



SAINT  
FRANCIS  
HEALTHCARE  
SYSTEM

WEIGHT LOSS SOLUTIONS  
*Medicine to the Highest Power*

# Surgical Postop Diet

## What you need to know about your postop diet

Bariatric surgery is a lifelong commitment that requires significant diet and lifestyle changes. Saint Francis Healthcare System's staff is here to help you implement these changes so you can achieve long-term success. While postop diets may vary from patient to patient, here are some general guidelines to follow:

- **THIS IS A LIFELONG COMMITMENT!**
- Be committed to daily multivitamin supplement usage (1-2 chewables each day for LIFE!).
- No carbonated beverages.
- Drink adequate fluids throughout the day, but NOT with meals.
- No straws.
- Initially, daily consumption of high-protein, low-carbohydrate supplement.
- Always eat protein-rich foods first.
- Meal volume size will start out as 1 ounce and increase slowly to approximately 1 cup per meal.
- All foods should be low-fat and simple sugars.
- No gum chewing.
- No alcohol until allowed by surgeon (typically 1 year from surgery).
- Avoid sugar, honey, molasses, corn syrup and other high-sugar foods.
- Stay upright for at least one hour after meals.

*Smoking is not recommended.*

*(Continued on reverse)*

Weight-loss surgery patients will progress through a series of diet phases, depending on the type of surgery provided and tolerance and progression following the surgery. Specific diet instruction will be provided to each patient from the dietitian for the appropriate surgery and plan of care.

Sample phases include:

**Phase I: Clear Liquids (generally 1-2 days)**

- Noncarbonated drinks without sugar, caffeine or calories
- Sugar-free gelatin (Jell-O®)
- Clear no-sugar-added juices
- Sugar-free Popsicles®
- Fruit ice made with Crystal Light® or Wyler's Light®
- Clear broth or bouillon
- Decaffeinated tea or coffee
- Water
- High-protein supplement (may add skim milk to shake)

**Phase II: Full Liquids - Phase I plus:**

- Skim milk
- Cream of Wheat®, Cream of Rice® cereal (thinned)
- Strained fat-free soups
- Fat- and sugar-free puddings
- Nonfat, sugar-free yogurts without added fruit
- Soy milk, rice milk, almond milk (with protein powder or additive)
- Scrambled or soft-boiled egg
- String or cottage cheese
- Potatoes: boiled and mashed (with skin removed)

**Phase III: Phase I and II, plus:**

- Deli-shaved chicken or turkey
- Seafood
- Lean ground beef/turkey
- Toast
- Crackers

**Phase IV: Phase I, II and III, plus:**

- Canned fruits
- Soft, peeled and well-cooked vegetables
- Cold cereals
- Raw lettuce

**Phase V: Soft - Phase I, II, III and IV, plus:**

- Whole grain starches
- Pasta (whole grain)
- Beans
- Crunchy vegetables
- Raw fruit (peeled)

Meals will increase from ½ cup per meal to ¾ cup per meal until reaching the final size of 1 cup per meal several weeks later.

Questions? Please contact Saint Francis Healthcare System dietitian: Jennifer Hoehn, RD, LD, at 573-331-3000 (pager 278-6138) or [jhoehn@sfmc.net](mailto:jhoehn@sfmc.net).