

Stage 1: Full Liquid Diet (1 week)

Follow this diet for 1 week and start it on your first full day home from the hospital. Your goal is at least **64 ounces of fluid** and **60-80 grams of protein** (or more, if recommended). Remember to start drinking early in the day and sips fluids often throughout the day!

Recommend Liquids:

- Water
- Herbal tea
- Decaffeinated tea, decaffeinated coffee
- Broth (any variety)
- Strained miso soup
- Sugar free flavored water
- Sugar free popsicles and sugar free jello
- Diluted fruit juice (maximum 4 oz juice per day diluted with at least 4 oz water)
- Protein supplements
- Skim or 1% milk and Fairlife milk
- Low fat, light yogurt (Greek yogurt preferred, plain or flavored without fruit chunks or seeds)
- Fat free or low fat cottage cheese
- Ricotta cheese made with skim milk
- Sugar free, low fat pudding

Sample Full Liquid Meal Plan:

Schedule	Suggested Liquids
Wake Up	8 oz fluid such as water
Snack	2 tbsp fat free plain Greek yogurt
Fluids	8 oz fluid such as water or sugar free flavored water
Protein Shake	8-12 oz protein supplement
Snack	2 tbsp sugar free jello or sugar free, low fat pudding
Fluids	8 oz fluid such as water or sugar free flavored water
Protein Shake	8-12 oz protein supplement
Fluids	8 oz fluid such as water or broth
Snack	2 tbsp sugar free jello or sugar free, low fat pudding
Protein Shake	8-12 oz protein supplement
Fluids	8 oz fluid such as water or herbal tea

Stage 2: Pureed Diet (2 weeks)

Follow this diet for 2 weeks and start it after your first week of Stage I, or approximately 8-10 days after surgery. Pureed foods should be smooth or blended without any lumps. You can include all foods and fluids from Stage I Full Liquid diet. Your goal is at least **64 ounces of fluid** sipped between meals and **60-80 grams of protein** (or more, if recommended). Eat protein foods first, followed by vegetables, then fruits, and grains/starches last. Do not drink fluids with meals and wait 30 minutes after eating to resume drinking fluids. Avoid spicy foods and extreme temperatures at this may cause discomfort. Try only 1 new food a meal so you know what you can tolerate.

Recommend Pureed Foods:

Category	Choices	
Protein	<ul style="list-style-type: none"> Cottage cheese (fat free or low fat) Greek yogurt (low fat) Skim/low fat milk or Fairlife milk Ricotta cheese (fat free or low fat) Cheese (fat free or low fat, 1 slice) 	<ul style="list-style-type: none"> Tofu Egg or egg substitute (scrambled) Blended lean meats such as lean beef, poultry, fish, shrimp, lobster, crab
Vegetable	<ul style="list-style-type: none"> Soft cooked vegetables without skins or seeds, mashed with fork or blended 	
Fruit	<ul style="list-style-type: none"> No sugar added applesauce Mashed banana Blended canned peaches or pears in 100% fruit juice 	<ul style="list-style-type: none"> Blended fresh fruits without skins or seeds Baby food fruit Avocado
Grains/Starches	<ul style="list-style-type: none"> Hot cereals such as oatmeal, cream of wheat, and grits Mashed potatoes or mashed sweet potatoes without skins Blended mashed beans such as refried beans or hummus 	
Beverages	<ul style="list-style-type: none"> Water Decaffeinated and non-carbonated flavored beverages with less than 10 calories per 8 oz serving such as Crystal Light, Mio drops, Propel Zero, Gatorade Zero, Powerade Zero, Fruit2O, Vitamin Water Zero, decaffeinated tea, decaffeinated coffee 	
Soups	<ul style="list-style-type: none"> Pureed vegetable soup Broth, bouillon, bone broth Reduced fat cream soup 	<ul style="list-style-type: none"> Purred bean soup Egg drop soup
Miscellaneous	<ul style="list-style-type: none"> Light or low-fat mayo Sugar free puddings and custards Sugar free popsicles Sugar free jello 	

Sample Pureed Meal Plan:

Schedule	Suggested Options
Wake Up	8 oz fluid such as water
Meal	8-12 oz protein supplement
Fluids	8 oz fluid such as water or sugar free flavored water
Snack	2-4 tbsp protein food such as low fat cottage cheese
Fluids	8 oz fluid such as water flavored with sugar free flavoring drops
Meal	Scrambled egg or egg substitute 1-2 tbsp blended or baby food pears
Fluids	8 oz fluid such as herbal tea
Snack	8-12 oz protein supplement
Meal	2-4 tbsp protein food such as skim milk Ricotta cheese mixed with 1-2 tbsp tomato sauce
Fluids	8 oz fluid such as water
Meal	2 tbsp protein food such as blended chicken or ground turkey 2 tbsp non starchy vegetable such as blended baby carrots 1 tbsp starch such as mashed potatoes without skin (optional)
Snack	8-12 oz protein supplement
Fluids	8 oz fluid such as water infused with natural fruit

Stage 3: Soft Diet (3 weeks)

Follow this diet for 3 weeks and start it after you complete Stage II, or approximately 22-24 days after surgery. Your goal is at least **64 ounces of fluid** sipped between meals and **60-80 grams of protein** (or more, if recommended). Eat protein foods first, followed by vegetables, then fruits, and grains/starches last. Do not drink fluids with meals and wait 30 minutes after eating to resume drinking fluids. Avoid spicy foods and extreme temperatures at this may cause discomfort. Try only 1 new food a meal so you know what you can tolerate.

Recommend Soft Foods:

Category	Choices	
Protein	<ul style="list-style-type: none"> Cottage cheese (fat free or low fat) Greek yogurt (low fat) Skim/low fat milk or Fairlife milk Ricotta cheese (fat free or low fat) Cheese (fat free or low fat, 1 slice) Canned tuna 	<ul style="list-style-type: none"> Chicken Salad Deli meats (lean) Tofu Egg or egg substitute any style Ground lean meats such as lean beef, poultry, fish, shrimp, lobster, crab
Vegetable	<ul style="list-style-type: none"> Soft cooked vegetables 	
Fruit	<ul style="list-style-type: none"> Soft fruits (avoid tough skins/seeds) such as banana, canned peaches and pears in 100% fruit juice, honeydew melon, cantaloupe 	
Grains/Starches	<ul style="list-style-type: none"> Hot cereals such as oatmeal, cream of wheat, and grits Mashed potatoes or mashed sweet potatoes without skins 	<ul style="list-style-type: none"> Beans Hummus Whole grain toast and crackers
Beverages	<ul style="list-style-type: none"> Water Decaffeinated and non-carbonated flavored beverages with less than 10 calories per 8 oz serving such as Crystal Light, Mio drops, Propel Zero, Gatorade Zero, Powerade Zero, Fruit2O, Vitamin Water Zero, decaffeinated tea, decaffeinated coffee 	
Soups	<ul style="list-style-type: none"> Vegetable soup (no rice or pasta) Broth, bouillon, bone broth Reduced fat cream soup 	<ul style="list-style-type: none"> Bean soup Egg drop soup
Miscellaneous	<ul style="list-style-type: none"> Light or low-fat mayo Sugar free puddings and custards Sugar free popsicles Sugar free jello 	

Sample Soft Food Meal Plan:

Schedule	Suggested Options
Wake Up	8 oz fluid such as herbal tea
Meal	8-12 oz p 1 scrambled egg or egg substitute with shredded light cheese and 1-2 tbsp soft cooked vegetables
Fluids	8 oz fluid such as water
Snack	8-12 oz protein supplement
Meal	1-2 oz protein food such as finely chopped chicken with low fat mayo 2 saltine crackers 2-4 oz canned/diced peaches in 100% fruit juice
Fluids	8 oz fluid such as water or water with sugar free flavoring drops
Snack	8-12 oz protein supplement
Fluids	8 oz fluid such as water infused with natural fruit
Meal	1 ½ -2 oz protein food such as fish 2 tbsp vegetables such as soft cooked spinach 1-2 tbsp starch such as mashed sweet potatoes
Fluids	8 oz fluid such as sugar free flavored water
Snack	½ cup canned/diced pears in 100% fruit juice

Stage 4: Regular diet

You can gradually advance as tolerated to a regular diet 6-8 weeks after surgery. Your goal is at least **64 ounces of fluid** sipped between meals and **60-80 grams of protein** (or more, if recommended). Eat protein foods first, followed by vegetables, then fruits, and grains/starches last. Do not drink fluids with meals and wait 30 minutes after eating to resume drinking fluids. Keep food records of your intake and tolerance as food tolerance is very individual and will vary from person to person. Over time you should work to increase the variety in your diet and eat food from every food group. Refer to the chart below to help you maintain a healthy, balanced diet.

Recommended Daily Intake from Each Food Group

Category	Examples of Food Choices	Serving Size	Number of Servings per Day
Protein	lean beef, pork, ham, veal, chicken, turkey, fish, tuna fish, crab, shrimp, lobster, scallops, mussels, Canadian bacon, eggs, egg whites, firm tofu	1 oz ¼ cup	6-7
Vegetables	carrots, green beans, tomatoes, spinach and other greens, zucchini, yellow squash, beets, onions, peppers, broccoli, cauliflower, asparagus, cabbage, eggplant	½ cup	2-3
Fruits	apples, applesauce, cherries, berries, bananas, plums, pears, peaches, nectarines, grapes, tangerines	½ cup	2-3
Grains/Starches	rice, potatoes, sweet potatoes, noodles, pasta, bread, crackers, pretzels, cereals, peas, corn, beans, chick peas, lentils, soybeans	½ cup	3-4
Dairy	skim/1% milk, Light yogurt, Greek style yogurt, cottage/ricotta cheese, low fat/fat free cheese, low fat soy milk	8 oz ½ cup	2-3
Fats/Oils	butter, margarine, mayonnaise, salad dressing	1 Tbsp	1-2

Sample Regular Meal Plan:

Schedule	Suggested Options
Wake Up	8 oz fluid such as water or herbal tea
Meal	1 scrambled egg or egg substitute with 1 oz shredded light cheese and 1-2 tbsp cooked vegetables ½ slice whole grain toast with low fat margarine
Fluids	8-16 oz fluid such as water
Snack	½ cup fruit such as melon or berries 1 slice low fat cheese
Fluids	8-16 oz fluid such water or sugar free flavored beverage
Meal	2-3 oz ground lean turkey 2 slices tomato and lettuce slices for lettuce wraps ¼ cup beans
Fluids	8-16 oz fluid such as water infused with natural fruit
Snack	½ cup low fat cottage cheese with ½ cup fruit such as sliced apple
Fluids	8-16 oz fluid such as water or sugar free flavored beverage
Meal	2-4 oz baked chicken ½ cup vegetable such as cooked zucchini ½ cup baked potato with 1 tsp low fat margarine
Snack	½ cup low fat Greek yogurt

Protein Supplements

High protein, low sugar protein supplements are required before and after surgery. Protein supplements can be ready to drink or made with protein powder. Please use the following guidelines when choosing a protein supplement and see recommended options below.

Protein Supplement Guidelines

- No more than 200 kcal
- 20-30 grams protein
- 5 grams sugar or less
- Less than 15 grams total carbohydrate

Ready to Drink Full Liquid

Name	Protein Source	Lactose Free	Gluten Free
Ensure Max (11 fl oz)	Milk	Yes	Yes
Equate High Performance (11 fl oz)	Milk	No	Yes
Fairlife Nutrition Plan (11.5 fl oz)	Milk	Yes	Yes
Orgain Organic Protein Vegan (14 fl oz)	Pea	Yes	Yes
Premier Protein (11 fl oz)	Milk	No	Yes

Ready to Drink Clear Liquid

Name	Protein Source	Lactose Free	Gluten Free
Cocotein (16 fl oz)	Whey Isolate	Yes	Yes
Isopure Zero Carb (20 fl oz)	Whey Isolate	Yes	Yes
Premier Clear Protein (16.9 fl oz)	Whey Isolate	Yes	Yes
Plant Protein Water (11 fl oz)	Pea	Yes	Yes
Ascent Recovery Water (16.9 fl oz)	Whey Isolate	Yes	Yes

Protein Powders (can mix with water, skim or 1% milk/Fairlife milk)

Name	Protein Source	Lactose Free	Gluten Free
Body Fortress Super Adv. Whey Isolate (1 scoop)	Whey Isolate	Yes	Yes
Dymatize 100% Whey Isolate (1 scoop)	Whey Isolate	Yes	Yes
EAS 100% Whey (2 scoops)	Whey Isolate	Yes	Yes
Isopure (1 scoop)	Whey Isolate	Yes	Yes
Syntrax Nectar	Whey Isolate	Yes	Yes

Plant Based Protein Powders

Name	Protein Source	Lactose Free	Gluten Free
Nutiva Hemp Protein (3 tbsp)	Hemp	Yes	Yes
Orgain Organic Protein (2 scoops)	Brown Rice, Hemp, Chia, Pea	Yes	Yes
Revival Soy Shakes (low sugar or sugar free) (1 packet)	Soy	Yes	Yes
Sunwarrior Protein (1 scoop)	Brown Rice Pea/Cran/ Hemp	Yes	Yes
Vega Clean (1 scoop)	Pea/Hemp/ Pumpkin seed/Alfalfa	Yes	Yes

Post Op Vitamin and Mineral Supplements

After surgery you are required to take additional vitamins and minerals due to the changes in your digestion, nutrient absorption, and smaller meal intake. Vitamins should be in chewable or liquid form (**NO gummies**) for at least the first month following surgery. After one month, you can switch to capsule or tablet form, if desired. These vitamin and mineral supplements will need to be taken for life to meet your nutrient needs after surgery.

The chart below lists your recommended supplements and daily dosages after surgery.

Vitamin / Mineral	Daily Dosage*
Vitamin B12	350 mcg- 500 mcg per day or 1,000 mcg every other day
Vitamin D3	3,000 IU
Calcium Citrate	1,200 mg-1,500 mg
Complete Multivitamin with Iron	1 or 2 per day, depending on the brand, with 18-65 mg total iron per day

*In some cases, your healthcare team may recommend a different dosage based on your medical needs.

Sample Supplement Schedule*

Breakfast	
Snack	Calcium Citrate (500-600 mg)
Lunch	Calcium Citrate (500-600 mg)
Snack	Calcium Citrate (500-600 mg)
Dinner	Bariatric Multivitamin(s) (with recommended amount of Vitamin D and B12) OR Over the counter Multivitamin(s) & Vitamin D (3,000 IU every day) & Vitamin B12 (350-500 mcg every day or 1,000 mcg every other day)
Snack	Additional Iron if recommended

*Your bariatric dietitian and / or nurse practitioner can help you individualize your supplement schedule

Supplements

Complete Multivitamin with Iron

You will take a chewable or liquid multivitamin twice a day after surgery. There are bariatric formulations of multivitamins that contain extra vitamin D3 and vitamin B12 so you can reduce the number of pills you need to take, or a regular complete multivitamin with iron will work as well. Your multivitamin should contain:

- 200% Daily Value for most nutrients and minerals:
 - 36 mg Iron
 - 800 mcg Folic Acid
 - 3 mg Thiamine
- 100% Daily Value for other nutrients
 - 11 mg Zinc
 - 1 mg Copper

Multivitamin Options

Bariatric Formulations- have higher levels of Vitamin D and Vitamin B12 so you don't need to take an extra supplement.			
	Serving Size Per Day	Amount of Iron	Where To Buy
Bariatric Advantage Ultra Solo with Iron	1	45 mg	www.bariatricadvantage.com
Celebrate One 45	1	45 mg	www.celebratevitamin.com
Celebrate Multi-Complete 60	2	60 mg	
Celebrate Multivitamin Soft Chew	2	None	
ProCare Health Bariatric Multivitamin with 45 mg Iron	1	45 mg	www.procarenow.com
Over The Counter- Need to take additional Vitamin D and Vitamin B12 with these options			
Equate Children's Multivitamin Complete	2	36 mg	Walmart/Online
Target brand Kids' Multivitamin Complete	2	36 mg	Target/Online

Vitamin B12

Vitamin B12 is also needed after surgery. The dosage is 350-500 mcg per day or 1,000 mcg every other day. This can be taken as a single supplement or incorporated into a complete multivitamin, as long as the dosage is as recommended. The most easily absorbed form of Vitamin B12 is a disintegrating or sublingual (under the tongue) tablet or liquid.

Vitamin B12 Supplement Options	Amount of Vitamin D	Where To Purchase
Sublingual		
Bariatric Advantage	1,000 mcg	www.bariatricadvantage.com
Celebrate	1,000 mcg	www.celebratevitamins.com
Nature Made	1,000 mcg	Pharmacy/Costco/Online
GNC	1,000 mcg	GNC
OPURITY	1,000 mcg	www.opurity.com
Rexall	500 mcg	Walmart
Twin Lab	500 mcg	Walmart/Walgreens/Online

Vitamin D3

Vitamin D3 will likely be included in your multivitamin and calcium so you may only need to take an additional 1,000-2,000 units from a vitamin D supplement. Make sure you are getting a total of at least 3,000 international units (75 mcg) vitamin D per day from all sources.

Vitamin D3 Supplement Options	Amount of Vitamin D	Where To Purchase
Chewable		
Bariatric Advantage Chewable Gel	5,000 IU	www.bariatricadvantage.com
Celebrate Quick Melt	5,000 IU	www.celebratevitamins.com
Nature Made Chewable	1,000 IU	Pharmacy/Costco/Online
GNC Chewy D3	1,000 IU	GNC
OPURITY Chewable D3	5,000 IU	www.opurity.com
Liquid		
Bariatric Advantage	.5 ml= 5,000 IU	www.bariatricadvantage.com
Nature's Answer	1 drop= 2,000 IU	Walmart/Online
Wellesse	2 tsp= 1,000 IU	Pharmacy/Costco/Online

Calcium Citrate

Calcium citrate is required after surgery. This type of calcium is absorbed better than other forms of calcium. The dosage is 1200-1500mg per day. Take this in divided doses 2-3 times per day. Your body cannot absorb more than 500-600mg at a time. Calcium citrate supplements should also include vitamin D to increase absorption and should not be taken with your multivitamin. Take calcium at least 2 hours apart from your multivitamin with iron to promote absorption.

Calcium Citrate Supplement Options	Amount of Calcium	Where To Purchase
Chewable		
Bariatric Advantage <ul style="list-style-type: none">○ Calcium Chewable○ Calcium Chewy Bites	500 mg 500 mg	www.bariatricadvantage.com
Celebrate <ul style="list-style-type: none">○ Calcium PLUS 500 Chewable○ Calcium Soft Chews	500 mg 500 mg	www.celebratevitamins.com
Liquid		
Lifetime Calcium Magnesium Citrate	600 mg	Online
Solgar	600 mg	Vitamin Shoppe/Online
Wellesse Liquid Calcium	500 mg	Pharmacy/Costco/Online/ www.wellesse.com

Iron

If your multivitamin does not contain iron or doesn't have at least 36 mg of iron in it, you will need to take an additional iron supplement. Menstruating woman and people with iron deficiency anemia need more iron. If you are a menstruating woman, take 45-60 mg of iron. If you take an over the counter multivitamin, take an additional 18-30 mg of iron. Taking vitamin C at the same time as iron helps increase absorption.

Iron Supplement Options	Amount of Iron	Where to Purchase
Chewable		
Bariatric Advantage <ul style="list-style-type: none">○ Iron Chewable○ Iron Chewy Bite	18, 29 and 60 mg 30 mg	www.bariatricadvantage.com
Celebrate <ul style="list-style-type: none">○ Iron+ C Chewable○ Iron+ C Soft Chews	18, 30, 45 and 60 mg 45 and 60 mg	www.celebratevitamins.com
Liquid		
Wellesse Liquid Iron	18 mg	Pharmacy/Costco/Online/ www.wellesse.com

Bariatric Surgery Basics

Guidelines	Explanation
Fluid goal of 64 ounces daily. Choose plain water or other sugar free/calorie free, caffeine free beverages. Aim for at least 1-2 ounces water every 15 minutes.	Dehydration may lead to nausea and fatigue. More severe cases may require IV fluids.
Wean from caffeine prior to surgery. No fully caffeinated beverages for at least 2-3 months after surgery.	Caffeine is an irritant and may delay healing if consumed too soon after surgery and may cause reflux or diarrhea. Once resuming caffeine, limit to 1-2 small servings per day.
Avoid carbonated beverages. Caution with use of straws, gum or mints.	May cause gas and bloating for some individuals.
Avoid alcohol for one year after surgery. After one year limit to less than 1 drink (1.5 ounces liquor or 5 ounces wine) less than 3 times per week.	Increased sensitivity to intoxicating effects of alcohol; risk of developing alcohol use disorder
Do not eat and drink at same time. Wait 30 minutes after eating to drink.	Can cause nausea, vomiting or make you feel uncomfortably full. May also push food through your sleeve or pouch too quickly resulting in excess hunger and inadequate weight loss or weight regain.
Consume 3 balanced meals and 1-2 high protein snacks per day. Eat protein foods first. Goal: 60-80 grams protein daily. Choose plenty of vegetables and fruit and smaller portions of starchy foods.	Protein foods help you heal and recover from surgery, prevent hair loss and promote a feeling of fullness. Vegetables, fruit and whole grains are loaded with nutrients and fiber.
Choose foods low in fat and refined sugars. Avoid foods containing excess sugars, honey, syrups, etc. Limit/avoid juice and dilute with water if consuming. Avoid fried foods, high fat meats or foods with too much oil, butter or cream.	Foods too high in sugar or fat can cause dumping syndrome as well as slow weight loss or contribute to weight regain.
"CHEW FOR 22" Eat slowly, take small bites and chew to point of puree. Try using child-sized utensils.	Eating too fast, too much or taking bites that are too big may cause nausea and vomiting. Larger pieces of food can block food from leaving the stomach resulting in abdominal pain. Large amounts of food over time may also stretch pouch or sleeve or damage the esophagus.
Moist, soft foods are better tolerated especially soon after surgery. Avoid tough or dry meats. Avoid rice or pasta.	Tough and dry foods are often difficult to chew and swallow. Rice and pasta make many people feel uncomfortably full.
Add new foods one at a time.	Helps assess tolerance to a new food. Everyone has different tolerances to specific foods. Amounts play a big role in tolerance.
Cow's milk may not be well tolerated after bariatric surgery. Lactaid milk, Fairlife milk or soy milk may be better tolerated. Lactase or Dairy Ease can be used.	Be aware, most plant-based milks such as coconut, almond, oat or rice are very low in protein.
Keep a food diary as needed. Use an app such as Baritastic, My Fitness Pal or Lose it or simply use pen and paper. Be sure the portion sizes you log are accurate.	A food diary can assure you that you're getting enough of the nutrients you need to stay healthy, lose weight and maintain your weight loss. A food diary can also help you identify foods and eating situations that may be causing negative symptoms.
Be consistent about taking your vitamins and minerals.	Not taking your supplements may cause you to develop serious nutrient deficiencies, anemias, fatigue, hair loss etc.

Do not take calcium and multivitamins with iron at the same time.	Calcium and iron compete for absorption in the body so need to space out at least 2 hrs apart from each other.
Maintain long term follow-up with your clinical team.	Long term success is linked to individuals who regularly attend post-op appointments and support groups.
Quit smoking and avoid NSAIDS (ibuprofen and naproxen)	May cause ulcers.
Exercise or be active on a regular basis. Aim for at least 30 -60 minutes of moderate aerobic exercise most days of the week. Incorporate strength training 2-3 days per week. Discuss specific exercise goals such as strength training or competitive exercise with your wellness team or surgeon.	Walking prevents blood clots immediately after surgery. Regular exercise can aid weight loss, build muscle, minimize the appearance of loose skin and help manage stress.
Wear your CPAP consistently.	If you use a CPAP for sleep apnea, it is important that you consistently use your CPAP as prescribed before and after surgery to promote healing.
Maintain good blood glucose control. If you have diabetes your Hemoglobin A1C must be below 8% to be able to have surgery.	High blood sugars can delay healing and increase risk for infection after surgery.
Avoid pregnancy for 18-24 months following bariatric surgery.	Fertility increases after surgery due to rapid weight loss. Pregnancy should be avoided for at least 18 months following surgery as there is a greater risk for complications and deficiencies for you and your baby which could cause birth defects.

Potential Problems Post Bariatric Surgery

Weight loss surgery creates dramatic changes in the size and shape of the stomach. It may take some time to get used to these changes. Many problems after surgery result from poor eating habits and may be helped by adjusting your diet. Here are some common problems and suggestions to prevent them. If you have any problems or concerns that persist, please call the Wellness Center for specific instructions.

Nausea and Vomiting

This is usually a result of not chewing your food thoroughly, eating too quickly, eating too much, drinking too soon after eating. It may also occur after eating a food that your body can not tolerate. Vomiting can damage your stitches right after surgery, and over time can stretch the pouch.

Suggestion: Take small bites and thoroughly chew foods before swallowing. Eat slowly. It may take up to 30 – 45 minutes to eat a meal. Set a timer to make sure you wait 30 minutes after eating to drink. If vomiting or nausea continues, you may need to go back to liquids or pureed foods for a couple of days and return to more solid foods slowly. Wait several days before trying a new food again.

Constipation

This commonly occurs due to the reduced amount of food being consumed, especially fluids and high-fiber foods such as vegetables, beans/legumes, fruit, and whole grains.

Suggestion: Make sure you drink 48 to 64 fluid ounces (6 to 8 cups) of caffeine free and calorie free fluids such as water every day; eat high-fiber foods, and increase physical activity. You may also speak to your provider about using a stool softener such as Colace, or a gentle laxative such as Miralax or senna (can be found in tea form).

Dehydration

This may occur if vomiting or diarrhea are persistent and / or fluid intake is less than 48 to 64 fluid ounces per day.

Suggestion: Drink 6-8 cups of non-caffeinated low-calorie beverages every day. Sip fluids all day between meals. If you cannot keep liquids down, contact your surgeon's office or go to the emergency room.

Water Intolerance

Sometimes water is difficult to drink, and it may even cause nausea or swallowing discomfort.

Suggestion: Choose calorie-free flavored beverages such as Crystal light, herbal tea or low sodium broth. Try to sip warm or room temperature fluids which may be better tolerated. Also try sugar free popsicles or gelatin.

Diarrhea

May be due to new lactose intolerance after surgery or from consuming high sugar, high fat foods or fluids. Also see dumping syndrome. May also be caused by too much Miralax or Colace.

Suggestion: Choose low lactose dairy foods such as Fairlife or Lactaid milk, yogurt or cheese, or use lactase pills or drops when eating dairy foods. If taking laxatives or stool softener, discuss decreasing or stopping these with your provider. You can also try keeping a food journal to help identify any foods that are causing diarrhea.

Dumping Syndrome

Caused by eating high sugar and high fat foods such as juice, sugar sweetened drinks, desserts, fried foods, fatty meats, or foods with a lot of added oil, butter, cheese, cream etc. More common with gastric bypass but can happen after gastric sleeve as well. Symptoms of dumping syndrome include diarrhea, nausea, abdominal pain, heart palpitations, and cold sweats. Symptoms may last for 30 – 60 minutes and may occur immediately after eating or up to 3 hours after eating or drinking.

Suggestion: Avoid sweets including juice and other high-sugar foods. Avoid high-fat, and fried foods. Lie down immediately after eating if symptoms persist.

Reactive Hypoglycemia

This may happen after eating foods that are high in sugar or simple carbohydrates such as juice, candy or refined carbohydrates such as white bread or pasta. Sometimes drinking alcohol can cause reactive hypoglycemia. It is thought to be related to dumping syndrome. Symptoms which may occur 1 or more hours after eating include, shakiness, dizziness, sweaty, etc. If you have a blood glucose meter, your blood sugar may be less than 70 mg/dl.

Suggestion: to treat reactive hypoglycemia, consume a small amount of carbohydrate with protein, for example ½ a banana with 1 TB peanut butter. To prevent reactive hypoglycemia, choose high fiber carbohydrates rather than refined carbs and always consume some protein and / or healthy fat with carbs. Sometimes medications may be needed to treat frequent reactive hypoglycemia.

Heartburn / Reflux

This can be caused by eating larger portions of high fat foods, spicy or acidic foods. Caffeinated drinks, carbonated beverages, alcoholic beverages, and drinking through a straw may also cause gas and heartburn. Sometimes, not chewing foods well, eating too fast, or eating foods and fluids that are too hot or too cold

Suggestion: Because so there are so many possible causes of heartburn and reflux and because there is a lot of individual variation, it may be helpful to keep a food diary to help identify the foods and / or beverages that are

giving YOU trouble. Also make sure you keep your head upright / avoid lying down flat after eating and take any reflux medications as directed.

Hair Loss

Hair loss can be a common side effect in the first few months following surgery and is due to the rapid weight loss you are experiencing. Hair loss will typically resolve over time on its own, however, can be the result of nutrient deficiencies if you are unable to meet protein goals or consistently take all required your vitamins/minerals.

Suggestion: Make sure you are meeting your protein goals (60-80 grams per day for most people) and taking the recommended daily vitamins/minerals.

Weight Regain

It is easy to rebound, especially after 18 months, if you return to the following old patterns: grazing and snacking, drinking high-calorie beverages, choosing high-sugar and high-fat foods, drinking too soon after eating and not implementing an exercise regimen.

Suggestion: Go back to the basic healthy eating behaviors you learned and practiced before your bariatric procedure. Try keeping a food diary to help identify eating behaviors that need a change. Seek out the help of your bariatric team, specifically the dietitian who can brainstorm with you to figure out suitable solutions to bring your weight back down again.