

POST BARIATRIC SURGERY DIET

LIQUID DIET (for 2 weeks after surgery)

1st day - 6 hours post surgery after the surgeon's round, 10 ml water is allowed every 10 minutes when the patient is awake.

2nd day - Water / Coconut water 10 ml sip every 2-5 minutes to a maximum of 120 ml liquid in 1 hour. (It is important to have liquids orally once the intravenous fluids are discontinued).

3rd day - Clear vegetable soup (1 cup) can be consumed in 1 hour at lunch & dinner time – 1 sip every 2 minutes and in between coconut water and water 1 cup every hour.

4th day onwards – 4 meals at a gap of 2.5-3 hrs Protein shake-twice daily, liquid dal / clear soup – 1 cup of either one can be taken at meal time to be finished in 1 hour's time. In between meals 1 cup water/coconut water/fresh lime water should be taken every hour (1 sip every 2 minutes).

Recommended Liquids –

Obesigo/Pentasure/Resource Hi Protein or

Pentasure Diabetic/Glucerna SR/ Resource Diabetic

15-20 gm or ½ sachet of protein powder (3-4 teaspoon) to be dissolved in a cup of water or milk (skimmed – Amul lite or Nestle slim or Nandini's Good life Slim)

or

Buttermilk - thin texture, no lumps [made from Nandini's Good life Slim or Amul lite]

or

Skimmed milk - Nandini's Good life Slim or Amul lite or Nestle slim

or

Chicken clear soup / Vegetable clear soup in the 1st week; pureed and strained soups in the 2nd week. Add 10 to 15 g of skimmed milk powder before blenderising the soup in the 2nd week. [No cornstarch or fats]

or

Pureed liquid dal (preferably moong dal)

or

Egg flip (blenderised drink – made with skimmed milk and soft or semi-boiled egg.) Make sure it doesn't have lumps. Do not add sugar.

Alternatively, you may add egg to the pureed soup in the second week, in place of skimmed milk powder.

or

Thin Milkshake or Thin Smoothie (made with skimmed milk or skimmed curd + 50 g of soft fruit like banana or chikoo or mango). Make sure there are no lumps. Do not add sugar.

Additional - Coconut water, Herbal tea, fresh lime water (add sugar substitute & or salt)

General Instructions –

1. Quantity of liquid to be taken at mealtime is 150 ml (small cup). Stop as soon as you feel full or nauseated.
2. No sugar rich juices - Avoid fruit juices, soft drinks, carbonated beverages and diet sodas.
3. One sip at a time with a spoon or a sipper. Don't use straw to sip.
4. Use sugar-substitute, preferably Stevia or Nature Sweet or Splenda.
5. Liquid intake - 1.5 litres [Urine should be light yellow, should not be concentrated - dark yellow]

SOFT DIET (2 or 4 weeks after surgery)

Initially make the liquids you're consuming thicker in texture e.g. thick soups, thicker skimmed curd, thick dal, khichdi, porridge, poached eggs, etc. Avoid raw vegetables, bread, chapati or any food that requires chewing and cannot be eaten without using your teeth.

You will be on soft diet for 4 weeks after sleeve and 2 weeks after band and bypass surgery.

Always eat proteins first.

Breakfast (6 - 8 teaspoons of any of these items) –

Porridge [oats/wheat/ragi] softened and well-cooked in skimmed milk

or

Egg - soft boiled, scrambled, or soft poached

or

Low fat curd / low fat paneer [made at home from Nandini's Good life

Slim milk or skimmed cow's milk] / tofu lite [soya-paneer]

or

Idli - with green chutney & thick sambar

or

Moong dal dhokla / Khaman dhokla / Khandvi (less oil)

Lunch –

Chicken + vegetable soup / Dal + vegetable soup [no fats or oils]

or

Thick dal / Kadhi / Rajma (well cooked & soft) / Lobia (well cooked &

soft) / Sprouts (well cooked & soft) / Soft low-fat paneer or Tofulite or

Soya granules cooked after soaking in hot water for ½ - 1 hour, with rice

(preferably brown rice; 4 to 5 teaspoons dal + 2 to 3 teaspoons rice) or

without rice

or

Minced chicken / soft fish – 6 teaspoons + well cooked and mashed

vegetables – 2 teaspoons

or

Khichdi (well cooked) – 6 teaspoons + well cooked and mashed

vegetables – 2 teaspoons

Dinner –

Any of the breakfast or lunch items.

In addition, you can have –

Protein shake - 150 ml - once or twice daily

Skimmed milk / Buttermilk / Low fat curd – 150 ml twice daily – not with meals

One piece of soft fruit (without skin, without seeds) – 50 g

You may interchange any item from breakfast, lunch or dinner.

General Instructions –

1. No liquids 15 minutes before & 30 minutes after a meal but consume at least 1.5-2 liters of water / thin liquids (egs – thin buttermilk, coconut water, lime juice), daily between meals.
2. A meal should be 6-8 teaspoons of food in all. Portion controlled meal is important to delay overstretching of pouch / vomiting. Take the prescribed portion (6-8 tsp), finish it slowly & then wait for 20 minutes to get the feeling of fullness. If you are still hungry after 20 minutes you may increase the portion size by 1 tsp at the next meal but if you feel full before finishing the prescribed portion you may stop.
3. Sometimes people do not tolerate certain food items, so add only 1 food item to your meal at a time & only when you are tolerating it well then add another food item to your meal.
4. Average meal interval should be 3-4 hours.
5. Avoid sugars. Use sugar substitute if required.
6. Consume very little oil everyday (not more than 3 teaspoons).
7. Avoid soft drinks and fruit juices.
8. Always eat proteins first.
9. Eat slowly & chew well to finish a meal in 30 minutes.
10. Go for walks regularly.
11. Take supplements daily.

FULL DIET (after bariatric surgery)

Always eat proteins first.

Breakfast –

Idli with chutney & thick sambar

or

Uttapam / Dosa / Moong or channa dal cheela (minimal oil) with thick sambar & chutney

or

Porridge / Cereal (Oats/Wheat/Corn/Ragi) with skimmed milk

or

Sprouts / Soya-paneer [Tofulite] / Low fat paneer [made at home with Nandini's Good life Slim milk or skimmed cow's milk], with whole grain bread or without bread

or

Moong dal dhokla / Khaman dhokla / Khandvi (less oil)

or

Egg - boiled, scrambled, poached or omlet with vegetables; with ½ slice whole wheat bread or without bread

or

Pancake [1 small] made with preferably whole wheat flour, egg, skimmed milk. Minimal fat or oil-spray to be used for cooking

or

Whole grain / Multigrain Bread sandwich made with tofu-lite / low fat paneer / pulses / sprouts / chicken filling – ½ or ¼ sandwich

Lunch –

Thick Dal / Plain Kadhi + vegetables (sautéed or boiled or steamed) + ¼ cup rice [preferably brown]

or

Khichdi + vegetables (sautéed or boiled or steamed)

or

½ chapati [besan or soy flour or skimmed milk powder or curd may be used in the atta] + low fat curd + vegetables (sautéed or boiled or steamed)

or

Rajma / Lobia / Channa / Paneer / Sprouts / Tofu / Soy granules + vegetables (sautéed or boiled or steamed) + ¼ cup brown rice
or

Boiled or grilled [chicken or fish] + vegetables (sautéed or boiled or steamed) + ½ or ¼ thin chapatti [besan or soy flour or skimmed milk powder or curd may be used in the atta] or ¼ cup brown rice.

Dinner –

Any of the lunch items.

In addition, you can have Skimmed milk / Buttermilk / Low fat curd – 150 ml twice daily

One piece of soft fruit (without skin, without seeds) – 50 g

Roasted channa / salad / diet bars / unbuttered popcorn should be eaten in small quantities only if hungry.

Protein powders can be taken, whenever you do not have easy access to high protein meal.

You may interchange any item from breakfast, lunch or dinner.

For diet-related clarifications, get in touch with the bariatric dietitian.

General Instructions –

1. Maximum weight loss will be in the first 6 months after surgery and continue for 1-1½ years. The weight will stabilize more or less at the level which is achieved after surgery, for life. So it is important to control the quality of food intake (avoid high calorie foods with oil and sugar) as the quantity initially will be small.
2. It is important to eat adequate proteins 50-60 gm / day to achieve adequate weight loss. Inadequate protein can cause water retention and hair loss.
3. It is not necessary to eat a meal or prescribed portion size, if you are not hungry.
4. No liquids 15 minutes before and 30 minutes after a meal.

5. Always eat proteins first.
6. Initially quantity of food should be 30ml-45ml (6-9 teaspoons) including all food-items. Gradually your intake will increase.
7. Eat slowly, have small 1 cm x 1 cm bites, chew well. Wait for 20-30 minutes after you finish a meal, usually you will have a feeling of fullness & will not require more.
8. Oil / fat should be restricted to 3 teaspoons per day. Oil-spray can be used.
9. No soft drinks / alcohol.
10. If you have soup along with food it should be had 15-30 minutes before food.
11. Avoid sugars. Use sugar substitute if required.
12. Daily water intake should be 2 liters.
13. You may join gym now.
14. Do not stop supplements on your own without consulting the team.

Wish you good health!