

# Nutrition Assignment

**Patient Name:**

**MRN:**

**Date:**

**Bring the completed assignment to your appointment with the Dietitian (Nutrition Initial Assessment).**

**Use your *"Eating for Health Before and After Bariatric Surgery"* Nutrition Manual to answer the below questions.**

1. How long will you be on each of the following diet phases after the surgery?

Diet Phase	Length of Time
Clear Fluids	
Liquid Diet	
Pureed Diet	
Soft Diet	

2. Please circle the foods that you will have while in hospital (Day 1 and 2 post-surgery)

broth      sugar-free Jell-O      apple or cranberry juice      tea      diet gingerale

milk      sugar-free pudding      soda crackers      oatmeal

3. List the foods/beverages you will have while healing at home (Weeks 1 and 2 Liquid Diet).

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4. What foods will you have on the Pureed Diet (Weeks 3 and 4).

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5. Please circle the foods that you will have on the Soft Diet (weeks 5 to 9)

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|-------|--------|----------------|-------------|------|
| Chili | Steak  | Chicken Breast | Lentil Soup | Rice |
| Bread | Cheese | Meatloaf       | Cereal      |      |

6. What are the symptoms of Dumping Syndrome?

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7. Fill in the blanks:

Foods high in \_\_\_\_\_ and \_\_\_\_\_ will cause Dumping Syndrome.

8. List 5 changes you will need to make to your eating in order to prevent nausea and vomiting after surgery.

1.

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2.

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3.

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4.

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5.

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9. How can you tell if you are dehydrated?

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10. How much fluid should you drink every day? \_\_\_\_\_ cups or \_\_\_\_\_ litres

11. What are the risks of drinking alcohol in the first 6 months after surgery?

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12. What beverages will you have to avoid after surgery?

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13. In what order should you eat the following foods: potatoes, carrots, chicken.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

14. Why do you need protein supplements after surgery?

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15. Give five examples of foods high in protein.

1.

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2.

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3.

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4.

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5.

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16. How long will you need to take vitamin-minerals for?

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17. Plan your vitamin-mineral schedule.

<b>TIME (meal time or activity)</b>	<b>VITAMIN-MINERAL</b>

18. Why do you need to go on the Medi Meal diet before your surgery?

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19. How many packages of Medi Meal will you have a day? \_\_\_\_\_ packages

20. What can you add to Medi Meal to flavour it?

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21. What calorie-free fluids can you have while on Medi Meal?

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22. After surgery, how many meals should you eat a day? \_\_\_\_\_

23. After surgery, how many snacks should you eat a day? \_\_\_\_\_

24. After surgery, how much food can your stomach hold at one time? \_\_\_\_\_ cup(s)

25. Please write a plan for how you will incorporate physical activity into your lifestyle after surgery?

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