)

Non-Starchy Vegetables:

- Asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, lettuce, mushrooms, okra, onions, peppers, spinach, tomatoes, turnip greens, yellow squash, zucchini

Optional Snacks:

- **Low-calorie:** 1 small serving (1/4 cup) cup of fruit (1/2 banana, 1 small apple, 1 handful of berries), 1 serving (1/2 cup) non-starchy vegetables, sugar-free (SF) gelatin, sugar-free popsicle
- **High-protein:** 1/2 cup yogurt/Greek yogurt (sugar-free), 1/2 cup cottage cheese (non-fat), non-fat cheese stick

Acceptable Cooking Methods:

- Bake, grill, air fry, steam, boil, roast
- Herbs and spices are acceptable! Use just a very small spray of olive oil to coat meat/vegetables if needed

WHAT TO AVOID

- **Starches:** Starchy vegetables (potatoes, sweet potatoes, corn, peas, butternut squash, acorn squash), other starches (bread, pasta, rice, beans, oatmeal, grits, tortillas/wraps, chips, pretzels, popcorn, pancakes, waffles, pastries, English muffins, bagels, cereals/granola, cookies, cake, stuffing, bread crumbs)
- Products advertised as “low carb” or “0 net carbs”
- “Protein” pastas, pancakes, waffles, and oatmeal
- Sauces, dressings, mayo, butter, nut butters, hummus, queso
- Frying or breading food
- Sugary beverages (soda, juice, sweet tea, lemonades, sports and energy drinks, etc.)

Vitamin and Mineral Supplements

- **Start taking** when you begin the Liver-Shrinking Diet, and **continue taking** for **the rest of your life!**
- Supplements should be in **pill, liquid, or chewable** form (no gummies).
- Take at 3 separate times throughout the day to optimize absorption (schedule below).

Breakfast	<ul style="list-style-type: none"> • 600 mg calcium with vitamin D • 1000 mcg vitamin B12 (every other day)
Lunch	<ul style="list-style-type: none"> • Multivitamin with at least 18 mg iron • 500 mg Vitamin C
Dinner	<ul style="list-style-type: none"> • 600 mg Calcium with Vitamin D

Fluids

Goal: Drink at least 64 oz each day!

- Fluids must be sugar-free, caffeine-free, alcohol-free, and carbonation-free
- Avoid using straws
- Avoid chugging/taking large gulps of fluids
- Avoid drinking while eating (30 minutes before and after eating)

Possible fluid options:

Water	SF popsicles	SF yogurt
Water with SF flavors	SF Italian ice	SF Greek yogurt
SF sports drink with electrolytes	Unsweet and decaf tea and coffee	Skim or 1% milk
Fitness water	Unsweet soy or almond milk	Protein water
SF gelatin	Broths (low sodium)	Protein shakes

Post-Op Weeks 1 and 2: Liquid Diet

Morning	Protein shake (over a 2-hour period)
Mid-morning snack	2 spoonful SF yogurt
Lunch	2-3 spoonful broth
Mid-afternoon Snack	2 spoonful SF yogurt
Evening	Protein shake (over a 2-hour period)

- Remember to drink 64 oz each day! Protein shakes, broth, yogurt, SF gelatin, and SF popsicles count in your fluid count.
- Take a small, 1 oz sip every 15 minutes. Avoid taking large gulps or chugging fluids.
- Consume at least 60g of protein each day by having at least 2 protein shakes.
- Avoid straws, sugar, caffeine, alcohol, and carbonation.

Grocery list:

- Water
- Water with SF flavors
- SF sports drinks
- Water enhancer drops
- Unsweetened decaffeinated coffee and tea
- Low-fat chicken/beef broths/bouillon
- Strained low-fat cream soups
- Vegetable juice, tomato juice
- Sugar-free popsicles or sugar-free Italian ice
- Sugar-free gelatin
- Greek or plain yogurt (sugar-free and without fruit chunks)
- Skim or 1% milk
- Unsweetened soy/almond milk
- Protein shakes, protein water, protein powders

Post-Op Week 3: Puree Diet

Breakfast	2 oz. puree protein + 2 oz. puree fruit
Mid-morning snack	Protein shake
Lunch	2 oz. puree protein + 2 oz. puree vegetable
Mid-afternoon snack	2 spoonful SF Greek yogurt + 2 oz puree fruit
Dinner	2 oz. puree protein + 2 oz. puree vegetable
Evening	Protein shake

- Food must be pureed/baby food consistency – no lumps or chunks.
- **Reminder:** You can always continue the liquid diet if you do not want puree foods!
- Remember to drink 64 oz. each day! Protein shakes, broth, yogurt, SF gelatin, and SF popsicles are part of your fluid count.
- Avoid straws, sugar, caffeine, alcohol, and carbonation. Avoid taking large gulps or chugging fluids.
- Consume at least 60g of protein each day.
- Introduce one new food at a time.

Grocery List:

Liquids/Beverages:

- Water, water with SF flavors, SF sports drinks, unsweet and decaf tea and coffee, low-fat broths, strained low-fat cream soups, vegetable juice, tomato juice, SF popsicles, SF Italian ice, SF gelatin, low-fat milks (1% or skim), unsweetened milk alternatives (soy or almond milk)

Meats/Protein:

- **All must be pureed/baby food consistency:** Chicken, turkey, pork, lean beef (>90% lean), fish/seafood (tuna in water, salmon, tilapia, trout, shrimp, crab, lobster etc.), egg and egg whites, deli meats, tofu
- Dairy products: non-fat SF yogurt/Greek yogurt, non- or low-fat cottage cheese, non- or low-fat ricotta cheese, non- or low-fat cheese

Fruit:

- **All must be pureed/baby food consistency:** Apple/applesauce, banana, blueberries, cantaloupe, cherries, honeydew, mango, nectarines, oranges, peach, pear, plums, raspberries, strawberries, watermelon
- **Avoid:** pineapples, tough skins (apple skin, grape skin)

Non-Starchy Vegetables:

- **All must be pureed/baby food consistency:** Bell peppers, broccoli, cabbage, carrots, cauliflower, cucumbers, eggplant, green beans, mushrooms, okra, onions, tomatoes, yellow squash, zucchini
- **Avoid:** asparagus, celery

Post-Op Week 4: Soft Foods

Breakfast	2 oz. protein + 2 oz. fruit
Mid-morning snack	Protein shake
Lunch	2 oz. protein + 2 oz. vegetable
Mid-afternoon snack	2 spoonful SF Greek yogurt + 2 oz. fruit
Dinner	2 oz. protein + 2 oz. vegetable
Evening	Protein shake

- Remember to drink 64 oz. each day! Protein shakes, broth, yogurt, SF gelatin, and SF popsicles are part of your fluid count.
- Avoid straws, sugar, caffeine, alcohol, and carbonation.
- Chew 25 to 30 times before swallowing your food.
- Consume at least 60g of protein each day.
- Introduce one new food at a time.

Grocery List:

Liquids/Beverages:

- Water, water with SF flavors, SF sports drinks, unsweet and decaf tea and coffee, low-fat broths, strained low-fat cream soups, vegetable juice, tomato juice, SF popsicles, SF Italian ice, SF gelatin, low-fat milks (1% or skim), unsweetened milk alternatives (soy or almond milk)

Meats/Protein:

- Chicken, turkey, pork, lean beef (>90% lean), fish/seafood (tuna in water, salmon, tilapia, trout, shrimp, crab, lobster etc.), egg and egg whites, deli meats, tofu
- Dairy products: non-fat SF yogurt/Greek yogurt, non- or low-fat cottage cheese, non- or low-fat ricotta cheese, non- or low-fat cheese

Fruit:

- Apple/applesauce, banana, blueberries, cantaloupe, cherries, honeydew, mango, nectarines, oranges, peach, pear, plums, raspberries, strawberries, watermelon
- **Avoid:** pineapples, tough skins (apple skin, grape skin)

Non-Starchy Vegetables:

- **All vegetables must be cooked! No raw vegetables or salads.** Bell peppers, broccoli, cabbage, carrots, cauliflower, cucumbers, eggplant, green beans, mushrooms, okra, onions, tomatoes, yellow squash, zucchini
- **Avoid:** asparagus, celery

Post-Op Months 2-5: Continue Soft Foods, Increase Protein Intake

Breakfast	3-4 oz. protein + 2 oz. fruit
Mid-morning snack	Protein shake (may or may not need)
Lunch	3-4 oz. protein + 2 oz. vegetable
Mid-afternoon snack	2 spoonful SF Greek yogurt + 2 oz. fruit
Dinner	3-4 oz. protein + 2 oz. vegetable
Evening	Protein shake (may or may not need)

- Gradually increase protein intake from 60g per day to 80g per day.
- Remember to drink 64 oz. each day! Protein shakes, broth, yogurt, SF gelatin, and SF popsicles count in your fluid count.
- Avoid straws, sugar, caffeine, alcohol, and carbonation.
- Chew 25 to 30 times before swallowing your food.
- Introduce one new food at a time.

Grocery List:

Liquids/Beverages:

- Water, SF flavored water, SF sports drinks, unsweet and decaf tea and coffee, low-fat broths, strained low-fat cream soups, vegetable juice, tomato juice, SF popsicles, SF Italian ice, SF gelatin, low-fat milks (1% or skim), unsweetened milk alternatives (soy or almond milk)

Meats/Protein:

- Chicken, turkey, pork, lean beef (>90% lean), fish/seafood (tuna in water, salmon, tilapia, trout, shrimp, crab, lobster etc.), egg and egg whites, deli meats, tofu
- Dairy products: non-fat SF yogurt/Greek yogurt, non- or low-fat cottage cheese, non- or low-fat ricotta cheese, non- or low-fat cheese

Fruit:

- Apple/applesauce, banana, blueberries, cantaloupe, cherries, honeydew, mango, nectarines, oranges, peach, pear, plums, raspberries, strawberries, watermelon
- **Avoid:** pineapples, tough skins (apple skin, grape skin)

Non-Starchy Vegetables:

- **All vegetables must be cooked! No raw vegetables or salads.** Bell peppers, broccoli, cabbage, carrots, cauliflower, cucumbers, eggplant, green beans, mushrooms, okra, onions, tomatoes, yellow squash, zucchini
- **Avoid:** asparagus, celery

Post-Op Month 6 and Beyond: Maintenance Diet

Breakfast	3-5 oz. protein + 2 oz. fruit
Lunch	3-5 oz. protein + 2 oz. vegetable
Mid-afternoon snack	2 spoonful SF Greek yogurt + 2 oz. fruit
Dinner	3-4 oz. protein + 1/4 cup starch

- Drink protein shakes as needed if you don't consume 60g protein from food.
- Drink at least 64 oz. fluids each day! Continue to avoid sugar, caffeine, alcohol, carbonation, and straws.
- Continue to eat slowly and chew 25 to 30 times before swallowing.
- Continue to be smart with portion sizes.

Grocery List:

Liquids/Beverages:

- Water, SF flavored water, SF sports drinks, diet cranberry juice, unsweet and decaf tea and coffee, low-fat broths, strained low-fat cream soups, vegetable juice, tomato juice, SF popsicles, SF Italian ice, SF gelatin, low-fat milks (1% or skim), unsweetened milk alternatives (soy or almond milk)

Meats/Protein:

- Chicken, turkey, pork, lean beef (>90% lean), fish/seafood (tuna in water, salmon, tilapia, trout, shrimp, crab, lobster etc.), egg and egg whites, deli meats, tofu
- Dairy products: non-fat SF yogurt/Greek yogurt, non- or low-fat cottage cheese, non- or low-fat ricotta cheese, non- or low-fat cheese

Fats:

- **Limit serving size to 1 teaspoon:** avocado, butter, nuts, nut butter, olive oil

Fruit:

- Apple/applesauce, banana, blueberries, cantaloupe, cherries, grapes, honeydew, mango, nectarines, oranges, peach, pear, pineapple, plums, raspberries, strawberries, watermelon

Non-Starchy Vegetables:

- Asparagus, bell peppers, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, mushrooms, okra, onions, tomatoes, yellow squash, zucchini

Starches:

- Limit serving size to one, 1/4 cup (2 oz) serving per day!
- Continue to avoid starches that are high in sugar and/or fat such as chips, pastries, cookies, cakes, cereals/granola
- Starchy vegetables: acorn squash, butternut squash, corn, peas, potatoes
- Other starches: bagels, beans, bread, crackers, English muffins, grits, lentils, oatmeal, pasta, pancakes pretzels, rice, stuffing, tortillas, waffles, wraps
- Whole grains: brown rice, bulgur, corn, oats/oatmeal, popcorn, quinoa, wild rice, whole grain versions of bread, crackers, pasta, etc.