

Bariatric Diet Plan



Following bariatric surgery, adhering to a structured diet is crucial for recovery and long-term success. This guide outlines the stages of the post-surgery diet, designed to help your body adjust to new eating habits while ensuring adequate nutrition. The plan progresses from clear liquids to soft foods, allowing your digestive system to heal and adapt gradually. By following these recommendations, you can support your weight loss journey and maintain optimal health after surgery. It's important to follow the guidelines provided by your healthcare team to maximize the benefits of the surgery and ensure a smooth recovery.

Week 1: Clear Liquid Diet

Food Allowed: (1 to 2 tbsp every 15 to 20 minutes)

- Water (preferably room temperature)
- Clear broth
- Sugar-free jelly
- Decaffeinated tea or coffee (Sweeteners can be used instead of sugar)

Note: No straws are allowed.

Week 2: Full Liquid Diet

Food Allowed:

- All items from the Clear Liquid Diet
- Low-fat milk, yogurt
- Sugar-free pudding or custard
- Protein shakes
- Strained soups

Guideline: Consume 5 to 6 small liquid meals each day.



Weeks 3 & 4: Pureed Diet

Food Allowed: (1 to 2 tbsp every 15 to 20 minutes)

- Pureed lean meat, chicken, fish
- Pureed vegetables and fruits
- Pureed eggs
- Blended oatmeal

Guideline: Do not drink liquids with your meals. Wait 30 minutes after eating to drink liquids.

Weeks 5 & 6: Soft Diet

Food Allowed:

- Soft-cooked vegetables and fruits (without skin)
- Ground or minced meats
- Soft-cooked rice and pasta
- Soft cheese
- Boiled eggs

General Guidelines:

- Avoid high-fat foods and sugar.
- Drink liquids at least 30 minutes before meals or 1 hour after meals.
- Chew food thoroughly and eat slowly, taking at least 20 minutes to finish your meal.
- Avoid heavy exercise for 3 months post-operation. Light walking is encouraged, starting with 30 minutes per day after discharge from the hospital.
- Prioritize protein intake (aim for 60 to 75 grams of protein daily).
- Take your vitamins and mineral supplements every day as directed by your healthcare provider.
- Schedule blood tests every 3 months during the first year after surgery, including:
 - CBC (Complete Blood Count)
 - Iron levels
 - Vitamin B12
 - Calcium and Vitamin D levels