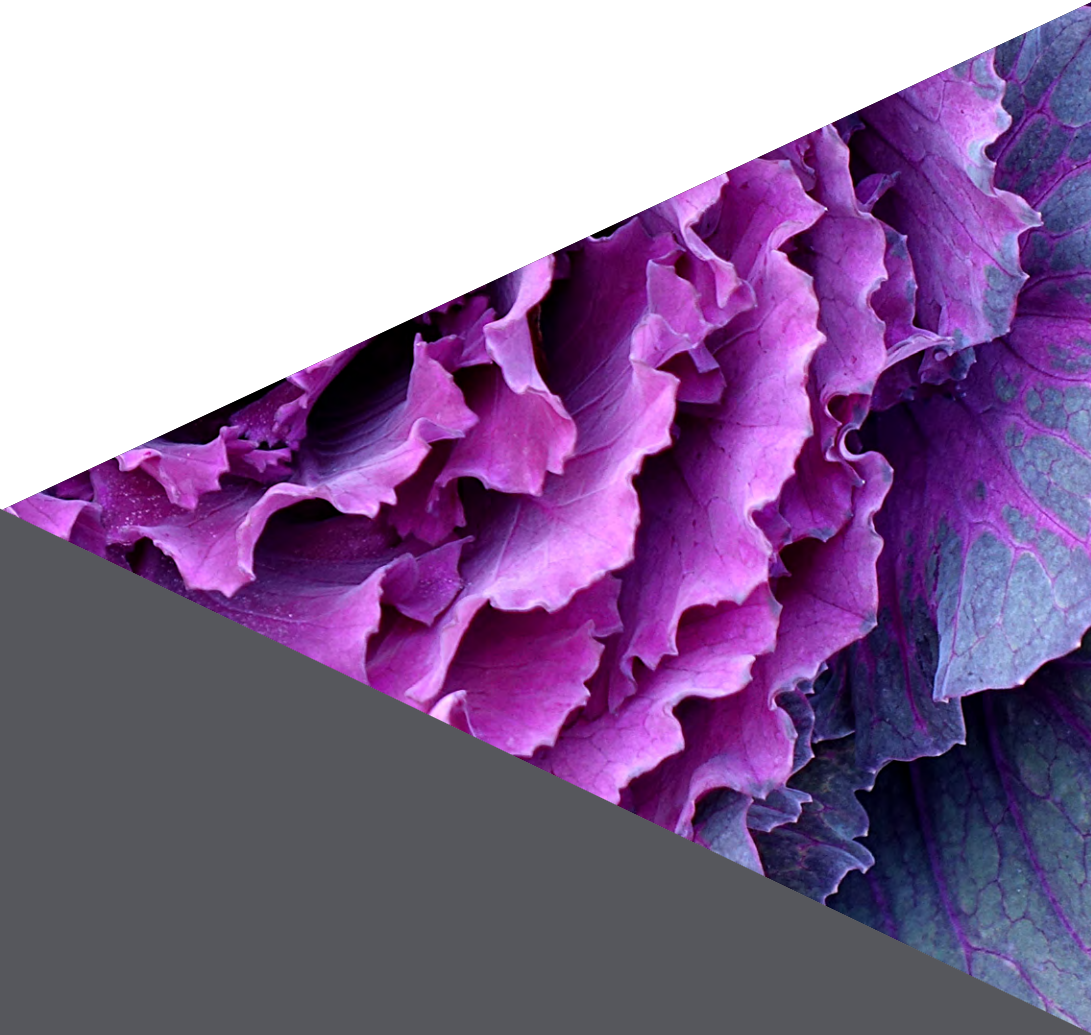


BARIATRIC SERVICES

After Bariatric Surgery

Your nutrition guide



OHSU
Health

Introduction

Your journey to health after bariatric surgery includes eating and drinking in new ways. The new habits will help you keep losing weight, keep it off and stay healthy.

Your OHSU Health Bariatric team includes a dietitian and other team members who can help you learn new ways to eat. If you are vegan, vegetarian, lactose intolerant or eat a gluten-free or faith-based diet, talk to your dietitian. Our team is experienced with different dietary needs and preferences.

Please read this booklet carefully but remember these are only guidelines. You can write down your questions, concerns and comments to share with your dietitian or any member of your OHSU Health team.

Contact your dietitian if you have questions by using MyChart or calling the main clinic number at 503-494-1983.

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Your new relationship with food

Bariatric surgery affects multiple parts of your life. You may feel anxious about comments made to you about your weight loss. It is important to keep yourself involved in support groups and seek counseling when needed. Talk to members of your OHSU Health team or friends and family for support.



Diet stages after bariatric surgery

STAGE

1

Clear liquid

START:

Day one
(in the hospital)

HOW LONG:

First day after surgery



STAGE

2

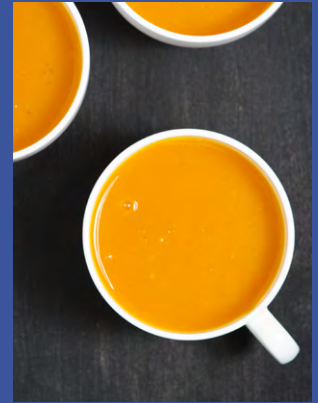
Full liquid

START:

Day one or two

HOW LONG:

For 14–21 days after
your surgery



STAGE

3

Soft food

START:

Two to three weeks
after surgery. Make
sure the liquid diet is
working well for you
before you start eating soft food.

HOW LONG:

About six weeks



STAGE

4

Solid food, low in sugar and fat

START:

Two months after surgery

HOW LONG:

This is your permanent diet.
Congratulations!





Sugar-free clear liquids

START	GOAL	WHAT'S ALLOWED
In the hospital, on the first day after your surgery.	Slowly increase the fluids you drink. Drink one liter of fluid before you go home.	Sugar-free gelatin, sugar-free Popsicles, clear protein drinks like Isopure, protein drinks, Crystal Light, broth, decaffeinated tea, decaffeinated coffee and water. You can write down your progress on an information sheet by your bed.

Stage 1 is completed in the hospital after your surgery. You usually go home in Stage 2. You will work with your OHSU Health dietitian as you go through each stage.

INSTRUCTIONS

Drink in small sips. Eat very slowly. Stop if you feel full or nauseated. Do not feel the need to finish the whole tray.

If you get a hospital tray with anything that is not listed in the column to the left, do not eat those items. They could cause nausea after surgery. Only drink the fluids listed in the What's Allowed column.



Dumping syndrome

Dumping syndrome occurs when your stomach empties its contents into your small intestine too quickly. It doesn't happen to everyone but is more likely to happen to gastric bypass patients. Dumping syndrome generally occurs right after eating a meal that contains a lot of sugar. Too much sugar causes excess food to be pushed quickly through the intestinal tract.

Symptoms include:

- Diarrhea
- Increased heart rate
- Nausea
- Abdominal cramping
- Sweating
- Weakness
- Dizziness

How to prevent:

- Choose foods that are low fat and contain no more than 14 grams of sugar per serving.
- Avoid high-sugar foods, such as desserts, fruit juice, jams, honey, syrups, candy, pastries and nondiet soda.
- Be careful with condiments, such as barbecue sauce, honey-mustard dressing, sweet and sour sauce, etc.
- In moderation, select foods with natural sugars, such as fresh fruit, dairy and vegetables.
- Choose foods that use artificial sweeteners, such as NutraSweet, stevia and Splenda.

Aim for 64 ounces of fluid and 60–80 grams of protein, and track what you eat and drink.

Sugar-free/low-fat full liquids

START

You will start this in the hospital, usually 24 hours after Stage 1. This is the diet that you will go home on typically.

GOAL

Fluid: Aim for 64 ounces daily. Drink more if your urine (pee) looks dark. Drinking fluids is your top priority. If you are struggling to get enough fluid into your stomach, focus on water intake. Remember, protein shakes and protein waters provide both fluid ounces and protein.

Protein: Aim for 60–80 grams of protein daily. Choose items with less than 14 grams of sugar and less than 10 grams of fat.

Supplements: Start taking your chewable bariatric multivitamin and calcium citrate supplements one week after surgery. You will start taking vitamin B-12 one month after surgery unless your multivitamin has enough B-12 in it.

INSTRUCTIONS

Choose foods from the Stage 2 foods list.

Generally, eat three to five meals a day, no more than four hours apart. If eating solid foods such as yogurt, pudding, eggs or cottage cheese, wait 30 minutes after eating before drinking fluids.

Write down what you eat and drink every day, especially protein and fluids. This is your food log. You may use a notebook, a computer program or a smartphone app such as Baritastic or MyFitnessPal.



Plateaus

You will experience times when your weight loss slows down. This is normal and it is important to remember that everyone loses weight at a different rate. When you are at a plateau (no weight loss or change in measurement for four weeks or more) continue to keep food logs and track your exercise. If your plateau lasts longer than four weeks, contact your dietitian.

“Foods” – full liquids

Aim for 60–80 grams of protein every day.

Choose food with less than 14 grams of sugar and less than 10 grams of fat.

FOOD	AMOUNT	PROTEIN	CALORIES
Protein shakes (such as Premier Protein) with more than 20 grams of protein, less than 14 grams of sugar and less than 5 grams of fat	8 ounces	Varies	Varies
Sugar-free protein waters such as Isopure Zero, Premier Protein Clear, BiPro or Protein2o	Varies	Varies	Varies
Whey or soy protein powders. You can mix these into milk, nondairy milk and cream soups.	1 scoop	Varies	Varies
Milk (low fat). Choose Lactaid or Fairlife if you are lactose intolerant. You may also choose nondairy milks, such as soy or oat milk.	8 ounces	Varies	Varies
Protein-fortified skim milk	8 ounces	10 grams	100





FOOD	AMOUNT	PROTEIN	CALORIES
Low-fat, purée-texture soup, such as low-fat cream of chicken soup or tomato soup made with milk or unflavored protein powder	8 ounces	10 grams (more with powder)	190
Nonfat or low-fat yogurt, Greek or traditional. Plain or low-sugar (less than 14 grams sugar), such as Yoplait Light, Oikos Triple Zero, Dannon Light & Fit and Fage	About 6 ounces	Varies	Varies
Sugar-free pudding (instant or cook & serve)	1/2 cup	2 grams	About 60
Cream of Wheat (made with water or low-fat milk). Add 1 scoop of protein powder prepared with water.	1/2 cup	About 18 grams	About 165
Fairlife milk	8 ounces	13 grams	13 grams

Once you can tolerate liquids well, try the items below.

FOOD	AMOUNT
Egg, scrambled or hard-boiled. You may add light mayonnaise to a hard-boiled egg.	1 egg
Cottage cheese (2%)	1/4 cup
Low-fat ricotta cheese	8 ounces



Sample daily meal plan



The sample daily meal plan to the right offers some ideas for what to eat and drink at different times of the day. Do not worry if you cannot eat or drink everything in the amounts listed. Focus on getting enough fluids and slowly increasing your protein intake.

Adjust the time to start based on your waking times.

The following pages include meal plans. Many meal options include calories and grams of protein per serving. Always check the label on your foods and drinks, and ask your dietitian if you have questions.



Sample daily meal plan

TIME/ITEM	OPTION 1	OPTION 2	OPTION 3
7–7:45 a.m. Fluid	12 ounces decaffeinated coffee	12 ounces decaffeinated tea	12 ounces water
8–8:30 a.m. Breakfast	1/2 cup fat-free Greek yogurt (60 calories, 11 grams)	1/2 cup Cream of Wheat with protein powder (160 calories, 20 grams)	1/2 Premier Protein shake (80 calories, 15 grams)
9–10 a.m. Fluid	12 ounces Propel Zero	12 ounces water	12 ounces water
10:30–11 a.m. Snack	1/2 cup sugar-free pudding made with 1% Fairlife milk (75 calories, 7 grams)	8 ounces light yogurt (100 calories, 8 grams)	1/2 container 100-calorie Greek yogurt (50 calories, about 6 grams)
11–noon Fluid	12 ounces water	12 ounces water	12 ounces water
12:30–1 p.m. Lunch	8 ounces light yogurt (100 calories, 8 grams)	10 ounces Isopure or whey protein Zero Carb high-protein drink (80 calories, 16 grams)	1/2 Premier Protein shake (80 calories, 15 grams)
1:30–3 p.m. Fluid	12 ounces water	8 ounces low-sodium chicken broth	12 ounces Crystal Light
3:30–4 p.m. Snack	8 ounces low-fat cream soup made with skim milk (190 calories, 10 grams)	8 ounces skim milk (90 calories, 9 grams)	1/2 Premier Protein shake (80 calories, 15 grams)
4:30–6 p.m. Fluid	8 ounces water	16 ounces water	12 ounces decaffeinated iced tea
6:30–7 p.m. Dinner	Premier Protein shake (160 calories, 30 grams)	8 ounces low-fat cream soup made with skim milk (190 calories, 10 grams)	1/2 Premier Protein shake (80 calories, 15 grams)
Total	CALORIES: 585 PROTEIN: 66 grams FLUID: 56 ounces	CALORIES: 610 PROTEIN: 63 grams FLUID: 60 ounces	CALORIES: 370 PROTEIN: 66 grams FLUID: 60 ounces

We will talk about Stage 3 with you at your first appointment after surgery.

Soft, ground and moist foods

START

Usually two weeks after surgery. Your start date is

GOAL

At least 64 ounces of fluid daily.

60–80 grams of protein daily. Choose items with less than 14 grams sugar and less than 10 grams fat.

Chewable bariatric multivitamin and mineral supplement and calcium citrate supplement.

If necessary, start taking your vitamin B-12 supplement on

This will be a tablet you put under your tongue.

INSTRUCTIONS

Start introducing **soft, moist** protein-rich foods.

Moisture is the key to eating comfortably. Use low-fat or nonfat gravy, sauces or mayonnaise if you need to moisten the protein.

Add one new food at a time.

Eat small amounts of food and eat very slowly. For example, take a teaspoon-sized bite and chew it completely. Wait five minutes before taking another bite.

Once you've met the protein goal, you can add up to a 1/2 cup of non-protein foods at each meal.

Keep your fluids separate from your meals. Wait 30 minutes after a meal to drink any fluids. Do not drink fluids during a meal.

Keep writing down everything you eat and drink (food log or food journal).



OTHER THINGS TO CONSIDER

Avoid red meat if it makes you uncomfortable and instead eat chicken, turkey or fish. Red meat means beef, pork, lamb, veal, venison and other game meats. Use sauces and condiments to help moisten foods. The next page has a list of sauces and condiments.

Avoid the foods below until about two months after your surgery:

- Hard, crunchy or high-fiber foods. This includes raw and crunchy fruits, vegetables, nuts, seeds and popcorn.
- Fresh or doughy bread, rice and pasta.
- Very dense protein energy bars, such as those with nuts and seeds.

Always avoid drinks with alcohol or carbonation, such as seltzer, sparkling water or soda. Also avoid foods that are high in fat or sugar. These foods and drinks will not be comfortable for you and can cause bad reactions after bariatric surgery.



**Use the following to
moisten your protein:**

Low-fat or nonfat condiments,
such as ketchup, mustard or
low-fat mayonnaise

Low-sodium broth

Low-fat salad dressing

Lemon or lime juice, vinegars

Tomato sauce, salsa (soft) or
picante sauce

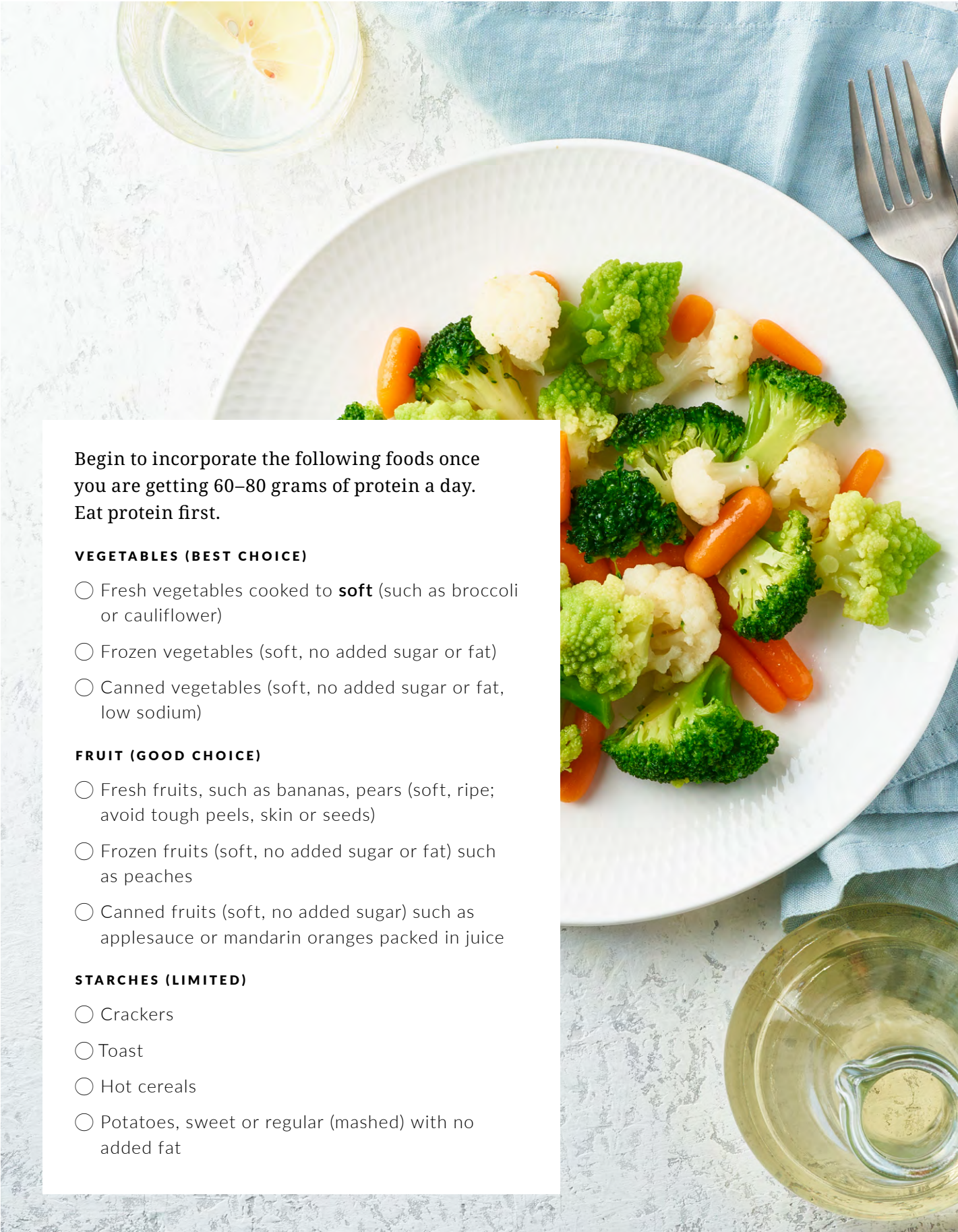
Low-fat cream soups used as
sauce for meats like chicken, fish
or turkey

Low-fat plain yogurt or sour cream

Grocery list for Stage 3

Below are high-protein foods including vegetarian and vegan options. You need to add moisture, such as a sauce or condiment, to most of them. This will make them more comfortable for you to eat. Do not eat dry meat or fish. The texture to aim for during this stage is food easily cut with a fork.

- ☐ Egg (scrambled or with light mayo) or egg substitute
- ☐ Low-fat (2%) or nonfat cottage cheese
- ☐ Part-skim ricotta cheese
- ☐ Low-fat (2%) cheese (6–7 grams fat per serving)
- ☐ Light string cheese
- ☐ Low-fat or nonfat yogurt, plain or light (regular or Greek)
- ☐ Nonfat (skim) or 1% milk, or low-fat plain soymilk
- ☐ Fish (fresh, frozen)
- ☐ Shellfish, crab, shrimp (fresh, frozen)
- ☐ Tuna (canned)
- ☐ Tilapia, individual fillets (fresh, frozen)
- ☐ Smoked salmon
- ☐ Wild salmon burgers (Costco)
- ☐ Chicken (ground or cooked, deli, canned)
- ☐ Turkey (ground or cooked, deli)
- ☐ Veggie burgers
- ☐ Veggie sausage or crumbles (such as Boca)
- ☐ Tofu
- ☐ Tempeh
- ☐ Bean dip or hummus
- ☐ Dry or canned beans and legumes (kidney, black, pinto, nonfat refried beans, lentils, split peas, black-eyed peas)



Begin to incorporate the following foods once you are getting 60–80 grams of protein a day. Eat protein first.

VEGETABLES (BEST CHOICE)

- ☐ Fresh vegetables cooked to **soft** (such as broccoli or cauliflower)
- ☐ Frozen vegetables (soft, no added sugar or fat)
- ☐ Canned vegetables (soft, no added sugar or fat, low sodium)

FRUIT (GOOD CHOICE)

- ☐ Fresh fruits, such as bananas, pears (soft, ripe; avoid tough peels, skin or seeds)
- ☐ Frozen fruits (soft, no added sugar or fat) such as peaches
- ☐ Canned fruits (soft, no added sugar) such as applesauce or mandarin oranges packed in juice

STARCHES (LIMITED)

- ☐ Crackers
- ☐ Toast
- ☐ Hot cereals
- ☐ Potatoes, sweet or regular (mashed) with no added fat

Protein-only sample meal plan

TIME/ITEM	OPTION 1	OPTION 2	OPTION 3
7:30–8 a.m. Fluid	12 ounces water or zero-calorie beverage	12 ounces decaffeinated coffee or tea	12 ounces water or zero-calorie beverage
8:30–9:30 a.m. Breakfast	1 Premier Protein shake (30 grams)	1/2 cup scrambled egg substitute or 1 egg (about 6–12 grams)	1/2 cup 2% cottage cheese (14 grams)
10–11:30 a.m. Fluid	12 ounces water	12 ounces water or zero-calorie beverage	8 ounces water
Noon–1 p.m. Lunch	1 ounce ground turkey or chicken with 2 tbsp gravy (7 grams)	2 ounces canned tuna in water with 1 tablespoon light mayonnaise (14 grams)	1/2 cup egg salad made with 1 tablespoon light mayonnaise (12 grams)
1:30–2:30 p.m. Fluid	12 ounces Crystal Light or other zero-calorie beverage	12 ounces water or zero-calorie beverage	12 ounces low-sodium chicken broth
3–4 p.m. Snack	12 ounces Crystal Light or other zero-calorie beverage 6 ounces low-fat or light Greek yogurt (12 grams)	1/2 cup 2% cottage cheese (14 grams)	1/2 bottle Premier Protein shake (15 grams)
4:30–6 p.m. Fluid	12 ounces water	12 ounces water	12 ounces Protein2o (50 calories and 11 grams)
6:30–7:30 p.m. Dinner	2 ounces salmon (no skin) with mayonnaise (12 grams)	1/2 cup low-fat vegetarian or turkey chili (16 grams)	1–2 slices of deli meat (1 ounce) + 1 light Babybel cheese (13 grams)
8–11 p.m. Fluid/snack	16 ounces water 1 sugar-free Popsicle	8 ounces skim milk with 1/2 scoop protein powder (about 20 grams)	16 ounces water
Total	CALORIES: 500–650 PROTEIN: 61 grams FLUID: 64 ounces	CALORIES: 500–650 PROTEIN: 65–70 grams FLUID: 68 ounces	CALORIES: 500–650 PROTEIN: 65 grams FLUID: 68 ounces

A bowl of yellow soup, possibly chicken orzo soup, sits on a wooden surface. A silver spoon lies to the left of the bowl. In the background, a white cloth is visible. To the right of the bowl, a whole onion and a carrot are partially visible.

Fluid list



Fluids are important to avoid dehydration. Try to drink 64 ounces per day. If you have any problems or questions about fluids, please ask your doctor or dietitian.

- Water
- Crystal Light, Wyler's, MiO or other calorie-free, sugar-free, caffeine-free drinks
- Decaffeinated coffee or tea, or herbal tea
- Broth — regular or bone broth (Choose low-sodium broth. Bone broth gives you a small amount of protein.)
- Diet Jell-O
- Sugar-free Popsicle (no more than two or three per day)

Fluid guidelines for Stages 2, 3 and 4



Drink fluids throughout the day. Below is an example of roughly when you should drink fluids based on the meal plan on the following page. Avoid drinking fluids during and before 30 minutes after a meal.

- Before 7 a.m.
- 9–10 a.m.
- 11:30 a.m.–12:30 p.m.
- 2–3 p.m.
- 4:30–6 p.m.
- 7:30–8:30 p.m.
- After 10 p.m.

Standard sample meal plan

Once you are getting 60–80 grams of protein a day, you may start using the meal options below.

If you cannot eat the amounts of food given in the meal options, that is OK. Focus on eating protein first.

Listen to your body and stop eating when you feel full.

TIME/ITEM	OPTION 1	OPTION 2	OPTION 3
7:30–8:30 a.m. Breakfast	1 scrambled egg 1/2 cup cooked spinach	6 ounces 1% Fairlife milk 1/2 cup bran flakes	1 ounce low-fat cheese 2 ounces thin-sliced ham
10:30–11 a.m. Snack	8 ounces skim or 1% milk	1 hard-boiled egg	8 ounces skim or 1% milk
1–1:30 p.m. Lunch	1/2 cup lentil soup 2 steamed baby carrots	2 ounces roasted turkey or chicken 1 ounce low-fat cheese 1/4 regular-size pita pocket 1–2 tomato slices	2 ounces tuna, canned in water 1 teaspoon low-fat mayonnaise 1/4 cup baby spinach 1 Wasa Light Rye Cracker
3:30–4 p.m. Snack	6 ounces yogurt, such as Dannon Light & Fit Greek or similar	1/2 cup refried beans	1/4 cup cottage cheese 1/4 cup mandarin oranges in juice
6:30–7 p.m. Dinner	3 ounces baked fish with lemon 1/4 cup steamed broccoli 1/4 cup strawberries	3 ounces lean deli turkey or chicken 1/4 cup mashed potatoes made with 1% milk 1/4 cup cooked green beans	3 ounces lean ground turkey 2 tablespoons nonfat gravy or broth to moisten 1/4 cup steamed asparagus 1/4 cup diced cantaloupe or watermelon
9–9:30 p.m. Snack	1 piece of string cheese 1/4 peach canned in juice (no syrup or sugar added)	6 ounces yogurt, such as Dannon Light & Fit Greek or similar	1/2 cup nonfat, sugar- free instant pudding
CALORIES: PROTEIN: CARBOHYDRATES: FATS:	660 60 grams 56 grams 17 grams	750 82 grams 68 grams 15 grams	625 73 grams 48 grams 17 grams





Low-fat, sugar-free solid foods

START

About two months after surgery. Your start date is

GOAL

At least 64 ounces of fluid daily.

Between 60–80 grams of protein daily.

Bariatric multivitamin and calcium citrate with added vitamin D.

Follow a healthy, balanced diet of low-fat and low-sugar foods.

INSTRUCTIONS

Keep practicing mindful eating. Use smaller plates and baby spoons or chopsticks to help slow down your eating.

Continue to separate fluids from foods. Don't drink with meals or snacks and wait 30 minutes after meals or snacks to drink any fluids. You may need to stop drinking 30 minutes before meals if you are unable to eat enough.

You might not be able to eat some solid foods. Add only one new food at a time. A “new food” is a food you have not eaten since having bariatric surgery. Adding one at a time will help you learn which foods you can and cannot eat.

Continue writing down everything you eat and drink (food log, food journal).

Congratulations, you have reached Stage 4. This is your final stage after bariatric surgery.

You will stay on this eating plan for life, unless you need to go back to an earlier stage if you get sick or for other reasons. Talk to your dietician or doctor if you have any questions about this eating plan, you follow a special diet or have a food intolerance. They can help you adjust the eating plan for your personal needs.

Take chewable bariatric multivitamin and mineral supplements if possible. Talk to your dietitian if you would like to take a brand not designed for bariatric surgery patients.

Remember that you are not alone. It is important to stay involved in support groups and schedule regular visits with any member of the OHSU Health team. You may follow the guidelines for your appointments after surgery, but you may also schedule more appointments if you need them. Talk to your doctor, dietitian or another member of your OHSU Health Bariatric team about any needs or concerns.

The illustration at right shows what your servings will look like on a plate after bariatric surgery. It compares them to servings you might have eaten before surgery. A regular-size plate is 9 inches across. After bariatric surgery, you might want to use a 7-inch plate, since you will have less food on it.

The illustration on the following page shows which foods to eat first, second and last. Following this order will help you get the nutrition you need most.

What size is a serving?

3 ounces of meat, fish or poultry (chicken or turkey)

A deck of cards is about the size of 21 grams of protein.



1/2 cup of fruit, vegetables or cooked cereal

About the size of a light bulb.



1 ounce of cheese

About the size of an ice cube or a golf ball.



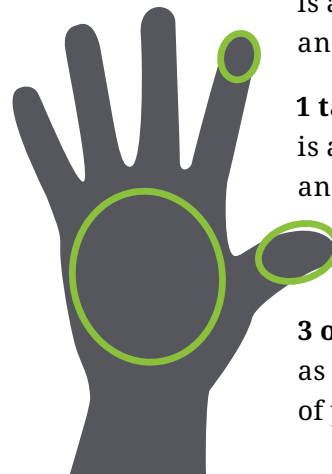
Using your hand to measure sizes

Hand method

1 teaspoon (tsp) is about as large as an adult's fingertip.

1 tablespoon (tbsp) is about the size of an adult's thumb.

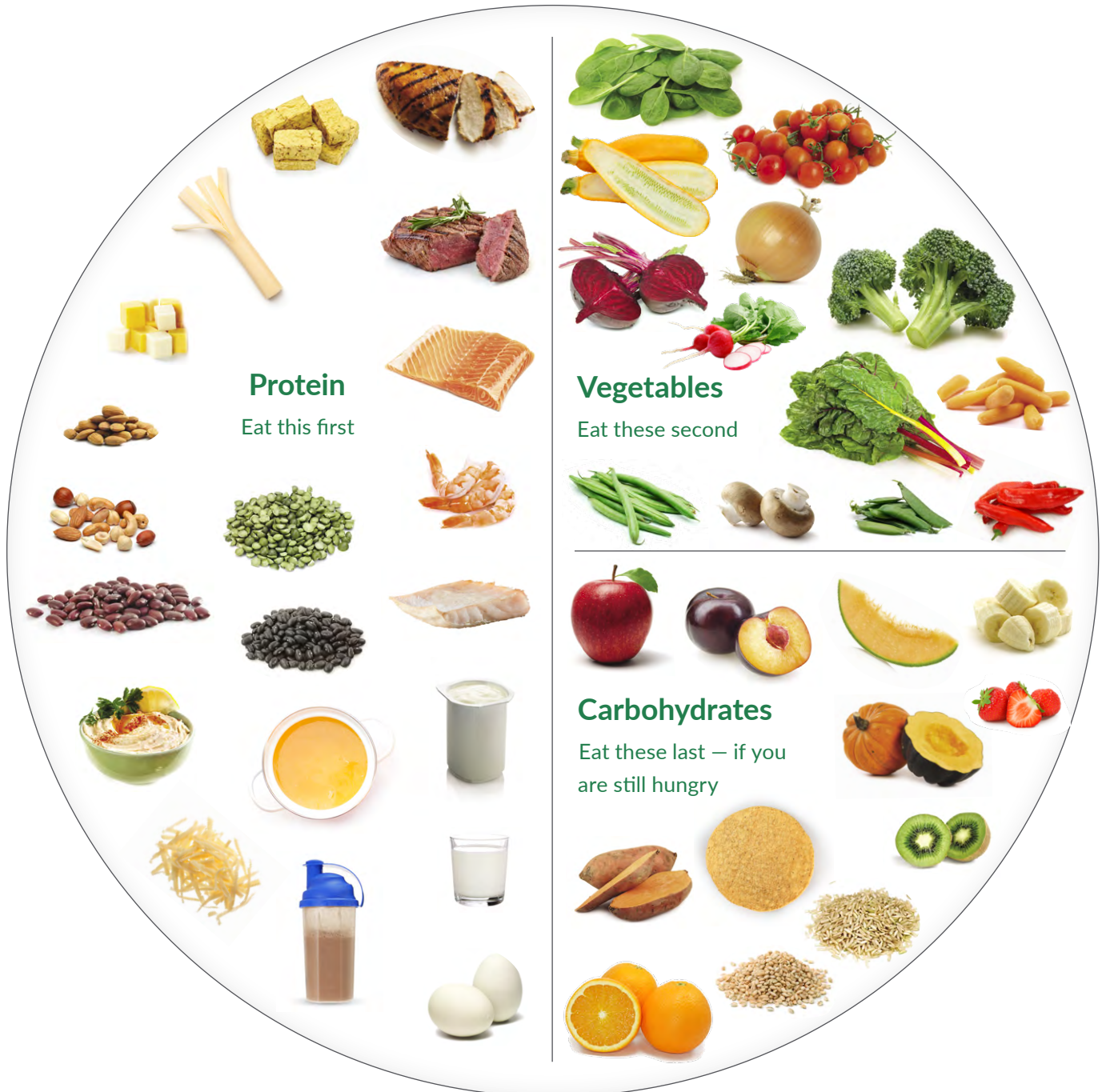
3 ounces is about as large as the palm of your hand.





Your healthy plate and serving sizes

7-inch plate (or smaller)



Protein

Foods high in protein include meat, chicken, turkey, fish, eggs, beans, soy products and cheese.



Protein gives you energy, iron and B vitamins. Some protein foods also provide zinc (an important mineral), such as meat, chicken, turkey, and shellfish, such as clams and shrimp. Others, like beans, give you fiber. Some types of fish give you healthy fats.

Servings for about 7 grams of protein include:

- 1 ounce of cooked lean meat, chicken, turkey or fish
- One egg
- 1/2 cup of cooked beans (Beans also count as a carbohydrate.)
- 1/4 cup hummus
- 2 ounces of firm tofu
- 1/2 cup edamame
- 1 ounce low-fat cheese
- 1/4 cup cottage cheese (2%)
- 1 cup skim or 1% milk (Milk also counts as a carbohydrate.)
- 3/4 cup traditional yogurt, low-sugar and low-fat or nonfat
- 1/4 to 1/3 cup Greek yogurt, low-sugar and low-fat or nonfat

Goal:

You need nine to 12 servings of high-protein foods every day. This will give you 60–80 grams of protein. Writing down all the foods you eat will help you meet your goals.

TYPE OF PROTEIN	HEALTHY CHOICE	LIMIT OR AVOID EATING
Fish	Cod, flounder, haddock, halibut, perch, red snapper, sea trout, tuna canned in water, bluefish, herring, mackerel, salmon, trout and swordfish	Fried fish, fish canned in oil, commercial breaded fish products such as fish sticks
Shellfish	Clams, crabs, lobster, oysters, scallops, shrimp	Fried shellfish, stuffed shrimp and lobster
Poultry	Skinless chicken and turkey breast or thighs Ground chicken or turkey (93% lean)	Fried chicken and turkey Commercial breaded chicken nuggets and patties Duck, goose, and chicken and turkey wings, legs and skin
Beef	Lean select or choice cuts, trimmed of visible fat. Loin, sirloin, round steak, tenderloin, T-bone, porterhouse, filet mignon, rump roast, ground beef that is at least 93% lean	Regular hot dogs and knockwurst Regular ground beef (70–92% lean)
Lamb, pork, ham, veal	Lean select or choice cuts, trimmed of visible fat. Loin, chop and other cuts with less than 3 grams of fat per ounce	Bacon, sausage, kielbasa, pepperoni, Slim Jims
Cold cuts	Turkey, chicken, ham, roast beef	Salami, bologna and liverwurst Corned beef and pastrami
Eggs	Whole or egg substitutes (Egg Beaters, Second Nature, etc.)	
Beans or legumes	Black, kidney, pinto, cannellini, garbanzo, etc. Lentils, split peas, black-eyed peas Lentil, split pea and bean soups and vegetarian chili Fat-free refried beans, veggie burgers, hummus	Baked beans that are high in sugar

TYPE OF PROTEIN	HEALTHY CHOICE	LIMIT OR AVOID EATING
Soy products	Tofu, tempeh, edamame, meatless patties and crumbles, such as Boca Burgers, Morningstar Farms and Loma Linda brand foods	Breaded soy products
Cheese	Reduced-fat cheese made with 2% milk	Full-fat cheeses, cottage cheese, cream cheese and sour cream
Milk	Skim (nonfat) or 1%	Whole or 2% (reduced fat) milk, cream, half-and-half, regular hot chocolate, milkshakes, frappés, chocolate milk, eggnog, chowders and soups made with cream
Yogurt	Low-fat and low-sugar, light or plain Greek or regular (examples: Oikos Triple Zero Greek, Dannon Greek Light & Fit)	Yogurt with more than 14 grams of sugar, full-fat yogurt
Nuts and seeds	Limit eating nuts and seeds. They contain some protein but are also high in fat. Portion control is important with this type of food.	Honey-roasted, candied or other sweetened nuts or nut butters and nuts roasted with added oils

Use protein bars and shakes as needed to help you meet your protein goals.



Vegetables

Vegetables give you carbohydrates, fiber, energy and vitamins A and C.

Vegetable serving sizes after bariatric surgery include:

- 1/2 cup raw leafy vegetables, such as spinach
- 1/4 cup raw vegetables, such as baby carrots
- 1/4 cup cooked vegetables, such as peas
- 1/2 cup vegetable juice

Goal:

Aim for four to six bariatric servings of vegetables a day.



TYPE OF VEGETABLE	HEALTHY CHOICE	LIMIT OR AVOID EATING
Vegetables	Raw or cooked vegetables: <ul style="list-style-type: none">• Asparagus• Bell peppers (green, yellow, red)• Broccoli• Brussels sprouts• Cabbage• Carrots• Cauliflower• Cucumbers• Green beans• Lettuce• Mushrooms• Radishes• Spinach• Summer squash• Tomatoes• All other non-starchy vegetables	All deep-fried vegetables and added fat on vegetables, including: <ul style="list-style-type: none">• Butter and margarine, cream• Cheese sauce, hollandaise and béarnaise sauce• Mayonnaise or Miracle Whip• Sour cream Eat sparingly: <ul style="list-style-type: none">• Olives• Avocado
Juice	Low-sodium V8 or tomato juice	

Carbohydrates



Grains, starchy vegetables and beans give you fiber, energy, B vitamins and minerals. Choose foods with more than 3 grams of fiber per serving and less than 14 grams of sugar.

The amount of carbohydrates you can eat is different for each person. It depends on how active you are, how much you exercise, your blood sugar and weight loss.

Carbohydrate serving sizes after bariatric surgery:

- Half slice of bread or one slice of thin bread
- Half English muffin
- Half pita pocket
- Five small crackers
- 1/4 cup ready-to-eat or hot cereal
- 1/4 cup cooked pasta or rice
- 1 cup air-popped popcorn
- 1/4 cup starchy vegetables (potatoes, peas and corn)

Goal:

Limit yourself to no more than three to four bariatric servings of grain, starch or beans per day.

TYPE OF CARBOHYDRATE	HEALTHY CHOICE	LIMIT OR AVOID EATING
Bread or toast	Whole wheat, English muffins, pumpernickel, pita bread, tortilla, rye	Baked items high in fat and sugar, such as pastries, croissants, muffins, doughnuts, cookies, cake, biscuits and fried dough
Crackers	Low-fat whole grain crackers with at least 3 grams of fiber per serving	High-fat crackers such as butter crackers, Ritz crackers, Keebler Club crackers, Goldfish and Wheat Thins
Cereal	Choose low-sugar cereals or cereals with no sugar added, such as plain oatmeal, Shredded Wheat, Fiber One, Total, bran flakes, Special K, Cream of Wheat and Barbara's Puffins (Look for cereals with at least 3 grams of fiber per serving.)	Sweetened cereal, including instant oatmeal with more than 14 grams of sugar per serving; granola, fruit cereals
Pasta and rice	Whole-wheat or lentil pasta White, brown and wild rice Quinoa, barley and other whole grains	Pasta in cream sauces, such as fettuccine alfredo and macaroni and cheese
Other starches	Soy crisps, rice cakes, plain air-popped popcorn, 99% fat-free microwave popcorn, plain breadsticks, melba toast	High-fat starchy foods including regular microwave popcorn, cheese curls and corn and tortilla chips
Starchy vegetables	Corn, peas, potatoes, sweet potatoes, yams, winter squash, plantains	Potato chips, French fries, tater tots, hash browns and potato skins
Beans	Garbanzo, pinto, black, kidney and other types of beans	Baked beans that are high in sugar

Fruit



Fruit gives you fiber, energy, vitamin C and other nutrients.

Fruit serving sizes after bariatric surgery include:

- 1/4 cup chopped unsweetened fruit or berries
- Half melon wedge
- Half medium (baseball-sized) apple, orange, pear or other fruit
- Half small banana
- One-quarter grapefruit

Goal:

No more than two to three bariatric servings of fruit per day. No more than seven total carbohydrate servings per day. If you have beans, milk or yogurt as your protein, you should also count them as a carbohydrate.

TYPE OF FRUIT	HEALTHY CHOICE	LIMIT OR AVOID EATING
Fresh or frozen	Berries, kiwi, apples, oranges, peaches, plums, bananas, melons, mango and all other fresh fruit	Dried fruits
Canned	Canned fruit packed in unsweetened juice or water, unsweetened applesauce	All fruits canned in sweetened fruit juice, light syrup or heavy syrup
Juice and other fruit products		Candied apples, fruit juices and sugar-sweetened beverages, including those labeled punch, -ade and “fruit drink”

Fats

Fats provide calories and fat. They help give foods flavor and make them feel good in your mouth. Some fats provide vitamin E.

Serving sizes of fat after bariatric surgery include:

- 1 teaspoon oil or butter
- 1 tablespoon 100% peanut butter or nut butter
- 2 tablespoons of avocado

Goal:

Aim for about four servings of fats per day.

HEALTHY FATS	LIMIT OR AVOID EATING
Limited amounts of: Canola, olive, soybean and peanut oils Avocado Low-fat mayonnaise Low-fat salad dressing, nonstick cooking spray, low-fat cream cheese and sour cream	Regular salad dressing, mayonnaise, butter, margarine, cream cheese or sour cream

Sweets

Serving sizes after bariatric surgery:

- 1/2 cup of nonfat sugar-free pudding
- 1/2 cup of nonfat sugar-free ice cream or frozen yogurt

These foods should be limited. They provide calories and carbohydrates but have few other nutritional benefits.

HEALTHIER CHOICES	LIMIT OR AVOID EATING
Fat-free, sugar-free sweets: Popsicles Fudgsicles Pudding Diet Jell-O Custard made with skim milk	Candy, ice cream, ice milk, pies, pastries, cake, cookies, chocolate, regular Popsicles, sweetened drinks such as soda, sweet tea, coffee drinks, energy drinks, sports drinks, fruit punch, lemonade and more
Calorie-free sweeteners: Sucralose (Splenda), aspartame (Equal, NutraSweet), stevia, Truvia, neotame, saccharin (Sweet'N Low), acesulfame potassium	Avoid added sugars: White sugar, brown sugar, powdered sugar, maple syrup, honey, agave nectar, molasses, brown rice syrup, corn syrup or fruit juice concentrate

Sample meal plan

Two months or more after bariatric surgery

TIME/ITEM	DAY 1	DAY 2	DAY 3
7:30–8:30 a.m. Breakfast	1 scrambled egg 1 slice low-fat cheese 1 slice light bread	1 low-sugar, low-fat yogurt (such as Dannon Light & Fit Greek) 1 tablespoon chopped walnuts	1 egg 1 slice ham 2 tablespoons diced onions and peppers 1/4 cup spinach
10:30–11 a.m. Snacks	Muscle Milk	1 hard-boiled egg 1/4 cup sliced cucumber	17 almonds 1/2 small banana
1–2 p.m. Lunch	3 ounces roasted turkey 1/2 cup steamed mixed vegetables (California Blend) 1/4 cup brown rice	3 ounces thin sliced roast beef 1 slice low-fat cheese 1–2 tomato slices 2 romaine lettuce leaves	1/2 can tuna with 1 teaspoon low-fat mayo 1 slice light bread 2 tablespoons avocado
3:30–4 p.m. Snacks	1/2 cup plain low-fat yogurt 1/4 cup frozen strawberries	4 tablespoons hummus 10 whole-grain crackers (Kashi)	1 piece of string cheese 1 small tangerine
6–7 p.m. Dinner	3 ounces baked fish 1/4 cup sautéed cabbage 1/4 cup cooked quinoa	3 ounces ground turkey 1 tablespoon low-fat sour cream or plain yogurt 2 tablespoons salsa 2 mini corn tortillas	3 ounces baked tofu (with 1 teaspoon canola oil) 1/2 cup steamed snap peas 1/4 cup corn
9–9:30 p.m. Snack	8 ounces light vanilla soymilk with sugar-free vanilla syrup	1/2 cup cottage cheese 1/4 cup pineapple	1 low-sugar, low-fat yogurt (such as Dannon Light & Fit Greek)
CALORIES PROTEIN CARBOHYDRATES FAT	About 640 About 84 grams About 73 grams About 43 grams	About 960 About 87 grams About 69 grams About 38 grams	About 935 About 80 grams About 78 grams About 39 grams



When you eat out

What to order

It is OK to order children's portions or serving sizes. However, do not order from the children's menu. Foods on this menu are usually high in fat and carbohydrates. You may want to order items individually. For example, you may ask for a chicken breast or a side of vegetables instead of a specific dish from the menu. Use the same diet guidelines when you eat out as when you eat at home.

How to have your meal cooked

Make sure your food is baked or broiled and comes to your table plain. It should not be cooked in heavy oils, butter or cream sauces or covered with condiments such as mayonnaise.

Keeping your servings small

You can split a plate of food with your friend or partner.

Ask for a takeout container when your food arrives. Place half of it in the container to eat the next day. Depending on what you order, leftover food can provide enough food for several meals.

Other tips for after bariatric surgery

Remember not to drink fluids with your meal in a restaurant.

Carry healthy snacks at all times to avoid stopping for a quick bite to eat when you get hungry. Most convenience foods and fast foods are high in fat or sugar.



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