

bariatric surgery diet

Strict dietary guidelines following weight-loss surgery:

1) Full liquid (one to two weeks)

- High-protein; low in fat, carbs, sodium
- Sugar-free, caffeine-free, non-carbonated
- Water, broth, protein drinks, gelatin, popsicles, coffee, etc.

2) Blended/pureed (one to two weeks)

- High-protein, low-fat
- Soft foods: scrambled eggs, cottage cheese, Greek yogurt, etc.
- Blended/pureed, lean meats: chicken, turkey, tuna, etc.

3) Soft diet (about two months)

- Same foods as step 2 but not blended/pureed
- Low-fat cheese; low-fat, low-sodium deli meats
- Refried beans; soft, cooked vegetables
- Natural applesauce, canned fruit (no sugar added)

4) General diet (rest of your life)

- Well-balanced meals, appropriate portions
- Protein with every meal and snack

