

Bariatric Diet Stages- Fluid Goal is at least 64 ounces per day. Protein Goal is 60-80 grams per day.

Binder: Section 5					Stage 1 (Page 48)	Stage 2 (Page 50)	Stage 3 (Page 55)	Stage 4 (page 57)	Stage 5 (Page 60)
					Clear Liquid Diet	Full Liquid Diet	Pureed Diet	Soft Diet	Bariatric Regular Diet
Post-op Days					1-3	4-13	14-27	28-41	42
Allowed foods					Water Crystal Light Diet Snapple Diluted juice (1 part juice:3 parts water) Gatorade (diluted) Broth Bouillon Decaf tea & coffee Propel Water Diet Tang Diet Kool Aid SF popsicles SF Jello-O Ice chips Shopping List- Page 54 Foods to avoid Pages 65-66	Liquids thinner than a milkshake No sugar added applesauce Greek yogurt (15-18 grams total carbohydrate, smooth) Nonfat or 1% Lactaid milk or calcium enriched unsweetened soy milk, sugar free pudding, low-fat strained cream soups, cream of wheat or cream of rice, (thin runny consistency)	Protein choices: protein drink, cottage cheese, ricotta cheese, pureed tofu, strained baby food meat, pureed chicken, pureed tuna, well- cooked pureed beans/lentils/hummus	Banana Drained canned fruit Cooked & pureed vegetables Steamed/poached fish Cottage cheese Soft low-fat cheese, tofu, thin slices turkey or chicken lunch meat Mashed potato without skin or instant mashed potato, saltine crackers, well toasted bread	Regular consistency foods Includes raw salad and vegetables 1 new food at a time 3 solid meals, no snacks Stop protein supplement if able to get 20-25 grams of protein per meal from solid food Eggs* (wait until 8 weeks after surgery due to increased risk of blockage)
Main Concerns					Hydration! Goal is 64 oz per day. *Main reason for readmission is poor fluid intake.	Hydration & increasing protein intake ½ cup food or more as tolerated 3x per day.	Hydration, meeting estimated protein needs. ¼ cup food or more as tolerated 3x per day or more Foods that are blended, mushy and require no chewing.	Meet fluid goal of 64 oz per day ¾ cup food or more 3x per day or more	Protein rich meals, low-fat, 64 oz fluids per day
Rules					Sip slowly! 1 small sip every 60 seconds Gulping= pain, nausea. No straws= swallow air, increase pain/gas.	Start protein supplement (between meals). Page 53.	Start calcium + D & iron + vitamin C on day 14.	Soft solid foods 3 meals, no snacks Protein first Start weaning off protein supplement Portion control Stop when comfortable.	Track calories, take approximately 20-30 minutes to eat meals, chew each bite 30 times
Goals					4-6 oz fluid per hour	64 oz fluid per day	64 oz fluid per day	64 oz fluid per day	64 oz fluid per day

*Always drink between meals. Drinking with meals fills up space in the pouch and pushes food out of the pouch faster. oz= ounces.