



Bariatric Surgery

Nutrition Guidelines

MediMeal

Days 1 & 2 Clear Fluid Diet

Weeks 1 & 2 Liquid Diet

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Weeks 5 to 9 Soft Diet

Week 10 & Beyond - Healthy Eating Tips

This document was developed by the Registered Dietitians of the Toronto Western Hospital Bariatric Surgery Program and is intended to be used with instruction by a Registered Dietitian (04/2022)

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Diet Before Bariatric Surgery

MediMeal

MediMeal is a low-calorie meal replacement shake you will be required to take for 2-4 weeks before surgery. This will reduce the size of your liver and the fat tissue in and around your liver. These changes will make the surgery easier and safer for you. The surgeon will tell you how long you will need to drink MediMeal.

Instructions:

- Mix 1 package of MediMeal with 1-2 cups of water. Shake or stir before drinking.
- Drink 4 packages of MediMeal every day (ie: breakfast, lunch, dinner, snack).
- Stop drinking MediMeal by midnight the night before your surgery.
- In addition, drink 6 to 8 cups of water or calorie-free fluids each day (ie: water, black coffee or tea with artificial sweetener, green tea, herbal tea, calorie-free drink flavours (ie: Crystal Light, Mio drops, sugar-free Kool Aid drops, etc), no sugar Jell-O, and/or chicken, beef or vegetable broth with less than 10 calories per serving.
- Do NOT eat any other food while taking MediMeal shakes.

How to Manage Side Effects:

Hunger – Drink 4 packages of MediMeal per day at regular meal times. You may want to avoid sitting with others when they eat. You will be less hungry after taking MediMeal for 3 to 4 days.

Headache – In addition to 4 packages of MediMeal, drink 6 to 8 cups of water or calorie-free fluids. If your headache continues, speak to your pharmacist about over-the-counter pain relief medications.

Diarrhea – Make sure you drink 6 to 8 cups of water or calorie-free fluids, in addition to your 4 servings of MediMeal. You can also add 1 teaspoon of sugar-free fiber supplement (i.e.: Benefiber) to each package of MediMeal you drink.

Constipation - Make sure you drink 6 to 8 cups of water or calorie-free fluids, in addition to your 4 servings of MediMeal. You can also drink a glass of warm water or herbal tea with each MediMeal.

Diet After Bariatric Surgery

Day 1 - Clear Fluid Diet

Slowly sip 15mL clear fluids every 15 minutes. Clear fluids include water, juice diluted with equal parts water, broth, tea, no sugar added Jell-O. Even if you don't feel like drinking anything, it is important to start sipping fluids to make sure your digestive system is working properly. Do NOT consume carbonated beverages.

Day 2 – Clear Fluid Diet

Slowly sip 30mL clear fluids every 15 minutes. Clear fluids include water, juice diluted with equal parts water, broth, tea, no sugar added Jell-O. Even if you don't feel like drinking anything, it is important to start sipping fluids to make sure your digestive system is working properly. Do NOT consume carbonated beverages.

***** **DID YOU KNOW?** *****

Weight Loss Expectations

On average people lose 25-30% of their weight after bariatric surgery. For example, if you weighed 300 lbs before surgery, you may lose 75-90 lbs. Keep in mind, some people lose more and some people lose less.

For most people, the scale does not reflect all the positive changes that occur after bariatric surgery. For example, you may find that your health improves, you feel better overall, have more energy, or become more active. Keeping a journal can help you reflect on these positive changes.

Lastly, your body needs time to adjust to all the changes and it may take 1-2 years to reach your new weight. It is also important to understand that a small amount of weight regain is normal. This

does not mean that you will regain all of your weight. For best results, follow the bariatric nutrition guidelines, keep active, and ask your bariatric team for support if you need it.

Weeks 1 & 2 – Liquid Diet

Instructions:

1. Start taking your chewable vitamin and mineral supplements (see page 11).
2. Drink 1-2 protein shakes daily. Refer to the Protein Shake handout or ask your Dietitian.
3. Add unflavoured protein powder to your liquids 1 to 3 times daily.
4. Drink 2 to 4 cups of water or calorie-free fluids daily.

Eat/drink only the liquid items listed below

- Tomato juice
- Unsweetened apple sauce
- Cream of wheat
- Oatmeal (less than 10g sugar)
- Soup – strained or smooth texture only
(ie: tomato, butternut squash, strained cream of mushroom)
- Cottage Cheese
- Yogurt (no sugar added)
- Milk (skim or 1%)
- Lactose-free milk
- Soymilk
- Protein shakes
- Protein powders
- Water and/or calorie-free beverages

Reminders:

1. Eat slowly. Your meals should take 30-40 minutes.
2. Eat or drink 1 tbsp every 3-5 minutes.
3. Stop eating if you feel any discomfort or pain.
4. Keep water nearby and slowly sip all day.

***** **HYDRATION TIP!** *****

Homemade popsicles are a great way to help meet your fluid and protein needs. Add unflavoured protein powder to your favourite zero-calorie sports drink, mix well, then pour into a popsicle mold, and freeze! Other options to try include homemade yogurt pops or protein shake popsicles!

Weeks 3 & 4 – Pureed Diet

Instructions:

1. Continue taking your chewable vitamin and mineral supplements (see page 11).
2. Drink 1-2 protein shakes daily. Refer to the Protein Shake handout or ask your Dietitian.
3. Add unflavoured protein powder to your food whenever possible
4. Drink 4 to 6 cups of water or calorie-free fluids daily.

Type of food	Foods you can eat	Foods to Avoid
Fruit and vegetable	Tomato Juice Unsweetened apple sauce Cooked pureed vegetables Cooked or canned pureed fruit	Seeds and tough skins Dried fruit Raw fruits and vegetables
Grain and starch	Cream of wheat Oatmeal (less than 10 grams of sugar) Cold cereal (not sugar coated) soaked in milk until soft Soda crackers Melba toast	Bread Pasta Rice All other cereal
Soup	All soups, pureed	All other
Beverages	Calorie-free clear fluids Water Juice diluted in half with water Low fat meat or vegetable broth Decaf tea or coffee	Carbonated beverages Caffeinated beverages Full strength juice Alcohol
Desserts and sweets	No sugar added pudding No sugar added ice cream No sugar added Jell-O®	All other
Protein sources	Protein powder Protein shakes Milk (skim or 1%) Lactose free milk Natural/Plain soy beverage Cottage cheese Ricotta cheese	Peanut butter Nuts and seeds Eggs (unless poached) Hard cheeses 2% or homogenized milk Cream

	Cream cheese No sugar added yogurt Fish (moist and mashed with a fork) Soft poached egg Hummus Pureed chicken, beef, pork	
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Weeks 3 & 4 – Pureed Diet (continued)

Reminders:

1. **Eat slowly.** Your meals should take 30-40 minutes.
2. **Separate your liquids and solids.** Stop drinking 30 minutes before a meal. Wait 30 minutes after eating to start drinking again
3. Choose foods from all food groups. Make sure everything is pureed or blended.
4. Do not worry if you cannot finish your meals.
5. Stop eating if you feel any discomfort or pain.
6. Keep water nearby and slowly sip all day.

Example: Pureed Diet

	Name of Food	What is in it
Breakfast	Cream of Wheat	1/4 to 1/3 cup cream of wheat 2 to 4 tbsp milk
	Fruit	2 tbsp pureed fruit
Morning Snack	Protein Shake	1 cup protein shake
Lunch	Egg	1 soft poached egg
	Melba Toast	1-2 pieces Melba Toast
Afternoon Snack	Yogurt	1 small container no sugar added yogurt
Dinner	Meat or Fish	2 to 4 tbsp pureed meat or mashed fish
	Mashed potato	2 tbsp mashed potato 1 tbsp unflavoured protein powder
	Carrots	2 tbsp pureed carrots

Evening Snack	Protein Shake	1 cup protein shake

Weeks 5 to 9 – Soft Diet

Instructions:

1. **Switch to pill form vitamin and mineral supplements.** You can cut or break them into smaller pieces if needed. Refer to your Vitamin & Mineral handouts or ask your Dietitian (see page 11).
2. Ensure your food is moist, tender, and soft texture (i.e.: foods cooked with low fat sauces/gravies, in crockpot or slow cooker).
3. Drink 1 protein shake daily or add unflavoured protein powder to your food. Refer to the Protein Shake handout or ask your Dietitian.
4. Drink 6 to 8 cups of water or calorie-free fluids daily.

Foods you can now start to incorporate into your Soft Diet

- ✓ Ground meat/poultry or diced meat/poultry cooked in a chili, stew, or curry
- ✓ Cheese – all types in 30g or 1 inch cube portions
- ✓ Legumes – soft and cooked, in a sauce (ie: beans, lentils, chickpeas)
- ✓ Eggs – cooked with little or no fat (ie: boiled eggs, scrambled eggs)
- ✓ Well-cooked fruit and vegetables (ie: boiled broccoli, canned green beans, canned fruit)
- ✓ Soft fruit (ie: mango, banana, peeled apple)
- ✓ Pita bread, tortilla wraps
- ✓ Bread – thin sliced, well toasted
- ✓ Cereal – high fiber, low sugar
- ✓ All soups
- ✓ Peanut, almond or cashew butter

Reminders:

1. **Eat slowly.** Your meals should take 20-40 minutes.
2. **Separate your liquids and solids.** Stop drinking 30 minutes before a meal. Wait 30 minutes after eating to start drinking again

3. **Eat 3 meals and 2-3 snacks per day.** Avoid going more than 4 hours without eating.
4. Cut food into small pieces, the size of a pea.
5. Eat the high protein foods first.
6. Stop eating before you feel full.
7. Aim for 60-80g protein every day.

Weeks 5 to 9 – Soft Diet (continued)

Example: Soft Diet (65g protein)

	Name of Food	What is in it
Breakfast	Omelette	1 whole egg 2 tbsp diced ham 1 tbsp shredded low fat cheese
	Whole wheat toast	½ slice whole wheat bread well toasted
Morning Snack	-	-
Lunch	Chili	½ cup chili
	Fruit	½ cup chopped, unsweetened canned or frozen fruit
Afternoon Snack	Hummus	2 tbsp
	Tortilla	¼ small whole wheat tortilla
Dinner	Fish	3oz baked fish
	Mashed potato	¼ cup
	Green beans	¼ cup well-cooked green beans
Evening Snack	Milk	1 cup milk

***** **DID YOU KNOW?** *****

Fluids After Bariatric Surgery

After Bariatric Surgery it may be difficult to drink enough fluids, due to the small size of your new stomach. You will need to take small sips all day. You may also find that some fluids, including water, cause discomfort. If so, try warm herbal tea or add lemon or sugar-free flavour enhancers to your water. Remember to call or email your Bariatric Dietitian if this persists.

Week 10 & Beyond – Healthy Well-Balanced Diet

Instructions:

1. Continue to take your vitamins and minerals for life.
2. Drink 6 to 8 cups of water or calorie-free fluid every day.
3. Eat 3 meals and 2-3 snacks every day. Avoid going more than 4 hours without eating.
4. Remember to include high protein and high fibre foods at each meal and snack (see chart below).
5. Try new foods one at a time. If you do not tolerate it right away, try it again in a few weeks.
6. Measure your food. Meals will vary between 1-2 cups, depending on the texture and composition.
7. Plan ahead. Try to think about your week and pre-plan meals for busy days. For example, try cooking a large pot of chili and portioning it out into 1 cup reusable containers to pack on your way to work.

High Protein Food Examples:	High Fibre Food Examples:
<ul style="list-style-type: none"> • Beef, chicken, pork, fish, seafood • Ground beef, ground turkey • Lentils, chickpeas, kidney Beans, edamame • Chili, split pea soup, lentil soup • Eggs, cheese, milk, soymilk • Greek / Skyr yogurt, cottage cheese, ricotta • Nuts, peanut butter, almond butter • Tofu, tempeh, textured vegetable protein • Protein bar, protein shake, protein powder 	<ul style="list-style-type: none"> • Fresh, frozen, canned vegetables • Fresh, frozen, canned fruit (packed in water) • Brown rice, quinoa, barley, bulgar, freekeh • Whole grain or whole wheat bread • Whole grain or whole wheat crackers • Whole grain or whole wheat pasta • Lentils, chickpeas, kidney beans, edamame • Sweet potato, potato, carrots, beets • High fibre cereal, oatmeal, bran flakes

***** **TEXTURE TIP!** *****

Introduce new foods one at a time and make note of how you feel after eating. If a certain food makes you feel sick, then stop eating it for now and try again in 1-2 months. For example, if baked chicken breast sits heavy in your stomach, then try making chili with ground chicken instead. Moist food is tolerated better than dryer, tougher meats.

Vitamins and Minerals After Bariatric Surgery

When you get home from the hospital you will start taking your chewable vitamins and minerals. Please follow the recommended schedule below after surgery, unless advised otherwise by your doctor or bariatric team. For recommended products, please refer to the vitamin and mineral handouts that were emailed to you or ask your bariatric dietitian.

First 4-6 weeks after surgery take chewable and dissolvable

Breakfast - Take 2 Chewable Multivitamins daily + Dissolvable B12 1000mcg every other day

Lunch - Take 1 Chewable Calcium with Vitamin D (650mg / 400 units)

Dinner - Take 1 Chewable Calcium with Vitamin D (650mg / 400 units)

After the first 4-6 weeks you will need to switch to pills

Breakfast - Take 2 Prenatal or Women's Multivitamins daily + B12 1000mcg every other day

Lunch - Take 2 Calcium Citrate with Vitamin D 300mg / 200 units (total 600mg, 400 units)

Dinner - Take 2 Calcium Citrate with Vitamin D 300mg / 200 units (total 600mg, 400 units)

**Do NOT take gummies or time release vitamins or minerals.*

Choosing your vitamins and minerals:

Vitamin & Mineral Pills	What to look for...
Multivitamin	100% Daily recommended intake of all Vitamins & Minerals At least 18mg Iron 1mg of copper
Calcium	Calcium Citrate Aim for 1200-1500mg daily, divided into 2-3 doses

B12	Choose 1 option: 350-500mg daily 1000mcg every other day 1200mcg every 3 days OR 1000mg injection monthly
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How to Manage Nausea, Vomiting and Stomach Pain

You may have nausea, vomiting, and stomach pain after bariatric surgery. Here are some tips to help you feel better. If your symptoms persist, please call the Bariatric Clinic (see page 2).

Possible cause of nausea, vomiting or stomach pain	Possible solution...
Eating too much	Measure your food (ie: max. 1 – 1.5 cups)
Eating too fast	Put your fork down between bites. Time your meals (ie: 20-40 minutes)
Not chewing enough	Chew your food 20 to 30 times for each bite
Food too dry or too tough	Use a slow cooker, choose chili or stew, add sauce to moisten your food
Taking bites that are too large	Cut your food into the size of a pea or pencil eraser
Eating and drinking at the same time	Separate your food and fluids by 30 minutes before and after your meal
Swallowing air	Do not drink carbonated beverages. Do not use a straw
Dehydration	Drink 6 to 8 cups of water or calorie-free fluids every.

Food Intolerances

Some foods may be more difficult to digest after surgery but often resolve over time. Consider avoiding these foods for 1 to 2 months and then trying them again. In the meantime, here are some tips to help manage these food intolerances.

Common Intolerances	Try this instead...
Dry, tough meat (ie: chicken breast, well done beef)	Dark chicken meat Ground beef or ground chicken in chili or with tomato sauce Cut chicken or beef into small cubes and cook in a hearty soup or stew Add low calorie sauces/gravies to your meal
Bread	Whole grain crackers (ie: Melba toast, Wasa, Ryvita)

	Flat bread (ie: pita, tortilla wraps, rusks) Toasted whole grain or whole wheat bread
Pasta	Whole wheat or whole grain pasta Chickpea or lentil pasta Spaghetti squash, spiralized zucchini, hearts of palm pasta
Rice	Brown rice, Quinoa, Coucous, Barley, Freekeh, Bulgar
Candy or chocolate	Sugar-free candy or sugar-free chocolate