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# Diet Information After Bariatric Surgery

WITH  
WORLD-CLASS  
DOCTORS FROM

 COLUMBIA

 NewYork-  
Presbyterian

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# Key Points for Success After Surgery

1. Eat at least 60g of protein each day (distal bypass and duodenal switch patients need 80g or more)
2. Do not go longer than 4 hours without eating. Surgery can reduce your appetite and you may not feel hungry, but you still need to eat 4-6 meals each day
  - If you do not feel like eating, try a small cold snack without strong flavors (e.g., yogurt, string cheese, or a protein shake)
3. Take all your vitamin supplements for the rest of your life after surgery to prevent deficiencies
  - Your dietitian/nutritionist will give you specific recommendations for the vitamins you need
4. Exercise regularly
5. Avoid drinks with sugar
6. Limit sweets/slider foods in your diet (see “What are ‘Slider’ Foods,” pg.15)

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# After Surgery: First Week at Home Full Liquid Diet

Crush all of your pills and dissolve them in 1-2 oz. of liquid for the first three weeks after your surgery.

Drink a total of two protein shakes and at least 40 oz. of water or sugar-free drinks each day.



See “Recommended Protein Drinks” for options

- Water
  - Diet Tea
  - Snapple Zero Sugar®
  - Vitamin Water Zero®
  - Powerade Zero®
  - Broth
  - Unsweetened Soy Milk
  - Coffee (no more than 16oz. daily)
  - Unsweetened Almond Milk
  - Milk (1% or non-fat/skim)
  - Bai® Drinks
  - Crystal Light®
  - Gatorade Zero®
  - Sugar-Free Jello®
  - Sugar-Free Popsicles
- If water feels too heavy, try a different drink from the list
  - Take small sips all through the day: 1–2 oz. every 20 minutes (keep track of how many ounces you drink each day)
  - Stop when you feel full, and wait a few minutes before you drink more
  - No drinks with sugar (e.g., no juice, no fruit smoothies, no coconut water)

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# Weeks Two and Three after Surgery: High-Protein Puree Diet

**Drink 1 protein shake and at least 48 oz. sugar-free drinks each day**

no more than 1/4 cup (2 oz.) of food at one time



**You may add these foods as tolerated:**

- Blended bean/lentil soup
- Low-fat/fat-free cottage or ricotta cheese
- Low-fat soft cheese/string cheese
- Very soft scrambled eggs
- Pureed tuna/chicken/egg salad
- Protein powder mixed into sugar-free pudding
- Pureed vegetables or fruit and protein powder
- Chicken/beef/turkey baby food
- Creamy peanut butter
- Refried beans
- Hummus
- Pureed chili
- Greek yogurt (no more than 8g sugar per serving)
- Silken tofu

**Eat or drink at least 60-80g of protein each day**

- Take bites the size of a dime or smaller
- Eat 4-6 times each day (every 2-3 hours) even if you don't feel hungry
- Do not drink while eating. Wait 30 minutes after eating before you drink

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# Sample Menus

## High Protein Puree Diet

**6:30 AM**

2 oz. or 1/4 cup Greek yogurt = 5g protein



**9:30 AM**

1/2 protein shake = 15g protein



**12:30 PM**

2 oz. or 1/4 cup split pea soup = 5g protein



**3:30 PM**

1/2 protein shake = 15g protein



**6:30 PM**

2 oz. or 1/4 cup ricotta  
or cottage cheese = 6g protein



**9:30 PM**

2 oz. string cheese = 14g protein

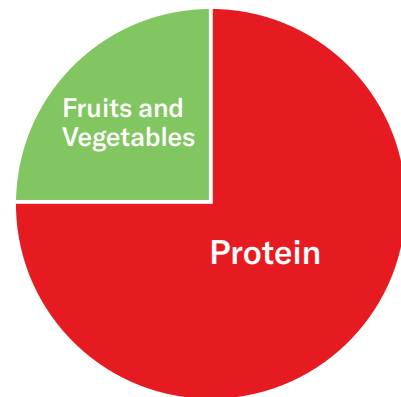


**Total Protein: = 60g**

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# Weeks Four and Five after Surgery: Soft Solid Diet

- All food must be soft enough to break with the tip of a fork
- Eat no more than 1/2 cup (4 oz.) of food at one time



## Continue one protein shake each day and you may add these foods as tolerated:

- Shredded chicken or turkey (moist)
- Fish (e.g., salmon, tilapia)
- Soft shellfish (e.g., lobster, scallops, crab)
- Ground meat – loose crumbles alone or in chili, or formed loosely into hamburger, meatballs, meatloaf
- Soft, cooked eggs – scrambled, fried, poached (no hard-boiled eggs)
- Beans, lentils
- Cheese (e.g., mozzarella, cottage cheese, ricotta)
- Tofu, tempeh
- Thinly sliced deli meat

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# Sample Menus

## Soft Solid Stage

**6:30 AM**

4 oz. or 1/2 cup scrambled eggs = 12g protein



**9:30 AM**

1/2 protein shake = 15g protein



**12:30 PM**

2 oz. string cheese with  
1 oz. deli turkey = 21g protein



**3:30 PM**

1/2 protein shake = 15g protein



**6:30 PM**

3 oz. fish and 1 oz. cooked  
vegetables = 21g protein



**Total Protein: = 84g**



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# Sample Menus (cont'd)

## Soft Solids

### SAMPLE 1:

#### Breakfast (7am):

1 scrambled egg, 1/2 oz. shredded mozzarella cheese 10g protein

#### Snack (10am):

4 oz. Greek yogurt (less than 8g sugar per serving) 9-15g protein

#### Lunch (1pm):

3 oz. (e.g., half of a small size chili) 7g protein

#### Snack (4pm):

1/2 protein shake 15g protein

#### Dinner (7pm):

1-2 oz. baked tilapia 7-14g protein

#### Snack (10pm):

1/2 protein shake 15g protein

**Total Protein:** 63-76g

### SAMPLE 2:

#### Breakfast (7am)

1/2 cup cottage cheese with soft banana slices 12g protein

#### Snack (10am):

1/2 cup refried beans 5g protein

#### Lunch (1pm):

2 oz. salmon burger 14g protein

#### Snack (4pm):

1/2 protein shake 15g protein

#### Dinner (7pm):

2 oz. meat loaf with 1/2 cup very soft, cooked carrots 14g protein

#### Snack (10pm):

1/2 protein shake 15g protein

**Total Protein:** = 75g

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## Week Six and Beyond: Regular Solid Food

- Take bites the size of a dime or smaller and chew food completely before swallowing
- Stop eating as soon as you feel full
- You may have trouble tolerating certain foods when you first start to eat solid food

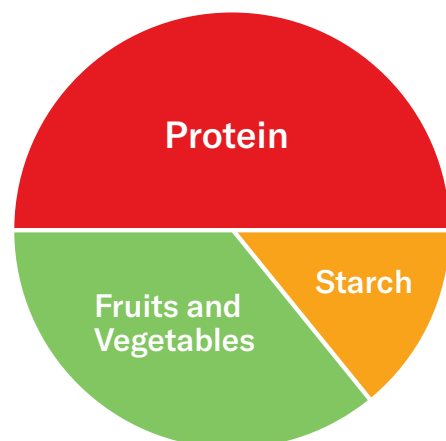
### **Avoid these foods at first:**

- Whole pieces of red meat (steak, pork chop)
- Starchy foods: rice, pasta, bread, tortillas, potato
- Raw fibrous/stringy vegetables (celery, kale, asparagus, broccoli stalks, string beans, sugar snap peas)

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## Your Plate

- Total plate = 3/4 cup or 6 oz.
- Eat protein first
- Next, eat vegetables/fruit
- Eat starch at the end of the meal only if you are still hungry and you have eaten your protein goal (60-80g)



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# Regular Solid Food

## 6:30 AM

4 oz. or 1/2 cup scrambled eggs  
and 2 oz. berries = 12 g protein



## 9:30 AM

5 oz. Greek yogurt = 12 g protein



## 12:30 PM

1 oz. string cheese with 2 oz.  
deli turkey and 3 oz. salad = 21 g protein



## 3:30 PM

1 tablespoon peanut butter  
and 1 apple = 8 g protein



## 6:30 PM

3 oz. fish and 2 oz. cooked vegetables  
and 1 oz. of mashed potatoes = 21 g protein



**Total Protein: = 74 g**

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# Sample Menus

## Regular Solid Food

### SAMPLE 1:

#### Breakfast (7am):

2 egg omelet with tomato and basil 14g protein

#### Snack (10am):

1/4 cup almonds 7g protein

#### Lunch (1pm):

Stir fry with 2 1/2 oz. tofu and 1/3 cup mixed vegetables 12g protein

#### Snack (4pm):

1 oz. string cheese 7g protein

#### Dinner (7pm):

2 oz. chicken breast over salad greens 14g protein

#### Snack (10pm):

1/2 protein shake 15g protein

**Total Protein:** 69g

### SAMPLE 2:

#### Breakfast (7am)

1/2 protein shake 15g protein

#### Snack (10am):

1/3 cup dry roasted edamame 14g protein

#### Lunch (1pm):

1 oz. grilled shrimp, 1/4 cup quinoa, 1/4 cup black beans 11g protein

#### Snack (4pm):

Vegetables with 3 tablespoons hummus 4g protein

#### Dinner (7pm):

Small apple (sliced) with 2 tablespoons peanut butter 7g protein

#### Snack (10pm):

1/2 protein shake 15g protein

**Total Protein:** = 65g

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# Beverages

- Do not drink carbonated (bubbly) drinks for at least one year after surgery
- Avoid alcohol for at least three months after surgery
- Do not drink more than 16 oz. of coffee (or 200mg of caffeine) each day
- Do not use a straw for the first few months after surgery
- Avoid sugary drinks like juice, coconut water, fruit smoothies, soda, etc.



## Choose low-sugar/low-calorie beverages such as:

- Water (may add lemon, lime)
- Tea without sugar
- Diet Snapple®
- Powerade Zero™
- Gatorade Zero®
- Vitamin Water Zero®
- Crystal Light
- Fat-free (skim) or low-fat (1%) milk
- Unsweetened soy or almond milk
- Sugar-free Kool-Aid®
- Bai 5®
- CORE® Organic
- Bouillon or broth
- Sugar-free hot chocolate

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# Sugar and Weight Loss Surgery

- Foods high in added sugar do not make you feel full and are easy to overeat
- Limit total sugar to 25g per day or less
- Most of the sugar in your diet should come from foods that have sugar naturally, like dairy products or fresh fruit
- Avoid “natural” sweeteners that contain real sugar (e.g., honey, brown sugar, raw sugar, palm sugar, maple syrup)

**You can use zero-calorie sweeteners in moderation (e.g., Sweet and Low®, Splenda®, Equal®, Stevia, etc.)**

## Dumping Syndrome

Dumping syndrome may happen when food moves too quickly from your stomach into your small intestine. This may occur after eating high-sugar foods like dessert, candy, ice cream, fruit juice, and soda (especially on an empty stomach). Symptoms include nausea, vomiting, abdominal cramps, diarrhea, dizziness, lightheadedness, rapid heart rate, sweating, weakness. If you have these symptoms, please contact your doctor.

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# What are “Slider Foods?”

A slider food is one that does not leave your stomach full for a long time. It is easy to eat a lot of calories without feeling full when you eat these foods, slowing down weight loss or making you gain weight.

- Pretzels
- Chips
- Crackers
- Rice cakes
- Popchips®
- Cereal
- Candy
- Cookies
- Popcorn
- Juice/soda
- Cake/muffins
- Pastries
- Cheese puffs
- Ice cream
- Italian ices

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# Exercise

You should start to exercise before surgery. Start slowly and aim to build a consistent routine.

- You can start walking for exercise while in the hospital and right after you leave. Start slowly and increase as tolerated
- Most people need to limit certain activities for the first few weeks after surgery (e.g., ab exercises/crunches/sit-ups, lifting heavy weights). Talk to your surgeon or Care Team about when it’s safe to start or resume these activities
- Exercise is recommended regularly to:
  - support metabolism
  - maintain muscles
  - prevent weight re-gain

**Gradually work up to at least 30 minutes of exercise with elevated heart rate at least 4 days each week.**

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# Troubleshooting After Surgery

## Constipation

- Take 2 tablespoons of a gentle laxative twice in one day
- Drink at least 40 oz. of fluids daily (more if possible)
- Eat every 2-3 hours
- Walk as much as possible
- Take a daily stool softener (e.g., Colace<sup>®</sup>, Dulcolax<sup>®</sup>) or take MiraLax<sup>®</sup> daily for 7 days

## Gas

- Chew over-the-counter Gas-X<sup>®</sup> tablets
- Take Beano<sup>®</sup> Meltaways<sup>®</sup> if specific foods cause gas (e.g., beans, veggies)
- Walk as much as possible
- Eat and drink slowly
- Do not skip meals

## Nausea

- Take anti-nausea medication prescribed (e.g., ondansetron, Zofran<sup>®</sup>)
- Drink at least 40 oz. of fluids each day as dehydration can lead to nausea
- Eat a small meal or protein shake every 2-3 hours








## Vomiting

- May be caused by eating/drinking too much and/or too quickly
- If you vomit, do not eat or drink for 4 hours, and then try 1 oz. of clear liquid
- If this liquid does not make you vomit or feel nauseated, then continue with sugar-free liquids for 12 hours; then advance your diet texture as tolerated










**If you continue to vomit, call your doctor. If you continue to vomit and have abdominal pain, go to the closest emergency department.**



# High-Protein Foods

Dairy Product	Serving Size	Grams of Protein	
Greek Yogurt – less than 8g of sugar per serving	6 oz.	16	
Regular Yogurt – less than 8g sugar per serving	5-6 oz.	7	
Fairlife® milk	8 oz.	13	
Skim Plus® milk	6 oz.	11	
Milk (regular or lactose-free) Soy milk (unsweetened)	8 oz.	8	
Cheese (Swiss, mozzarella/string cheese, feta, reduced fat cheddar)	1 oz.	7	
Cottage cheese, ricotta cheese	1/4 cup	7	

# High-Protein Foods (cont'd)

Meats and Other Proteins	Serving Size	Grams of Protein	
Tofu	4 oz. or 1/2 cup	7-9	
2-2 1/2 oz. jar of baby food: beef, ham chicken, turkey	1 jar	7-8	
Beef, veal, lamb, pork	1 oz.	7	
Poultry (chicken, turkey)	1 oz.	7	
Fish (fin or shellfish)	1 oz.	7	
Egg	1	7	
Peanut butter	2 tbsp.	7	
Beans, lentils, cooked	1/2 cup	6-8	
Quest® Protein Bar or ONE®	1 bar	20-21	

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# Recommended Protein Drinks

**In each serving, look for:**

- 25g protein or more
- 8g sugar or less

## Ready-To-Drink Shakes

- Premier Protein® Shake
- GNC Total Lean® Shake (select flavors are lactose-free)
- Fairlife® Nutrition Plan®
- Ensure® Max Protein (make sure to choose Ensure Max with only 1g sugar, not Ensure® Original)
- Equate™ High-Performance Protein
- Pure Protein™
- LiguaCel® Concentrated Liquid Protein
- Muscle Milk™
- Tera's Whey®
- Boost® Max (make sure to choose Boost® Max with only 1g sugar, not regular Boost®)
- Isopure® Zero/Low Carb (lactose-free)
- Unjury® High Protein Shake

## Clear/Fruit Flavored Options

**Note: clear products are often lower in protein make sure to drink enough to meet your protein goal**

- Isopure Infusions™
- Premier Protein®
- Syntrax® Nectar®
- Protein2o®
- Celebrate® CLR Protein Water

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# Recommended Protein Drinks

(cont'd)

## Protein Powders

**Note: mix with low-fat milk, unsweetened soy/almond milk, or water**

- Celebrate® High Protein Meal Replacement
- Unjury® High Whey Protein Powder (has an unflavored option)
- Bariatric Fusion® High Protein Meal Replacement
- GNC Total Lean® Shake Powder (select flavors are lactose-free)
- Jay Robb® Whey Protein (lactose-free)
- Isopure® Zero Carb/Whey Protein Isolate (lactose-free, has unflavored option)
- Designer Whey® Protein Powder
- Met-Rx® Meal Replacement
- Premier Protein® Milkshake Powder
- Tera's Whey®/Simply Tera's®
- NOW® Sports Whey Protein
- Quest™ Protein Powder
- Syntrax® Matrix®
- GNC Pro Performance® Whey
- GNC AMP Wheybolic™
- Orgain® Grass Fed Whey™ Protein
- Bariatric Advantage® High Protein Meal Replacement
- Body Fortress® Super Advanced Whey

## Plant-Based Protein Powders (non-kosher)

**Note: mix with unsweetened soy/rice/almond milk**

- Vega® Sport Performance Protein
- Vega® Original Protein
- Unjury® Planted™

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# Recommended Protein Drinks

(cont'd)

## Kosher

**Note: add to unsweetened soy milk or water**

- NatureMax Energize™ Whey Protein
- NatureMax Boost™ Pea Protein
- NatureMax Plus™ Soy Protein
- Premier Protein® Shake
- Shaklee® Life Shake™ (vegan/plant-based)
- SPIRU-TEIN® High Protein Energy Meal (vegan/plant-based)
- Nutri-Supreme® Whey Protein
- Bluebonnet® Whey Protein
- Bluebonnet® Plant Protein (vegan/plant-based)
- NutraBio® Organic Plant Protein (lactose-free, not certified vegan)
- Growing Naturals® Rice Protein (use 2 scoops)
- Unjury® Planted (vegan/plant-based)
- Arbonne® Feelfit Pea Protein Shake
- PlantFusion® Complete Lean™
- Garden of Life® Raw Organic Protein (vegan/plant-based)
- Orgain® Organic Protein™ (vegan/plant-based)
- OWYN™ Protein Shakes

## High Protein Soups/Savory Mixes

- Unjury® - chicken soup, French onion, beef and herb, Santa Fe chili
- Celebrate® - chicken soup, tomato soup
- Bariatric Fusion® High Protein Meal Replacement - chicken soup

The logo for NewYork-Presbyterian, featuring the text "NewYork-Presbyterian" in white on a red square background. The text is split across two lines: "NewYork-" on the top line and "Presbyterian" on the bottom line. The "Y" in "NewYork-" is stylized with a horizontal bar extending to the left.

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