

Gastric Bypass Post-Op Diet Progression

Bariatric Diet Type	Clear Liquids	Blenderized (Pourable Liquid → Pasty/Pureed)		Mechanically-Altered "Very Soft"	Soft	Regular
Duration	Day 0/1 Post-Op	Day 1-7 Post-op	Day 8-14 Post-op	Day 15-2 months Post-op	2-6 months Post-op	6 months Post-op – indefinitely
Amount (Per eating occasion)	1-2 ounces clear liquids per hour	6-8 ounces blenderized liquids of pourable consistency	6-8 ounces blenderized liquids OR 3-4 ounces of semisolids (pasty/pureed texture)	3-4 ounces, or about 1/3 – ½ cup of ground, finely chopped, "mushy" textures	4 ounces, or about ½ cup, <i>gradually</i> working up to 8 ounces, or 1 cup, solids per meal by 6 months post-op	8-12 oz, or about 1-1½ cups, solids (i.e., 3-4 oz lean protein + ½ cup nonstarchy veggie + ¼ cup whole grain/starch)
Frequency	Sips through day, as tolerated	3 meals and 3 high-protein supplements		3 meals and 3 high-protein supplements or snacks	3 meals and 1-3 high protein supplements or snacks	
Examples	Sugar-free liquids, sugar-free gelatin, sugar-free popsicles, broth	Blended and strained low-fat soups/smoothies, protein drinks, milk, light yogurt (thinned with milk), blended oatmeal, cream of wheat, grits	Everything as before, but thicker texture, plus: blended meats/poultry, blended fruits/vegetables	Ground meats, deli meat, eggs, fish, low-fat yogurt/cheese, tofu, "mushy" beans, soft fruit and soft-cooked vegetables (no skin)	Tender-cooked lean meat, beans, low-fat yogurt/cheese, fish, eggs, protein bars, fruits, vegetables, whole grains **progressing as tolerated** At ~6 months post-op, can begin adding more fibrous foods back into diet (i.e., salads, nuts, seeds, etc.), but add back into diet slowly and in small amounts.	
Calories	Insignificant	400-500 kcal	500-600 kcal	600-700 kcal	700-800 kcal, up to 1000 kcal by 6 months post-op	1000-1200 kcal, up to 1400 kcal by 1 year+ post-op
Protein	Insignificant	60-80 grams	60-80 grams	60-80 grams	60-80 grams	

Clear Liquids



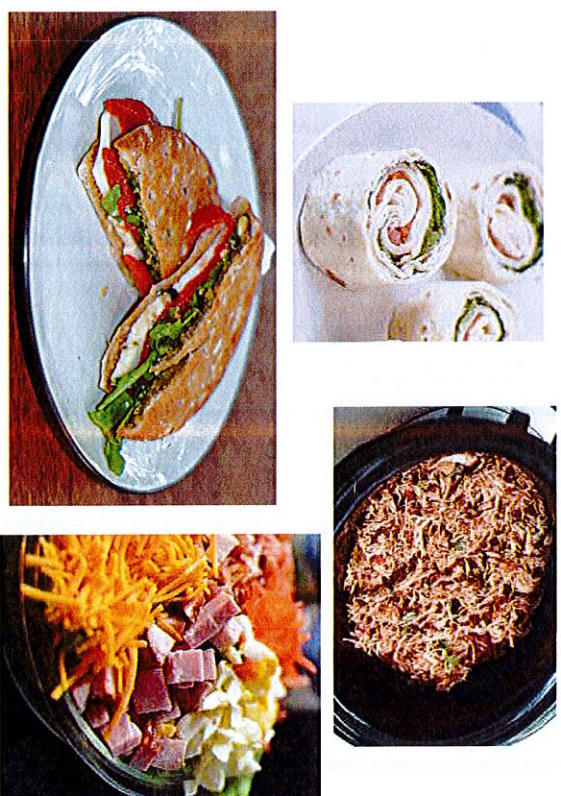
Blenderized (use blender and add liquid to thin consistency)



Mechanically Altered/"Very Soft"



Regular



Points to Remember:

- ***Drink small amounts frequently***

Taking in fluids frequently will help you stay well hydrated. Be sure to drink slowly. Take tiny sips, Do Not Gulp. Drinking too fast may cause discomfort, heartburn, or vomiting.

- ***Avoid concentrated sources of sugar*** (i.e. regular jello, pudding, soda, popsicles etc.)

To prevent Dumping Syndrome, which causes symptoms of nausea, cramping, sweating, and diarrhea. Sugar substitutes such as Splenda, Sweet & Low, Equal, and Stevia are acceptable.

- ***Meet your protein needs daily***

You will need a protein supplement or high protein snack throughout this process. Protein is needed for healing, to fight infection, and to lose weight while preserving muscle mass. Your needs must be met daily for a lifetime.

- ***Take your supplements***

- Must be in a chewable form until 2 months after surgery

- Multivitamin with iron

- Adult or children's chewable or liquid formula (Ex: Centrum Chewable)
- Take 2 daily - (1) in the morning, (1) at night to maximize absorption
- You may switch to a regular Adult Multivitamin with iron 2 months after surgery. Continue taking 2 daily.
 - (Ex. Centrum Adults, Nature Made Multi Complete)
 - DO NOT choose Gummy Vitamins as these are often incomplete

- Calcium

- Choose a chewable or liquid form of Calcium Citrate
 - Take 1200-1500 mg daily separated into 2 doses (i.e. 600 in the morning, 600 at night)
 - Examples: Calcet, Twinlab Calcium Citrate Chewable Wafers
 - Choose formula containing 400-800 IU of vitamin D
 - You may switch to standard Oscal-D 2 months after surgery.
 - Continue taking 1200-1500 mg daily

Protein Supplement Suggestions

Drinks	Kcal	Protein	Sugar	Fat	Fiber	Where To Buy
Atkins Shakes, 11 oz	160	15	1	10	1	Walmart Target Grocery Stores
Bariatric Advantage Meal Replacements, 1 packet	160	27	0.5	1.5	5	www.bariatricadvantage.com 1.800.898.6888
Body Fortress Super Advanced Whey Protein Powder, 1 scoop	150	30	1	2.5		CVS Walgreens Walmart
Boost Glucose Control, 8 oz	190	16	4	7	3	Grocery Stores Walmart
Carnation Breakfast Essentials (No Sugar Added), 1 packet + 1 c milk	150	14	8	5		Grocery Stores
Celebrate ENS 4 in 1 + Protein, 2 scoops	140	25	5	0.5	4	www.celebratevitamins.com 1-877-424-1953
Celebrate Meal Replacement, 2 scoops	170	27	3	2	5	www.celebratevitamins.com 1-877-424-1953
Chike, 2 scoops	190	28	3	4	3	www.ilikechike.com 877.974.2537
Designer Whey Protein Powder, 1 scoop	100	18	0	2	0	GNC The Vitamin Shoppe
EAS AdvantEDGE Carb Control, 11 oz	100	17	0	2.5	<1	CVS Walgreens Big Kmart
GNC Lean Shake 25, 14 oz	170	25	2	6	3	GNC
Jillian Michaels Natural Whey Protein Powder, 1 scoop	100	15	3	2	3	Walmart
Nature's Best Isopure Zero Carb, 20 oz	160	40	0	0	0	GNC The Vitamin Shoppe
Nature's Best Isopure Zero Carb Powder, 2 scoops	210	50	0	1	0	GNC The Vitamin Shoppe
Muscle Milk Light, 17 oz	210	30	0	5	3	GNC Target Walmart
Optisource Very High Protein Drink, 8 oz	200	24		6		www.optifast.com
Premier Protein, 11 oz	160	30	1	3	1	Walmart Sam's Club
Slim Fast Low Carb High Protein Creamy Shake, 10 oz	180	20	2	9	2	CVS Grocery Stores
Syntrax Nectar, 1 scoop	100	24	0	0		www.si03.com 1.866.333.7403
Unjury Powder (unflavored), 1 scoop	90	21	0	0		www.unjury.com 1.800.517.5111

**Please note: Bay Surgical Specialists does not require the use of any particular vendor or product. This is not meant to be an exhaustive list since other products may meet your need. Please consult with your medical team if you have any questions.*

Multivitamin and Calcium Supplement Suggestions*

Multivitamins Supplements	Dose	Location
Bariatric Advantage Multi EA Chewable	2 per day	www.bariatricadvantage.com
Bariatric Advantage Chewable Complete	2 per day Separate iron needed	www.bariatricadvantage.com
Bariatric Advantage Essential	2 per day Separate iron needed	www.bariatricadvantage.com
Building Blocks Multiple	2 per day Separate iron needed	www.bbvitamins.com
Celebrate ENS Multivitamin and Calcium Drink Mix	2 per day Separate iron needed	www.celebratevitamins.com
Celebrate Multi-Complete	2 per day	www.celebratevitamins.com
Celebrate Multivitamins Chewable	2 per day Separate iron needed	www.celebratevitamins.com
Centrum Chewable	2 per day	Drugstores, grocery stores
Flintstones Complete	2 per day	Drugstores, grocery stores
<u>Calcium Supplements</u>		
Bariatric Advantage Calcium Citrate Chewable	3 per day (1500 mg)	www.bariatricadvantage.com
Bariatric Advantage Chewy Bites	5 per day (1250 mg)	www.bariatricadvantage.com
Bariatric Advantage Calcium Crystals	3 per day (1500 mg)	www.bariatricadvantage.com
Bluebonnet Liquid CALCIUM Magnesium Citrate Plus Vitamin D3	2 Tablespoons per day (1200 mg)	Health food stores
Building Blocks Calcium Citrate	2 per day (1200 mg)	www.bbvitamins.com
Calcet Citrate Creamy Bites	3 per day (1500 mg)	Drugstores
Celebrate Calcium Plus Chewable	5 per day (1250 mg)	www.celebratevitamins.com
Celebrate Calcium Plus 500 Chewable	3 per day (1500 mg)	www.celebratevitamins.com
Celebrate Calcium Soft Chews	3 per day (1500 mg)	www.celebratevitamins.com
Opurity Calcium Citrate Plus	4 per day (1200 mg)	www.unjury.com
Rainbow Light Calcium Citrate Chew	3 per day (1300 mg)	Health food stores

Multivitamin

- High potency formula containing at least 100-200% of most vitamins and minerals
- Take chewable/liquid for 2 months
- Iron: total of 36 mg/d (divide dose)
- Folic Acid: 400-1000 mcg/d
- Selenium
- Zinc, Copper

Formulas must contain:

Calcium Supplement

- 1200-1500 mg calcium citrate (Divide in doses of 500-600 mg)
- 400-800 IU vitamin D
- Take chewable/liquid for 2 months
- Separate from iron by 2 hours

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