



Rome Health

An affiliate of St. Joseph's Health

BARIATRIC SURGERY PROGRAM

Keneth Hall, MD, FACS, FASMBS
Medical Director

Leo Amodu, MD, MPH
Sayali Kulkarni, MD

PRE-SURGICAL LIQUID DIET AND POST-OP DIET STAGES

PRE-SURGERY LIQUID DIET

Follow the pre-surgery liquid diet for 2 weeks prior to surgery. This is a high protein diet that consists of protein supplement drinks and clear liquids. Suggested meal replacement is Premier Protein or similar. Meal replacements should be high in protein and low in calorie.

Sample Meal Plan: 1200 calories

TIME	FLUID	CALORIES
8:00am	8oz Water	0
9:00am	2 Protein supplement drinks	320
10:00am	4oz sugar free jell-o	10
11:00am	1 Protein supplement drink	160
12:00pm	8oz broth	10
1:00pm	1 Protein supplement drink	160
2:00pm	8oz Water	0
3:00pm	1 Protein supplement drink	160
4:00pm	4oz sugar free jell-o	10
5:00pm	8oz broth	10
6:00pm	2 Protein supplement drinks	320
7:00pm	1 sugar free ice pop	15
8:00pm	8oz water	0

****The day before surgery make sure that your protein supplement drink is clear. Examples for clear protein include the following, but you are not limited to these brands. Please find a protein supplement that you like, tolerate and is similar in nutrition value to those listed.**

Clear Protein Supplements:

- Premier Protein Clear

- Isopure

- Protein2O

- Protein powders mixed with water

*Clear liquid protein supplement should be 20g or more of protein and less than 10grams of total carbohydrate per serving.



PRE-SURGERY INSTRUCTIONS:

- You will drink 1 bottle of Ensure Clear the night before surgery. This will be provided to you at your Prep & Consent appointment.



****Ensure Clear IS NOT a protein supplement drink.**

- You will drink 1 bottle of Ensure Pre-Surgery the day of surgery on the way to the hospital for your surgery (unless you have diabetes). This drink will be provided to you during your PAT (pre-admission testing) appointment.



BARIATRIC POST OP DIET

IMPORTANT GUIDELINES

- Protein Goal: minimum 60-80 grams per day
- Fluid Goal: minimum 64 ounces per day
- Listen to your body: pay attention to hunger and fullness cues.
- Drink slowly, taking small sips.
- Eat slowly: Take your time with each meal to avoid overeating or potential complications.
- Avoid drinking during meals: Separate liquids from food. Allow a no fluid window of 30 minutes before a meal and 30 minutes after a meal.
- No straws when drinking
- No chewing gum
- No carbonated beverages
- Avoid caffeine for 3 months
- No alcohol for at least 6 months
- **Remember that at any point should you not be able to tolerate the following stage you can step back to a previous stage. If you are unable to tolerate foods and feeling pain call your surgeons office for further guidance.**

**BARIATRIC POST-OP
STAGE 1
CLEAR LIQUIDS**

DAYS 1-6 (after surgery)

Protein goal: 60-80 grams per day

Fluid goal: 64 oz per day

*Please record your fluid and protein intake throughout the day on the tracking sheets provided.

Remain in this stage for 1 full week (7 days), do not progress to the next stage sooner. If you are not tolerating this stage or do not feel ready to move to the next stage you can remain in this stage until tolerating well and ready to advance.

Purpose: hydrate the body, minimize strain on the surgical site and begin gentle digestion.

Protein Supplements: It is important to consume protein to heal from surgery. Make sure that protein supplements are clear liquid at this time. When comparing protein supplements always read the food label, looking for supplements that have approximately 20-30 grams of protein and less than 10 grams of total carbohydrate.

Guidelines:

- Sip slowly and continuously throughout the day. Goal is 1oz every 15 minutes. Drink what you can tolerate. Stop if you feel full or nauseated.
- NO straws- this can introduce air and cause discomfort.
- NO carbonated beverages
- NO caffeine (for 3 months)
- NO sugary drinks
- NO chewing gum

Allowed Foods:

Liquids that are clear, not cloudy and have no sugar, no caffeine and no carbonation.

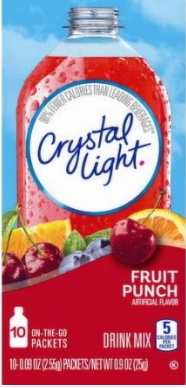
- Water
- Crystal Light or other sugar free flavored water
- Clear broth (chicken, beef, bone or vegetable)
- Sugar-free gelatin
- Sugar-free, non-carbonated electrolyte drink (i.e Gatorade Zero, Vitamin Water zero, Powerade Zero, etc).
- Clear liquid protein supplements

Examples include:

- Premier Protein Clear
- Isopure
- Protein 2O
- Gatorade Protein
- Bariatric Advantage Clear
- Protein powder mixed with water or other clear sugar-free, non-carbonated electrolyte drink

Stage 1, Clear Liquid Approved Foods

Clear, non-carbonated, decaffeinated, sugar-free beverages

	Water
	Sugar-free flavor additives such as Crystal Light, Mio, sugar-free Kool-Aid
	Sugar-free Popsicles
	Vitamin Water Zero, Powerade Zero, Gatorade Zero, Bodyarmor Zero

	Sugar-Free Jell-o
	Decaffeinated tea
	Soups: broth or bouillons
	Clear Protein Supplements: Premier Protein Clear, Protein 2.0, Isopure

**BARIATRIC POST-OP
STAGE 2
FULL LIQUIDS**

DAYS 7-15 after surgery

Protein goal: 60-80 grams per day

Fluid goal: 64 oz per day

*Please record your fluid and protein intake throughout the day on the tracking sheets provided.

Remain in this stage for 1 full week (7 days), do not progress to the next stage sooner. If you are not tolerating this stage or do not feel ready to move to the next stage you can remain in this stage until tolerating well and ready to advance.

Purpose: hydrate the body, minimize strain on the surgical site and begin gentle digestion.

Protein Supplements: It is important to consume protein to heal from surgery. When comparing protein supplements always read the food label, looking for supplements that have approximately 20-30 grams of protein and less than 10 grams of total carbohydrate.

Guidelines:

- Sip slowly and continuously throughout the day. Goal is 1oz every 15 minute, 64oz total. Drink what you can tolerate. Stop if you feel full or nauseated.
- NO straws- this can introduce air and cause discomfort.
- NO carbonated beverages
- NO caffeine (for 3 months)
- NO sugary drinks

Allowed Foods:

- Milk: non-fat, skim, 1%
- Unsweetened almond milk or soy milk
- Non-fat milk powder (can be added to sugar free liquids)
- Yogurt (recommend high protein, low carb, no fruit pieces or chunks)
- Sugar-free, non-fat pudding
- Soups: broth, bullion, **strained** broth-based soups, low-fat cream soup (thinned). Soups must be low-fat and strained. Avoid potato and bean soups.
- High protein soup mixtures - Unjury, ProtiDIET
- Protein powders or ready to drink supplement shakes.
- All foods from stage 1

Examples include:

- Premier Protein
- Fairlife
- Nurri

Stage 2, Full Liquid Approved Foods

	Milk: skim or 1% Unsweetened almond, cashew or soy milk Non-fat milk powder
	Yogurt: High protein, low fat, low carbohydrate (no chunks of solid food)
	Sugar-free pudding
	Soup broth, bullion, strained broth-based soups, low-fat cream soup (thinned). Soups must be low-fat and strained. Avoid potato and bean soups.
	Protein mix
	Protein supplement drinks (powder or ready to drink)

STAGE 3 PUREED

DAYS 16-22 after surgery

Protein goal: 60-80 grams per day

Fluid goal: 64 oz per day

Purpose: This phase introduces foods that have been blended to a smooth, applesauce-like or liquid-like consistency to ensure easy digestion while promoting healing. The pureed diet stage helps transition your body to solid foods while minimizing discomfort and promoting healing. The goal is to gradually transition to a more solid diet while keeping the focus on high-protein, low-fat, low-sugar foods to meet nutritional needs and support weight loss while prioritizing protein intake and hydration.

Guidelines:

- **Portion Sizes:** Eat small meals, about 2-4 tablespoons (approximately 4 ounces) per meal, 3 times daily. Stop eating when you feel full.
- **Protein Goals:** Aim for 60-80 grams of protein daily to support healing and muscle maintenance. **Prioritize protein-rich foods at each meal.**
- **Hydration:** Sip 64 ounces of low-calorie, non-carbonated fluids between meals. Avoid drinking 30 minutes before or after eating to prevent overfilling your stomach.
- **Eating Slowly:** Take small bites and chew thoroughly (even pureed foods) to aid digestion. Meals should take 15-20 minutes.
- **Avoid Sugars and Fats:** Limit added sugars and high fat foods.

Tips for Success

- **Blending Tips:** Use a high-powered blender or food processor. Add small amounts of liquid (e.g., water, broth, skim milk) to achieve a smooth texture.
- **Food Safety:** Prepare fresh purees daily and refrigerate leftovers for no more than 24 hours to avoid bacterial growth.

- **Track Intake:** Keep a food diary to monitor protein, fluids, and symptoms. Share with your dietitian for personalized adjustments.
- **Listen to Your Body:** Stop eating if you feel nausea, fullness, or pain. Report persistent symptoms to your healthcare team.

Foods to Include

Protein Sources:

- Non-fat Greek yogurt (no fruit pieces)
- Pureed lean meats (chicken, turkey, white fish, tuna) moistened with low-sodium broth
- Pureed eggs or egg whites
- Greek yogurt (non-fat, high-protein with no fruit)
- Low-fat cottage cheese or ricotta cheese (blended smooth)
- Protein shakes (20-30g protein per serving)
- **Vegetables:**
 - Pureed cooked vegetables (carrots, green beans) without skins or seed
 - Pureed avocado (in small amounts due to high fat content)
- **Fruit:**
 - Unsweetened applesauce
 - Pureed fruit (canned in water or juice, drained and pureed, no skins, no seeds)

- **Other:**

- Low-fat, low-sugar cream soups (strained and blended smooth))
- Sugar-free pudding (as tolerated)

Foods to Avoid

- High-sugar foods (e.g., sweetened yogurts, fruit in syrup, baby food with added sugar)
- High-fat foods (e.g., fried foods, full-fat dairy)
- Tough or fibrous food (raw vegetables skins, seeds)
- Carbonated beverages, alcohol, or drinks with citric acid
- Caffeinated beverages
- Calorie-dense or non-nutrient-dense foods (e.g., chips, cookies, rice cakes)
- Solid foods or chunks that require extensive chewing

Sample Meal Plan

Breakfast: 2-4 tbsp plain Greek yogurt (10-15g protein)

Snack: 8 oz protein shake (20g protein)

Lunch: 2-4 tbsp pureed chicken with low-fat broth

Snack: 8 oz protein shake (20g protein)

Dinner: 2-4 tbsp pureed vegetable with 1 tbsp low-fat cottage cheese

Snack: 2-4 tbsp unsweetened applesauce

Total Protein: ~60-70g (adjust based on dietitian's guidance)

Hydration: Sip 6-8 cups of water between meals.

*Please record your fluid and protein intake throughout the day on the tracking sheets provided.

STAGE 4

LOW FAT SOLID FOOD

DAYS 23-29 after surgery

Protein goal: 60-80 grams per day

Fluid goal: 64 oz per day

- Introduce foods gradually
- Expect total meal to be approximately 1/2 cup or 4oz of food.
- Diet should be low in fiber
- Start with soft moist foods
- Continue to track fluid and protein intake

RECOMMENDED FOODS

- All foods from previous stages
- Eggs (no longer need to be pureed)
 - Scrambled, boiled, etc.
- Cheese (low fat string cheese, shredded cheese)
- Yogurt (no solid pieces of fruit)
- Cottage cheese (low-fat)
- Ricotta cheese
- Egg salad or tuna salad with low fat mayo

AVOID

- NO raw or fresh fruits and vegetables
- Nuts and seed, fruit with skin

Supplements:

As directed by physician

Fluid intake:

- Goal of 64oz daily
- Take small sips and drink slowly
- Drink between meals
- **NO carbonation, NO caffeine, NO sugary drinks**

Add new foods slowly. Continue to take small bites and chew foods well. Eat and drink separately, allowing 30 minutes before and 30 minutes after meals with no drink. Sip on drinks between meals to reach fluid intake goals. Monitor intolerances to foods. If the first bite does not agree with you, stop eating and try food again in 1-2 weeks. If at any point you do not feel ready to move to the next stage, take your time advancing the diet until you feel comfortable. Do NOT advance faster than the recommended guidelines.

STAGE 5: SOLID FOODS

Day 30 - 3 months after surgery

Protein goal: 60-80 grams per day

Fluid goal: 64 oz per day

Part 1: High Protein foods

- 2-3oz portion
- Soft, moist meats, skinless, no breading, baked and grilled
- Ground meats (chicken, turkey, beef)
- Thin sliced deli meats
- Shaved and shredded meats
- Fish (tuna in water, baked or grilled flakey fish)
- Canned chicken
- Low fat dairy: yogurt, cottage cheese, ricotta cheese, cheeses
- Eggs
- Tofu

Introduce a variety protein foods. Try foods individually to monitor tolerance. Remember to take small bites and chew well. Continue to monitor protein intake with a daily goal of 60-80 grams per day. As you are able to tolerate more solid protein foods you can decrease the protein supplements. Continue to use protein supplements as needed to reach protein goals.

Part 2: VEGETABLES

- All vegetables should be **well cooked**.
- Begin with soft vegetables (carrots, green beans, etc.)
- Slowly introduce cooked vegetables one at time monitoring tolerance.
- Gradually increase to higher fiber vegetables (broccoli, cauliflower, etc) as tolerated

- Avoid skins and seeds
- **NO RAW (uncooked) VEGETABLES**

Part 3: FRUITS

- Cup or canned fruit (not in syrup, look for fruit in water or its own juices).
- Avoid skins and seeds
- **NO FRESH FRUIT**

Continue on this stage until 3 months after surgery. Eat protein foods first, followed by vegetables and fruit.

FLUID INTAKE

- Drink between meals
- No carbonation
- No caffeine
- No sugary drinks

STAGE 6: BARIATRIC MAINTENANCE DIET

Start at 3 months post op

PROTEIN GOALS: 60-80 grams per day

CARBOHYDRATE: approximately 100 grams

FLUID: at least 64oz

What to eat:

- Begin to add in fresh/raw fruits, vegetables and beans.
- Salads- choose dark leafy greens that are higher in nutrients.
- Uncooked vegetables and fruits
- Begin to add in whole grains as tolerated and able
- Continue to eat protein first then fruits and vegetables, followed by minimal amount of high fiber carbohydrate foods.

FLUID INTAKE:

- All drinks should be consumed between meals. Continue to allow a 30 minute window before and after each meal with no drinks.
- Avoid all carbonated beverages
- Continue to avoid sugary, high calorie drinks

TIPS:

- Keep foods moist and interesting by using broth or try different seasonings and spices.
- Fried and breaded food should be avoided and eaten infrequently
- Average calorie intake will be approximately 1000-1200 calories per day.
- Eat 3 regular meals per day, consuming high protein low-fat foods first, vegetables next and fruits and whole grains last.

*Protein supplements should be used until you are able to meet your daily protein goal with food from your diet.

Remember that at any point should you not be able to tolerate the following stage you can step back to a previous stage. If you are unable to tolerate foods and feeling pain call your surgeons office for further guidance.

CONTACTS

Main office: 315-338-7040

Registered Dietitian: 315-281-9810