

# WHAT CAN I EAT After Bariatric Surgery?

Your dietitian will guide you, but here is an outline of a typical post-surgery diet:

## Clear Liquid Phase (Day of Surgery and Day After)

Only clear liquids that are sugar-free and caffeine-free, such as water, chicken broth, sugar-free jello, and certain dietitian-recommend protein drinks.



## Full Liquid Phase (Days 3-14)

In this liquid diet stage, you'll add protein shakes and milk. Your focus will be on smart hydration and protein intake.



## Pureed Foods Phase (Days 15 - 35)

Pureed foods are added in this phase, as well as certain soft, moist foods such as cottage cheese. Our team will give you tips for blending food.



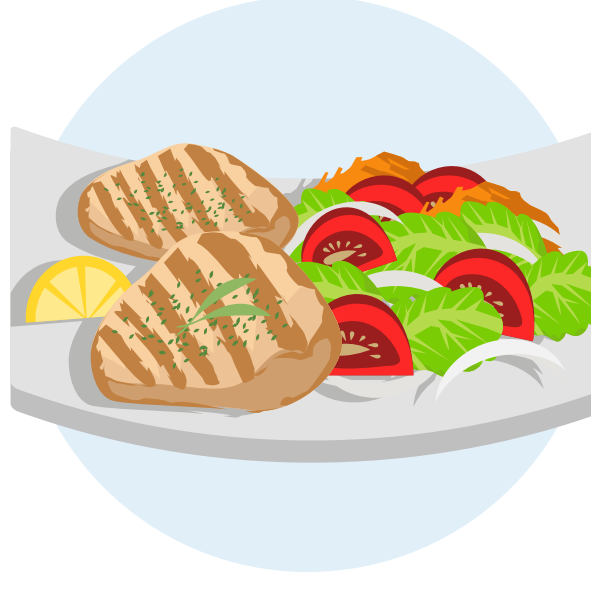
## Soft Foods Phase (Days 36-42)

This phase is the beginning of your transition to a regular diet and you'll begin to create small meals of soft, non-starchy foods that are high in protein.



## Regular Food Phase (Day 43 and Beyond)

You'll have the tools for lifelong healthy eating with a focus on lean protein and fresh vegetables, with some healthy fats and limited unprocessed carbs.



## Healthy Movement, Hydration, and Vitamins



Once you are cleared to exercise, it is important to incorporate 30 to 60 minutes of movement each day.



Drink water throughout the day, in between meals. Avoid juices and sugary drinks.



Check in with us if you have any trouble taking your recommended vitamins.