

These are general guidelines regarding when to introduce various foods. Everyone is different and may not progress at the same rate.

**Day 1 Post-Op:** Nothing by mouth.

**Week 1:** Bariatric surgery clear liquids. No concentrated sweets. No carbonated beverages. Try to consume 3-4 ounces of fluid every hour that you are awake (not during meal time). **NO SOLID FOODS.**

**Week 2:** Thickened liquids, protein shakes, chewable vitamins. **NO SOLID FOODS.**

**Week 3:** Home soft diet (high protein foods). You should be consuming 4-6 ounces of fluids every hour. You should be consuming approximately 500-700 calories and 50-70 grams of protein.

**Weeks 4-5:** All foods tolerated, tofu, fish, and seafood, thinly sliced deli turkey or ham and other lunch meats, slices of low fat cheese, unsweetened canned or cooked fruit, potatoes, squash, unsweetened cereal with skim milk, boiled chicken in broth (cut into small pieces), crisp toast, crackers, beans, and peas, and lean moist turkey and beef.

**Weeks 6-8:** Diced poultry (no skin), vegetable burgers, soft cooked vegetables, soft fruits (watermelons, honeydew, peaches, plums), well-cooked pasta.

**3 Months Post-Op:** Rice, untoasted bread, lean and moist meat and poultry.

**4 Months Post-Op:** Veal, crunchy fruits and vegetables including salads.

**6 Months Post-Op:** Beef and pork (choose poultry and fish more often in view of lower fat content).

The diet should always be high in protein and low in refined carbohydrates (white flour). Preferably, choose protein first, and then fruits and vegetables, and then whole grains.