



Your Weight Loss Surgery Diet

Your main objectives following weight loss surgery will be to achieve a dramatic loss in weight and to see improvements in your health. Your new diet will help you achieve these goals. Under the supervision of our Weight Management Program team, you will begin your new diet with clear fluids and slowly work up to solids.

Clear Diet

One to two days following surgery, you will begin taking small sips of water and other clear liquids. You should sip slowly and wait a few minutes between each sip. To meet your body's need for fluids, it is recommended that you drink 4 oz of liquid every hour with the goal of taking in 1 ½ to 2 quarts per day.

As you progress, you will add liquid nutritional supplements to ensure that you are meeting your dietary needs. The supplements contain protein, carbohydrates, and vitamins and minerals, but have no added sugar or carbohydrates.

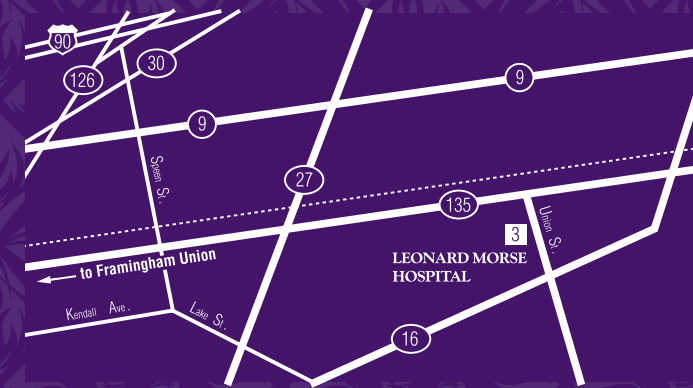
Once home, you should alternate between clear liquids and a nutritional supplement for about four to five days before beginning soft foods.

Foods Permitted on Clear Diet

- Sugar-free Jello
- Clear beef, chicken, or vegetable broth
- Artificial sweeteners
- Water
- Crystal Lite
- Sugar-free Popsicles
- Coffee or tea (no milk or cream)



1. MetroWest Wellness Center
2. Framingham Union Hospital



3. Leonard Morse Hospital



METROWEST MEDICAL CENTER

Framingham Union Hospital • Leonard Morse Hospital

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The Weight Management Program

Your Weight Loss Surgery Diet



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Foods Not Allowed on Clear Diet

- Fruit juice
- Milk or milk products
- Carbonated soft drinks
- Soft/solid Foods

Soft Diet

When ready to move on to soft foods, you should begin with foods that are mushy, moist, and bland. The general rule of thumb is to eat “nothing firmer than mashed potatoes.” Your portions must be very small, and you must always take small bites, chew well, and eat slowly. It should take you about 15 to 20 minutes to eat 1 oz. of food.

You can begin your soft diet by gradually weaning yourself off your supplement and replacing it with ¼ cup of soft food. You will eventually work your way up to five small meals a day. Make sure to stop eating as soon as you feel full. You should continue taking in fluids, but you must remember to wait 20 minutes after eating soft foods before drinking any beverage.

Foods Permitted on Soft Diet

- Smooth mashed potatoes
- Cream of wheat or grits
- No-sugar added plain soy or rice milk
- Creamy soups without chunks
- Soft-scrambled eggs

Foods Not Allowed on Soft Diet

- Anything firmer than mashed potatoes
- Carbonated beverages
- Solid foods
- Citrus fruit
- Chewing gum

Solid diet

Your surgeon will decide when it is time to move on to solid foods. It may be months before you can take in solid foods without any risk to your surgical procedure. The foods you are able to eat and those you should avoid will depend on your ability to tolerate them. Your tastes and tolerances for food will change as time passes and you progress following your surgery.

A high protein intake is required on a daily basis to prevent nutritional deficiencies. You will need to consume more than 65 grams of protein each day, but you won't be able to eat large portions at one time. Try including two to four ounces of protein four to five times over the course of a day. Always eat your protein-rich foods first at each meal.

Carbohydrates should also be part of your ongoing diet, because they also provide nutrients that are important to your health. Include carbohydrates sparingly, however, using them as side dishes to be eaten following your protein-rich food items.

Although high in calories, you will need to include a little fat in your diet as well. Watch your fat intake, but don't eliminate it altogether. Choose healthful sources of fat, like peanut butter, eggs, or avocado.

You should continue the habits you followed while on the soft diet. Keep eating and drinking slowly and in small quantities spread out through the day. You must also continue waiting 20 minutes after eating before consuming liquids.

You must always keep in mind how important it is to meet your body's nutritional needs. Keep your diet full of foods with nutritional value, and try to avoid those containing wasted calories with no healthful benefits.

Vitamins

After weight loss surgery, you will remain prone to certain vitamin and mineral deficiencies. It is imperative that you take a liquid or chewable multivitamin for the rest of your life. The vitamin should include iron, folate, and B12, as well as at least 400 micrograms of folic acid.

Because you will no longer be able to consume enough calcium in your limited diet, you must also take a chewable calcium citrate supplement (1200 mg) every day. As a general rule, 1200 mg of calcium is recommended per day.

To avoid blocking the opening of your stomach pouch, do not take either of these supplements in pill form. Make sure to purchase your multivitamins and calcium before your surgery so you will have them when you return home following surgery.

Weight Loss Surgery Guidelines for Success

To reach your weight loss goals and achieve a healthier existence, you will have to be mindful of your diet and lifestyle for the rest of your life. Here are some simple rules to remember:

- Always take small sips of fluids and small bites of food, eating slowly and chewing well.
- Include protein-rich foods at each meal, eating them before consuming other foods.
- Continue to drink 64 oz of sugar-free, calorie-free liquids each day, but only in small amounts.
- Make sure to wait 20 minutes between consuming food and beverages.
- Don't wait to feel hungry before you eat, because you probably won't feel the signals until you have already gone too long without food.
- Never skip meals or eat on the run.
- Eat on a schedule, take 20 to 30 minutes to consume each meal, and avoid snacking or grazing between meals.
- Stop eating as soon as you feel full, because anything extra may cause you discomfort or pain
- Stay away from all worthless calories with no nutritional value, like those found in ice cream and shakes.
- Always avoid sugar, because it can lead to the dumping syndrome and problems such as severe cramping and pain.
- Take an adult strength chewable or liquid multivitamin every day, as well as a chewable calcium citrate supplement.
- Keep active, and include 30 to 40 minutes of aerobic exercise three to four times each week
- Never take aspirin, NSAIDs, or medications containing them, and pills or capsules of any kind should be avoided.
- Do not smoke
- See your primary-care physician regularly and attend all follow-up visits with the Weight Management Program at MetroWest Medical Center.
- Contact our Weight Management Program staff immediately if you experience any problems related to your surgery.

For more information, contact the Weight Management Program at MetroWest Medical Center by calling **508-650-7725**.

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