

Post-bariatric surgery nutrition guide



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The contents of this document shall in no way replace the recommendations or diagnoses made by your health professional or the treatments suggested by them.

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Important information

Name: _____

Date of your phone follow-up: _____

**A member of the nutrition team will contact you 6 weeks after your discharge from the hospital.
If you have questions or other needs: 418 656-8711 ext. 3634**

You just had bariatric surgery. You need to modify your diet during the coming weeks to promote healing and avoid indigestion. This document will guide you to the resumption of a normal diet.

What important advice should I follow in the weeks following the surgery?

Upon being discharged from the hospital and during the following weeks, it is normal to eat a lot less than usual. Listen to your fullness signals for guidance. You should increase your portions from week to week.

- Eat regularly, *i.e.*, every 2 to 3 hours, even if you are not hungry.
- Eat slowly and take the time to chew your food well.
- Take at least 20 minutes for each meal, in order to know when you are full.
- Use smaller utensils and serving dishes; they help you manage your portion sizes.
- Avoid very hot or very cold foods in order to reduce digestive discomfort.

This guide presents 7 phases. You should progress from one texture to the next and add new foods one at a time. This allows you to check your tolerance.

Contact us if you have vomiting that lasts more than 24 hours. If necessary, resume a liquid diet.



Warning

It is strongly discouraged to progress faster than what is indicated in this guide. Do not skip phases or introduce foods before the recommended dates. This could be dangerous for your health.

What should my weight loss expectations be?

Have realistic expectations regarding weight loss. Losing weight too fast may carry health risks. It is normal to not have steady weight loss. Weight loss plateaus are normal. Avoid comparing yourself to others. Your journey is unique.

The day of surgery

Date: _____

You might return home on the day of your surgery. If this is the case, follow the guidelines below. However, you might also stay at the hospital, in which case the staff at the hospital will ensure that you have a suitable diet.

What can I drink once I am home?

The most important thing during the hours following your surgery is to stay well hydrated. Drink slowly and take small sips in order to avoid nausea and vomiting.

- Drink at least 30 ml of water **every hour of the day** and use a small container to measure the quantities that you drink.
- Gradually increase the quantity of liquid to reach 30 ml every 15 to 20 minutes.
- Opt for room-temperature liquids to avoid stomach cramps.

If you tolerate water well, you can also drink fruit juice without added sugar and without pulp (orange, apple, grape, cranberry, etc.). You should **dilute the juice with an equal quantity of water**: for example, 30 ml of juice with 30 ml of water.

Avoid soft drinks, tea, coffee and all other liquids.



Phase 1 – Liquid texture

Duration: 1 day **Date:** _____

The first day after your surgery, you can drink the following liquids:

- 1% or 2 % milk or soy beverage
- Fruit juice without added sugar and without pulp
- Broth
- Jell-O-type gelatin dessert (see recipe section)
- Drinkable yogurt

Divide it into 6 small portions over the day.



Phase 2 – Semi-liquid texture

Duration: 6 days

From _____ to _____

Breakfast

For your breakfast, choose one of the following options:

- Cream of wheat or pablum-type baby cereal prepared with milk
- 1 % or 2 % milk or soy beverage
- Drinkable yogurt
- Home-made smoothie with seedless fruits (see recipe section)

Lunch and dinner

For lunch and dinner, choose one of the following options:

- Smooth soup, **without chucks** (see recipe section)
- Yogurt or Greek yogurt **without chunks** or smooth, milk-based pudding
- Protein supplements (opposite)

Snacks

You should eat 3 snacks per day. Choose from among the following options:

- Fruit juice without added sugar and without pulp
- 1 % or 2 % milk or soy beverage
- Broth
- Jell-O type gelatin dessert (see recipe section)
- Drinkable yogurt
- Home-made smoothie **with seedless fruit** (see recipe section)
- Pureed fruit (compote)

Drink slowly, taking small sips in order to avoid nausea and vomiting. Complete your semi-liquid diet with water.



Remember

You should drink at least one litre of liquids every day to avoid becoming dehydrated.

Protein supplements

The use of fortified products ensures adequate protein intake. We recommend that you have at least one of the following supplements:

Liquid supplements

- It is preferable to choose products containing at least 15 g of protein per bottle, such as High Protein Boost or Protein Max Ensure (sold in pharmacies), Milk 2 Go Sport (in grocery stores), Premier Protein.

Natrel Plus dairy beverage with 18 g of protein (in grocery stores)

- You can use this milk in your usual recipes (smoothies, soups, oatmeal, etc.).

Unflavoured protein powder

- Add one scoop of powder to 125 ml of the liquid of your choice and blend.
- Prepare the liquid 24 hours ahead of time to mitigate the taste. *E.g.* Boost Just Protein (sold in pharmacies).

Flavoured protein powder

- Add to water or milk, according to the manufacturer's recommendation.
- It is preferable to use powder containing whey isolate protein.

Phase 3 – Pureed texture

Duration: 7 days

From _____ to _____

Breakfast

For your breakfast, choose one of the following options:

- Dry cereal **without fibre** with 1 % or 2 % milk. Let the cereal soak to soften it (e.g. Corn Flakes, Special K, Rice Krispies).
- Hot cereal prepared with milk, such as oatmeal, cream of wheat or baby cereal
- **White toast with crusts removed**, with **creamy** peanut butter, cream cheese or cottage cheese
- Plain omelette or scrambled egg (1 egg)

Lunch and dinner

Start the meal with a source of protein. Choose one of the following options:

- Home-made **pureed** meat or store-bought pureed meat such as La Mère Poule, Heinz, Gerber, etc.
- **Poached** fish with a sauce or broth
- Plain omelette (1 egg)

Complete with the following foods:

- **Pureed** vegetables
- **Mashed** potatoes

Avoid soup (allowed as a snack only)

Important

It is important to eat your protein first because it allows your surgical wounds to heal better.



Snacks

You should eat 2 to 3 snacks per day. Choose from the following options:

- Pureed fruit (compote)
- Dairy desserts such as 1 % or 2 % yogurt or Greek yogurt **without chunks**, blancmange, milk-based pudding, etc.
- Hummus on a piece of toast (crustless white bread)
- Plain cookies on the side. Dunk them to soften them.



Remember

Continue adding liquid or protein powder supplements.

Beverages

Wait 30 minutes after your meal to drink. Choose from among the following options:

- 1 % or 2 % milk, water, fruit juice with no added sugar
- Tea, coffee, herbal tea

Phase 4 – Chopped texture

Duration: 14 days From _____ to _____

Breakfast

For your breakfast, choose one of the following options:

- Dry cereal without fibre with 1 % or 2 % milk. Let the cereal soak to soften it (e.g. Corn Flakes, Special K, Rice Krispies).
- Hot cereal prepared with milk such as oatmeal, cream of wheat or baby cereal
- White toast (**crust allowed**) with a source of protein (1 choice):
 - Cheese, such as cheddar, Swiss, mozzarella, cottage
 - Creamy peanut butter
 - Low-fat cretons (veal, poultry)
- Plain omelette or scrambled egg or soft-boiled egg



Meal ideas

Here are a few ideas for meals with a chopped texture:

- Shepherd's pie (creamed corn)
- Meatloaf
- Meatball stew
- Beef Bourguignon

Lunch and dinner

Start the meal with a source of protein. Choose one of the following options:

- **Ground** beef with a sauce or broth
- **Dishes slow-cooked in the oven or in the slow cooker**
- Plain omelette (1 egg)
- Poached fish with a sauce or broth
- Semi-firm or firm **tofu**

Complete with the following foods:

- Pureed vegetables
- Mashed potatoes

Avoid soup (allowed as a snack only)

Snacks

You should eat 2 to 3 snacks per day. Choose from the following options:

- Pureed fruit (compote)
- Milk-based desserts such as 1 % or 2 % yogurt or Greek yogurt (**chunks of fruit allowed**), blancmange, milk-based pudding, etc.
- Plain cookies on the side. Dunk them to soften them.

Beverages

Wait 30 minutes after the meal to drink. Choose from among the following options:

- 1 % or 2 % milk, water, fruit juice with no added sugar
- Tea, coffee, herbal tea

Phase 5 – Soft texture

Duration: 7 days

From _____ to _____

Breakfast

For your breakfast, choose one of the following options:

- Cereal **with fibre**, without nuts or dried fruit, with 1 % or 2 % milk
- Hot cereal prepared with milk
- Toasted white or **whole-grain** bread (avoid bread with visible grains) with a source of protein (1 choice):
 - Cheese, such as cheddar, Swiss, mozzarella, cottage
 - Creamy peanut butter
 - Low-fat cretons (veal, poultry)
- Plain omelette or scrambled or soft-boiled egg

Lunch and dinner

Start the meal with a source of protein. Choose one of the following options:

- Ground beef with a sauce or broth
- Dishes slow-cooked in the oven or in the slow cooker
- Plain omelette (1 egg)
- Poached or **grilled** fish or seafood with a sauce or broth
- Semi-firm or firm tofu

Complete with the following foods:

- Vegetables **cooked until tender**
- Mashed or **boiled** potatoes or **white rice**

Avoid soup (allowed as a snack only)



Snacks

You should eat 2 to 3 snacks per day. Choose from the following options:

- **Soft** fruit without peels or seeds, such as bananas, honeydew melon, cantaloupe, **canned** peaches or pears, fruit compote
- Milk-based desserts, including 1 % or 2 % yogurt or Greek yogurt, blancmange, milk-based pudding, **rice or tapioca pudding**, etc.
- Plain cookies on the side

Beverages

Wait 30 minutes after the meal to drink. Choose from among the following options:

- 1 % or 2 % milk, water, fruit juice with no added sugar
- Tea, coffee, herbal tea

Phase 6 – Normal texture

Starting _____

Breakfast

For your breakfast, choose **one or two** of the following options:

- Cereal with fibre, without nuts or dried fruit, with 1% or 2% milk
- Hot cereal prepared with milk
- Toasted white or whole-grain bread with a source of protein (1 choice):
 - Cheese, such as cheddar, Swiss, mozzarella, cottage
 - Creamy peanut butter
 - Low-fat cretons (veal, poultry)
- Omelette, egg

Lunch and dinner

Combine the following foods:

- Whole **tender** meat such as chicken breasts
- Whole **cooked** vegetables
- Whole cooked potatoes, cooked rice or other grains such as couscous, barley, quinoa, etc.

Refer to the healthy plate, p. 15.



Important

You can add seeds at this phase, such as chia, hemp, flax, etc.



Desserts and snacks

Choose one of the following options:

- **Peeled** fruit and berries such as strawberries, raspberries, etc.
- Milk-based desserts including 1% or 2% yogurt or Greek yogurt, blancmange, milk-based pudding, rice or tapioca pudding, etc.
- Plain cookies on the side



Still hungry?

You can add a dessert if you still feel hungry after your main meal. Keep your dessert for your next snack if you feel full.

Beverages

Wait 30 minutes after the meal to drink. Choose from among the following options:

- 1% or 2% milk, water, fruit juice with no added sugar
- Tea, coffee, herbal tea

Phase 7 – Other additions

Starting _____

Wait **6 weeks** after your surgery to eat fresh bread and pasta. It is preferable to choose short or cut pasta such as macaroni and cut spaghetti, etc.

Starting _____

Wait **2 months** after your surgery to drink or eat:

- Soda water (if you tolerate it)
- Raw vegetables and salad
- Tough meat such as barbecued meat, grilled meat

Starting _____

The foods below can pose a risk of blockage (obstruction) in your bowel. This risk is low but may vary from one person to another. It is safe to add these foods if you eat them **moderately** and **chew them sufficiently**.

Wait **3 months** before introducing:

- Legumes
- Fruit peels (apples, pears, peaches, citrus fruit membranes, etc.)
- Dried fruit
- Pineapple
- Raw celery
- Corn on the cob or whole kernel corn
- Coconut
- Popcorn
- Whole nuts (can be added in phase 6 if ground)

Raw meat and fish consumption

To prevent the risk of foodborne infections such as listeriosis, please follow these recommendations regarding the consumption of raw meat and fish:

- Gastrectomy: wait 2 months
- Biliopancreatic diversion and Roux-en-Y diversion: wait 1 year

Long-term winning strategies

What general advice should I follow?

- Eat 3 meals a day and make sure **each meal includes a source of protein.**

What are the sources of protein?

At meals	In addition to a light meal or as a snack
meat, poultry, fish, seafood	cheese
eggs	milk
peanut butter	yogurt or other milk-based dessert
tofu	nuts (3rd month)
cheese	
legumes (3rd month)	

- Continue to wait at least 4 hours between 2 meals.
- Reduce your intake of fats such as butter, margarine, oil, mayonnaise and salad dressings.
- Limit your intake of sugar, honey, brown sugar, jam, marmalade, maple syrup, candy and chocolate.
- Avoid sugar substitutes such as Splenda, Sugar Twin and other brands to maximize weight loss and reduce your taste for sweet foods.

Why do I have to pay special attention to liquids?

The time when you drink your liquids is important. It reduces the chances of having diarrhea, digestive discomfort and vomiting. In addition, beverages with a high sugar content can limit your weight loss.

- Be careful about drinking liquids at meals:
 - Do not drink any liquids 30 minutes before meals.
 - Wait 30 minutes after your meal to drink.
 - Drink a maximum of 2 ounces of liquids at meals, if necessary.
- Drink at least 1.5 litres of liquids a day to avoid dehydration.
- Limit tea and coffee to 4 cups a day.
- Limit juice to 1 cup (250 ml) a day.
- Limit alcoholic beverages.
- **Avoid** soup at meals; it is allowed at snacks but is not recommended.
- **Avoid** regular and diet soft drinks as well as sports and energy drinks.

Biliopancreatic diversion

Drink liquids in moderation in the evening. Drinking too much could cause diarrhea during the night.

The bariatric healthy plate

Proteins

- Fish, seafood, poultry
- Plant-based proteins:
 - legumes (chickpeas, lentils, etc.)
 - tofu, tempeh, edamame
 - nuts, roasted soybeans
- Eggs
- Red meats (beef, veal, pork, game, etc.)

Drink water between meals



A variety of vegetables

- Cooked, fresh or frozen
- Salad or raw vegetables

Whole grains (or starches)

- Brown or wild rice
- Whole-grain pasta
- Whole-wheat couscous
- Quinoa
- Bulgur
- Hulled barley
- Whole-grain breads
- Whole-grain crackers
- Potatoes with skins

Choice of dessert or snack



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Recipes for the semi-liquid phase

Jelly mousse (Jell-O type)

Ingredients

- 1 box of jelly powder
- Boiling water
- Greek yogurt without chunks

Preparation

Dissolve the jelly powder in boiling water as per the recipe on the box. Replace the portion of cold water by the same quantity of yogurt of your choice. Mix. Pour into small bowls and refrigerate.

Smoothie

Ingredients

- 175 g (¾ cup) plain or vanilla yogurt
- 60 ml (¼ cup) powdered milk
- 125 ml (½ cup) apple juice
- 15 ml (1 tbsp.) sugar, honey or maple syrup

Preparation

Blend the ingredients in a blender and serve cold.

Protein-enriched smoothie

Ingredients

- 100 g soft or silken tofu
- 125 ml (½ cup) milk
- 125 ml (½ cup) mixed seedless fruits (fresh or frozen)
- 2 scoops of Boost Just Protein (do not add if Natrel Plus milk is used)
- 15 ml (1 tbsp.) maple syrup

Preparation

Blend all the ingredients in the blender until smooth.

Enriched soup

Ingredients

- 1 can of canned cream soup of your choice (without chunks)
- 250 ml (1 cup) Natrel Plus milk
- 90 g (3 ounces) pureed chicken or 2 jars of meat puree for babies
- 125 ml (½ cup) pureed vegetables or 2 jars of baby food

Preparation

Mix all the ingredients together and heat.

Protein-rich milk

Ingredients

- 1 litre (4 cups) 2% milk
- 250 ml (1 cup) powdered skim milk

Preparation

Dissolve the powdered milk into the milk.

Drink or use to replace milk or Natrel Plus milk in recipes.



Recipes for the puree phase



Hamburger steak

Ingredients

- 90 ml (1/3 cup) onion, chopped
- 2 ml (1/2 tsp.) garlic, chopped
- 200 g (1/2 lb.) lean ground beef
- 10 ml (2 tsp.) vegetable oil
- 5 ml (1 tsp.) soy sauce
- 5 ml (1 tsp.) sugar

Preparation

In a saucepan, sauté the onion, garlic and beef in the oil. Add the rest of the ingredients and cook for 2 minutes while stirring. Place the mixture in the blender and puree. Serve with brown sauce.

Beef brown sauce

Ingredients

- 15 ml (1 tbsp.) cornstarch
- 125 ml (1/2 cup) cold beef broth
- 5 ml (1 tsp.) vegetable oil

Preparation

Place the cornstarch in a saucepan, then pour a small quantity of the beef broth over it, incorporating it well. Add the rest of the broth and mix well. Add the oil. Heat over low heat, stirring constantly until the sauce thickens.

Pork Milanese

Ingredients

- 90 ml (1/3 cup) onion, chopped
- 200 g (1/2 lb.) lean ground pork
- 10 ml (2 tsp.) vegetable oil
- Salt and pepper
- 15 ml (1 tbsp.) parsley, chopped
- 90 ml (1/3 cup) canned cream of chicken soup
- 60 ml (1/4 cup) milk

Preparation

In a frying pan, sauté the onion and pork in the oil. Season. Incorporate the cream of chicken soup and milk. Let simmer 2 to 3 minutes on low heat. Puree the mixture in a blender.

Maple chicken

Ingredients

- 5 ml (1 tsp.) garlic, chopped
- 200 g (1/2 lb.) chicken breasts, in strips
- 5 ml (1 tsp.) vegetable oil
- 10 ml (2 tsp.) soy sauce
- 30 ml (2 tbsp.) maple syrup
- Pepper to taste
- 45 ml (3 tbsp.) liquid chicken broth

Preparation

In a frying pan, sauté the garlic and brown the chicken in the oil. Add the soy sauce and maple syrup. Season to taste. Puree the mixture in the blender, adding the chicken broth.

Recipes for the puree phase

Marinated pork

Ingredients

- 5 ml (1 tsp.) garlic, chopped
- 5 ml (1 tsp.) honey
- 5 ml (1 tsp.) vegetable oil
- 10 ml (2 tsp.) soy sauce
- 5 ml (1 tsp.) sugar
- 200 g (½ lb) lean ground pork
- 5 ml (1 tsp.) vegetable oil

Preparation

Prepare the marinade by mixing the garlic, honey, oil, soy sauce and sugar. Add the pork and marinate for 20 minutes in the refrigerator. In a frying pan, sauté the marinated pork in the oil. Puree in a blender. Serve with Chinese sauce.

Chinese sauce

Ingredients

- 5 ml (1 tsp.) cornstarch
- 125 ml (½ cup) chicken broth
- 30 ml (2 tbsp.) water
- 2 ml (½ tsp.) soy sauce
- 5 ml (1 tsp.) sugar

Preparation

Place the cornstarch in a saucepan and pour the cold chicken broth over it. Mix. Add the rest of the ingredients. Heat over low heat, stirring constantly, and bring to a boil until thick.

Beef stronganoff

Ingredients

- 200 g (½ lb) ground beef
- 10 mL (2 tsp.) vegetable oil
- Salt, pepper, steak spices (to taste)
- 250 mL (1 cup) sliced mushrooms
- 90 mL (⅓ cup) cream of mushroom soup
- 60 mL (¼ cup) milk
- Paprika to taste

Preparation

In a skillet, brown the beef with half the oil. Season to taste and set aside. Sauté mushrooms with remaining oil until liquid evaporates. Puree beef and mushrooms by blending in remaining ingredients in blender. Return to skillet to heat through.



Helpful resources

The Institute produces other instructive documents, which you can read on our website:

bibliotheque-patients.iucpq.qc.ca



The following documents may interest you:

- [Obesity and Surgery : User Guide](#)
- [Outpatient Bariatric Surgery - Post-Operative Instructions and Monitoring](#)
- [Post-Bariatric Surgery Recovery and Followup : User InformationGuide](#)
- [Progression de votre alimentation suite à votre chirurgie bariatrique](#) (in French)

In the search field, enter the title of the document that you would like to read.

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