

# TEXAS ENDOSURGERY

## Gastric Sleeve POST-Surgery Nutritional Guidelines

The following recommendations are guidelines to help you succeed following gastric sleeve surgery. Note: Advancing your diet too quickly may cause pain, nausea, vomiting and other complications.

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Typical diet advancement after gastric sleeve surgery:

Liquids (begin on DAY 1-14) Pureed Diet (DAY 14 post surgery) Soft Diet (begin ONE MONTH post-surgery) Solid Diet (begin 12 WEEKS post-surgery)
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**It is important that you maintain adequate hydration throughout each stage of your diet progression. Your fluid intake is IMPORTANT. Dehydration can leave you feeling weak and nauseous. You should attempt to consume 48 – 60 oz. of fluids daily.**

*If you experience vomiting, it is most often the result of eating inappropriately and rarely a complication of surgery.*

***Common eating-related causes of vomiting are:***

***Eating solid foods too soon after surgery***

***Eating too fast***

***Not chewing food properly***

***Eating too much food at once***

***Drinking fluids with meals or too soon after meals***

Remember, your gastric sleeve surgery is a tool to help you lose weight. If you overeat or eat mostly high calorie foods or beverages, this will reduce the amount of weight you lose. Try to eat nutrient-dense foods to get the most nutrition from the smaller amounts of foods that you will be eating.

While the gastric sleeve procedure is a restrictive procedure, nutritional deficiencies may develop due to poor food choices or from lack of the nutrients as a result of limited food intake. Therefore, supplementation with a multivitamin is highly recommended.

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## HOME INSTRUCTIONS

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**Begin on DAY 2 to DAY 14**

***FULL LIQUID***

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- 2.) Hydration: Goal of at least 48 oz fluids daily Drink 30 cc (1 oz. or one medicine cup) of water or calorie free beverage every 15 to 30 minutes (NO CAFFEINE, NO CARBONATED LIQUIDS, NO STRAWS)

Choose from the following:

- WATER
- G2 / Propel Fitness water
- Crystal Light
- Unsweetened Decaffeinated Tea
- Sugar-free popsicles
- Sugar-free Jell-O
- Broth

1) Protein

Drink 60 cc (2 oz. or two medicine cups full) of a high protein liquid every hour while awake. This must contain protein from soy, whey protein isolate or milk. Attempt to consume 45-60 grams of protein daily (1 oz is approximately 6 grams of protein).

- Celebrate ENS + Protein (great source of protein with multivitamin/available at [www.celebratevitamins.com](http://www.celebratevitamins.com))
- Whey protein Zero carb (available at your local Vitamin store)
- Other (can be mixed with protein powder or powdered milk):
  - Cream soups (low fat)
  - Sugar-free pudding (fat-free, no sugar added)
  - Greek yogurt – vanilla or plain (non-fat)
  - Milk (1% or skim, soy or lactose-free)

3) Acid Reducer/Constipation/Gas

- Pepcid 10 mg twice daily if acid reflux is present.
- Constipation after surgery is very common.

*First Option:* We recommend taking Miralax -1 tablespoon per 8oz of water/fluid (max dose is 3 tablespoons per day)

*Second Option:* Take 1/2 of a bottle of Magnesium Citrate if you have not had a bowel movement by the second day after surgery (you may take another 1/2 of the bottle the next day if no result).

- Chewable Gas X if you experience gas/gas pain and be sure to increase walking.

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**WEEK 2 to WEEK 4:**

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**PUREED**1) Hydration

- Consume at least 48 – 64 oz. of approved liquids daily.
- **Best to hydrate 30 minutes AFTER meals.**

2) Add Pureed Foods (these foods are applesauce consistency; (2-3 tablespoons at each meal/snack time) Aim to consume 60 grams of protein daily.

- Finely chopped scrambled eggs
- Pureed meats or poultry (add low fat gravy or broth to moisten)
- Soft, flakey fish (add light mayonnaise to moisten)
- Fat-free refried beans
- Cottage cheese (low fat)
- Greek Yogurt (Oikos plain or vanilla is a great source of protein)
- Sweet potatoes/pumpkin
- Pureed vegetables
- Cooked cereals (oatmeal, cream of wheat, malt-o-meal)

3) Begin Supplementation at two weeks post op

*Avoid time-released supplements, enteric-coated supplements and children's supplements that are incomplete.*

- Adult Multi-Vitamin/Mineral Supplement
  - o CHEWABLE or LIQUID Multivitamin (one to two doses daily)
  - o Vitamin D 5000 IU daily

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**WEEK 5 – WEEK 12:**

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**SOFT DIET**

## 1) Continue everything from Pureed diet while transitioning to a soft diet

2) Eat protein foods first. Aim to consume 60 grams protein daily.

## 3) Add:

- Well-cooked soft vegetables
  - o Without the skin and soft enough to be mashed by a fork (no uncooked vegetables)
- Soft, peeled fruit
  - o Oranges, grapefruit and fresh pineapple are not recommended at this stage
- Starches
  - o Whole wheat crackers
  - o Low sugar cereals moistened with milk

**Avoid:**

- **Tough, stringy foods**
- **Sticky foods**
- **Rice, bread and pasta (until you can consume 60-80 grams protein daily)**
- **Carbonated beverages, straws**
- **ALCOHOL (for the first six months)**
- **HIGH SUGAR and HIGH FAT foods**

**4) REMEMBER:**

- **Take time and CHEW foods well (applesauce consistency)**
  - o **Use children’s utensils to limit the size of each bite**
- **DO NOT drink with meals or for 30 minutes AFTER meals**
- **Focus on high/lean protein foods first**
- **Focus on “produce” protein second**
- **Add new foods slowly**
  - o **Certain foods may take a longer time to tolerate**
- **Recognize when you are full**
  - o **This will be a tight feeling just at the base of your ribcage**
  - o **STOP EATING WHEN YOU FEEL FULL**

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**WEEK 12**

***Introduction of Solid Food***

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Eventually, you will probably be able to eat most of what you were eating before surgery, only in much smaller amounts. Few patients become vegetarians. Overall, you should be making healthy food choices that include lean meat or vegetable protein, low fat dairy, incorporating fruit and vegetables as you are able, and avoid empty calorie or “junk” foods, as they are typically high in fat and sugar and low in nutrients.

Long term, you must choose foods with good nutritional value. Each meal should have at least 3 oz. protein (such as eggs, cottage cheese, fish, poultry, beans, meat or tofu). Become more comfortable reading food labels. Look for foods that are low in fat and sugar. The volume you can tolerate will always be limited, so choose foods wisely to avoid filling up on foods with little nutritional value.

The key to your success will lie in your ability to add healthy foods as well as physical activity to your life on a daily basis. Participating in regular follow-up care as well as support group meetings will help ensure that your journey to “a healthier you” is a successful one!

**If you ever have any questions, feel that your diet is not progressing as it should or have a prolonged intolerance to certain foods, please contact us.**

## **List of High-Protein Foods and Amount of Protein in Each**

### **Beef**

- Hamburger patty, 4 oz – 28 grams protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

### **Chicken**

- Chicken breast, 3.5 oz - 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams • Wing – 6 grams
- Chicken meat, cooked, 4 oz – 35 grams

### **Fish**

- Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz can - 40 grams of protein

### **Pork**

- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams
- Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice – 5 – 6 grams Dining Services 1

### **Eggs and Dairy**

- Egg, large - 6 grams protein
- Milk, 1 cup - 8 grams • Cottage cheese, ½ cup - 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz Beans (including soy)
- Tofu, ½ cup 20 grams protein • Tofu, 1 oz, 2.3 grams • Soy milk, 1 cup - 6 -10 grams
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
- Soy beans, ½ cup cooked – 14 grams protein
- Split peas, ½ cup cooked – 8 grams

### **Nuts and Seeds**

- Peanut butter, 2 Tablespoons - 8 grams protein
- Almonds, ¼ cup – 8 grams
- Peanuts, ¼ cup – 9 grams
- Cashews, ¼ cup – 5 grams
- Pecans, ¼ cup – 2.5 grams
- Sunflower seeds, ¼ cup – 6 grams
- Pumpkin seeds, ¼ cup – 8 grams
- Flax seeds – ¼ cup – 8 grams