



***Your Nutrition
and Exercise
Guide for
Bariatric Surgery***



Your Nutrition and Exercise Guide for Bariatric Surgery

How to Use the Plate Method Before Surgery

Use the Plate Method as a guide to help you lose weight and create healthy eating habits before surgery. Use the resource below to learn more and get started.

BUILDING YOUR PLATE

Follow the 4-step process to create delicious low carb meals



STEP 1: Pick a Protein	STEP 2: Add Non-Starchy Vegetables (Half your plate)	STEP 3: Add Some Fats	STEP 4: Add 1-2 Servings of Complex Carbs
Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.	Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.	Add some fats from oil, sauces, or full-fat dairy like cheese, butter or sour cream.	Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.



10 inch Dinner Plate

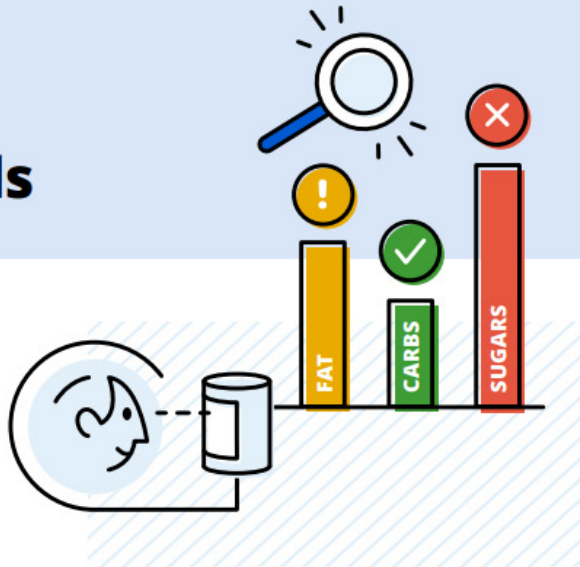
Your Nutrition and Exercise Guide for Bariatric Surgery

EATING HEALTHY

Understanding Nutrition Labels

Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.



▶ Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/cans often contain more than 1 serving.

▶ % Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2000 calories a day.

- **5% or less** = low in that nutrient
- **20% or higher** = high in that nutrient

▶ Total fat

A low-fat food contains 3 grams of fat or less per serving. Look for items that have **little saturated fat** and **no trans fat**.

▶ Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (55 g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37 g	13%
Dietary Fiber 4 g	14%
Total Sugars 12 g	
Includes 10 g Added Sugars	20%
Protein 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Looking for more about diabetes-friendly eating?
 Visit [NovoCare.com](https://www.novocare.com) for recipes, tips, and more.

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NovoCare
 Education + Resources
 DIABETES



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What to Eat Before and After Your Surgery

This guide will help you know what to eat before and after your surgery. Only move to the next step when your care team says it is safe. You will get a schedule with the dates to start each step of your diet.

Your surgery eating timeline:

When	Diet	What to Eat or Drink
14 days before your surgery	Pre-surgery liquid diet	<ul style="list-style-type: none">• 3 to 4 protein shakes each day• At least 64 ounces of sugar-free, non-carbonated drinks
Day of surgery	Clear liquids only	<ul style="list-style-type: none">• 24 ounces of an electrolyte drink• Finish 2 hours before your surgery
During your hospital stay	Bariatric clear liquid diet	<ul style="list-style-type: none">• Water• Sugar-free, non-carbonated drinks• Broth• Sugar-free gelatin
Weeks 1 and 2 after surgery	Bariatric full liquid diet	<ul style="list-style-type: none">• Pourable liquids such as water, protein drinks, skim milk, thinned yogurt, and soups without chunks
Weeks 3 and 4 after surgery	Bariatric soft diet	<ul style="list-style-type: none">• Pourable liquids such as water, protein drinks, skim milk, thinned yogurt, and soups without chunks
1 month after surgery and beyond	Bariatric regular diet	<ul style="list-style-type: none">• Slowly add meat, eggs, shellfish, and raw vegetables• Limit to 1 cup serving per meal



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What does a full diet schedule look like?

Here is an example of a diet schedule if you were to have bariatric surgery on a Monday. It shows what your eating plan might look like from 2 weeks before surgery through 1 month after surgery.

NOTE: You will get your own schedule with your exact dates.

Example Eating Timeline

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2 weeks before surgery	Begin Full liquid diet	Full liquids	Full liquids	Full liquids	Full liquids	Full liquids	Full liquids
1 week before surgery	Full liquids	Full liquids	Full liquids	Full liquids	Full liquids	Full liquids	Full liquids
Surgery week	Day of surgery: Clear liquids	Bariatric Clear liquid diet	Begin Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet
Week 2 after surgery	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet	Bariatric full liquid diet
Week 3 after surgery	Begin Bariatric soft diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet
Week 4 after surgery	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet	Bariatric Soft Diet
Week 5 after surgery	Begin Bariatric regular diet	Bariatric regular diet	Bariatric regular diet	Bariatric regular diet	Bariatric regular diet	Bariatric regular diet	Bariatric regular diet



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What to Eat Before Your Surgery

You will start your full liquid diet 14 days (2 weeks) before your bariatric surgery. Stay on the full liquid diet during the entire 14 days before surgery.

Start date for your pre-surgery diet: _____

What is a full liquid diet?

A full liquid diet is where you drink foods and fluids that are liquid or partly liquid at room temperature. Some solid foods may also be blended until smooth.

Examples include:

- Protein shakes and protein waters
- Fat-free, strained creamed soups, or high-protein soups
- Skim or fat-free milk
- Sugar-free pudding or gelatin
- Low-fat, plain yogurt (no chunks)

How much should I drink?

Drink 3 to 4 protein shakes every day. Each shake should have:

- 100 to 200 calories
- 20 to 40 grams of protein
- Less than 5 grams of carbohydrates

Drink 64 ounces of fluids each day. This includes water, broth, and other approved liquids.

Why Protein is An Important Part of Your Diet

Protein and fluids help your body heal and stay strong after surgery. You will need to drink protein shakes both before and after surgery.

How much protein do I need?

Each protein shake should have:

- 100 to 200 calories per serving
- 20 to 40 grams of protein
- Less than 5 grams of carbohydrates

How can I find a protein shake I like?

Try different protein shake flavors to find the ones you like best. This will make it easier to follow your plan before and after surgery.



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What are good sources of protein?

There are many ways to get the protein your body needs. Below are some options to help you choose what works for you. This list does not include all protein shakes.

Clear protein drinks:

- Bariatric Advantage Clearly Protein
- Celebrate CLR
- Gelatein20
- LiquaCel
- Premier Clear Protein Drink
- Protein20
- Proti-15
- Protinex
- VidaFuel

Protein shakes (ready to drink):

- Atkins plus
- Boost high protein
- Ensure Max
- Equate high performance
- Fairlife
- Muscle Milk
- Orgain
- Premier Protein
- SlimFast High Protein
- Unjury High Protein Shake

Protein powders:

These powders are mixed into water or milk. Some are flavored and others are plain.

- Bariatric Advantage High Protein Meal Replacement
- Bariatric Fusion High Protein
- Beneprotein
- Celebrate High Protein Meal Replacement
- Naked Pea
- Orgain Grass Fed Whey
- Orgain Plant Based
- Perfect Protein
- Unjury Unflavored Vegan Powder

Protein bars:

Choose protein bars that have 15 grams or more of protein and less than 5 grams of sugar. Some options include:

- Pure Protein Bar
- Quest

Protein soups or broths:

- Bariatric Choice
- BariatricPal Protein Soup And Broth
- BariWise
- Celebrate Tomato Soup
- Inspire Protein Soup
- ProtiDIET
- Unjury Beef Broth
- Unjury Chicken Soup



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What To Drink on the Day of Your Surgery

You must drink **24 ounces** of an approved electrolyte drink.



**Finish the drink at least 2 hours before your surgery.
DO NOT eat or drink anything after that.**

Date of your surgery: _____

What electrolyte drinks can I have?

You can drink any of these sugar-free options:

- G2
- Powerade Zero
- Gatorade Zero
- Propel (flavored or unflavored)

How much is 24 ounces?

- 24 ounces is equal to 3 cups.
- Most drinks come in 12-ounce bottles,
- You need to drink 2 bottles to reach your 24-ounce goal.

NOTE: Check the label to be sure you are drinking the right amount.



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Phase 1: Bariatric Clear Liquid Diet

When do I start this phase?

- **Right after surgery:** You will be on a Bariatric clear liquid diet for about 1 day while you are in the hospital.
- **Starting on day 2:** You will start drinking Bariatric full liquids. This helps your body heal and keeps you hydrated after surgery.

Date to start clear liquids: _____

What to do:

- Drink 4 ounces (1/2 cup) of liquid every hour (about 1 ounce every 15 minutes).
- Drink 64 ounces (8 cups) of liquid each day.

You will also get fluids through an IV (a thin tube placed into a vein in your arm) while in the hospital.

What to avoid:

- Alcohol
- Sugary drinks
- Carbonated (fizzy) drinks
- 100% fruit juice
- Caffeine (avoid for the first 4 weeks)
- Chewing gum
- Straws
- Acidic foods or drinks (like lemon, orange, tomato, lime)
 - These may cause an upset stomach or heartburn

What liquids can I drink?

Clear liquids are drinks you can see through. Some may be colored, but not cloudy or creamy.

You can have:

- Broth (chicken, vegetable, or beef)
- Decaf tea or decaf coffee
- Gatorade Zero, Powerade Zero, or Propel
- Sugar-free gelatin (like Jell-O)
- Sugar-free popsicles
- Sugar-free, clear liquid protein water
- Unsweetened fruit juice or sugar-free water flavorings (like Crystal Light)
- Water



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What Vitamins You Need After Surgery

After surgery, your body will not absorb vitamins and minerals as well as it used to. You will need to take vitamins and mineral supplements every day for life.

When do I start taking vitamins?

Start taking your vitamins as soon as you get home from the hospital. Buy your vitamins before surgery so you are ready.

What kind of vitamins should I take?

You will take a daily bariatric multivitamin. You may need extra calcium or iron. If you are not sure what to take, ask your care team. They can help you choose the right vitamins for your needs.

During the 1st month after surgery, your vitamins must be:

- Chewable
- Liquid
- Powder
- Crushed or crumbled

Do NOT use:

- Gummy vitamins
 - They do not absorb well and often miss key nutrients.
- Vitamin patches

What multivitamins are recommended?

For the 1st month after surgery, you should take chewable multivitamins. These include:

- Bariatric Advantage Advanced Multi EA Chewable
- Bariatric Advantage Multi Chewy Bite along with Bariatric Advantage + Chewy Bite Iron 30 mg
- Bariatric Pal Multivitamin ONE Chewable
- Opurity Bariatric Multi Chewable with 45 mg Iron
- ProCare Health Bariatric Multivitamin with 45 mg Iron

After the 1st month, you can take capsule vitamins. These include:

- Bariatric Advantage Ultra Solo with Iron
- Bariatric Choice Once Daily Bariatric Multivitamin with 45 mg Iron
- Bariatric Pal Multivitamin with Iron
- Celebrate One 45
- Naturelo Bariatric Multivitamin
- Opurity Bariatric Multi Capsules with Iron
- Procure Health Bariatric Multivitamin with 45 mg Iron Capsules

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Do I need a calcium supplement?

Yes. You will need to take calcium citrate with vitamin D every day to keep your bones strong:

- Take 1,200 to 1,500 mg of calcium citrate per day. Take 2 to 3 times per day depending on the amount in each dose:
 - If your serving of calcium citrate is 600 mg, take it 2 times per day.
 - If your serving of calcium citrate is 500 mg, take it 3 times per day.
- Look for 250 to 600 IU of Vitamin D per 500 to 600 mg calcium.

Supplement Facts		
Serving Size:	2 tablets	
Servings Per Container	60	
Amount Per Serving	%DV	
Calories	15	
Sodium	10 mg	<1%
Total Carbohydrate	4 g	0%
Sugars	0 g	
Vitamin D	400 IU	100%
Calcium (elemental)	500 mg	50%
Sodium	5 mg	<1%
INGREDIENTS: Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).		

What calcium products can I use?

During the 1st month, you must take calcium citrate product that is in a pill, powder, chewable, or crushed form. After the 1st month, you may start with the pill form.

Do not use calcium carbonate or phosphate.

Pills

Product	How much to take	How often to take
Citracal Regular	2 pills	2 times a day
Citracal Petite	3 pills	2 times a day
Generic store brand (often next to the citracal)	Check product label	Follow label instructions

Powder

Product	How much to take	How often to take
UpCal D	1 packet	3 times a day
Crushed calcium citrate	Ask care team	Ask care team



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Chewables

Product	How much to take	How often to take
Bariatric Advantage Chewable	500 mg tablet	3 times a day
Bariatric Advantage Chewy Bite	500 mg tablet	3 times a day
Celebrate Soft Chews	500 mg tablet	3 times a day
Opurity Calcium Citrate Plus Chewable	2 chews	2 times a day

Liquids

Product	How much to take	How often to take
Nature's Way	1 tablespoon	3 times a day
Solgar	1 tablespoon	2 times a day



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Phase 2: Bariatric Full Liquid Diet

Date to start Bariatric full liquids: _____

When do I start this phase?

You will start the Bariatric full liquid diet on day 2 after your surgery. Stay on a Bariatric full liquid diet through the end of week 2 after surgery.

What is a bariatric full liquid diet?

A bariatric full liquid diet includes:

- Foods that are liquid or partly liquid at room temperature.
- Foods that are smooth and easy to drink or eat with a spoon.
- No chunks or solid pieces.

What should I focus on?

- Drink 8 ounces (1 cup) of fluid every hour.
- Drink at least 64 ounces (8 cups) of fluid each day.
- Choose liquids that are high in protein and low in carbohydrates.
- Do not drink 30 minutes before or after meals.

Which liquids are good on this diet?

- Everything from the bariatric clear liquid diet.
- Creamed soups (such as cream of chicken, cream of mushroom, butternut squash, split pea, carrot, pumpkin).
- High-protein soup mixtures.
- Skim or 1% milk .
- Low-fat yogurt (no chunks or fruit pieces).
- Sugar-free pudding.
- Protein shakes and powders that are high in protein and low in carbohydrates.

How can I keep up with my fluids?

Keep track of how much fluid you are drinking to make sure you meet your daily fluid goal. You can count 75% of your protein shakes toward your daily goal:

- For example, if you drink an 11-ounce protein shake, you can count 8 ounces toward your daily fluid total.

If you are not sure how much to count, ask your care team.



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Sample Meal Plan for the Full Liquid Diet

Use this sample meal plan to get ideas for what to eat during the day. You can choose other similar foods you like, as long as they're on the recommended list.

Example meal plan:

Breakfast	Lunch	Snack	Dinner	Evening
Protein Shake	Low-sodium, strained chicken or beef broth Pureed cream of mushroom soup Sugar-free gelatin	Smooth, sugar-free pudding Sugar-free electrolyte drink	Low-sodium, strained vegetable broth Protein shake	Sugar-free popsicle
Protein Shake	Creamed soup	Greek yogurt	Creamed soup or broth	Sugar-free pudding



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Phase 3: Bariatric Soft Diet

Date to start Bariatric soft diet: _____

When do I start this phase?

You will start the bariatric soft diet during weeks 3 and 4 after surgery.

What can I eat in this phase?

You can start eating soft foods that are moist and easy to mash with a fork. You should continue eating clear and full liquids foods as needed.

Start by eating 3 small meals per day. If you feel hungry or need more protein, slowly increase to 6 small meals a day.

What should I focus on when eating?

- Eat small meals. Each meal should be about $\frac{1}{2}$ cup to $\frac{3}{4}$ cup of food.
- Eat protein first at every meal.
- Protein options include fish, beans, yogurt, cottage cheese, tofu, chopped or ground meat, eggs, protein powders, and protein shakes.
- Try to eat at least 60 grams of protein per day. Limit other foods until you can do this.
- Keep drinking protein shakes to reach your daily protein goal.
- Add in vegetables and fruits after you meet your protein goal
 - These should make up about 25% of your meal.
- Do not drink liquids 30 minutes before or after meals.
- Do not drink during meals.

What foods can I eat?

You can eat these foods during the soft diet phase:

- Clear and full liquid diet items (like broth and protein shakes)
- Low-fat or reduced-fat dairy products (like cottage cheese, skim or 1% milk, and yogurt [no sugar added or “lite”])
- Soft, cooked vegetables and vegetable juice (no added sugar)
- Cooked or canned fruit (no skins, no added sugar)
- Soft meat- ground, diced, chopped
- Scrambled or poached eggs



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What foods should I avoid?

Avoid these foods. They may be too hard to chew or digest right now:

- Cold cereal
- Fruits or vegetables with hulls or tough skins (such as peas, corn, pineapple, or coconut)
- Nuts or seeds (including peanut butter)
- Raw vegetables
- Leftovers (they tend to be drier and harder to chew)

What about fluids?

After you meet your daily protein goal, you can use approved clear liquids to help meet your fluid goal.

Sample Meal Plan for the Soft Diet

This sample meal plan gives you ideas for what to eat in a day. You can choose other soft foods you like from the approved list to take the place of these examples.

Example meal plan:

Breakfast	Lunch	Snack	Dinner	Evening
Protein Shake	3 oz of baked, white fish, with a few drops of lemon juice	1 container of low-fat/low-sugar Greek yogurt	½ cup of cooked beans with 1-2 tablespoons of low-fat shredded cheese	Protein shake or powder mixed with skim milk
Protein Shake	½ cup of low-fat ricotta cheese, 1-2 tablespoons of marinara sauce and grated Parmesan cheese	½ cup of low-fat cottage cheese, 1-2 tablespoons of chopped canned peached (canned in their own juice or water)	Blended: ¼ banana, 2 tablespoons of peanut butter powder, 1 cup of Fairlife milk	Protein shake or powder mixed with skim milk



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Approved Foods and Grocery List for Soft Diet

Use this list to shop for foods that are safe to eat during the soft food phase.

Do not eat or drink any foods or beverages not listed on the clear liquid, full liquid, or soft food diets. Ask your registered dietitian about other foods not listed.

Do not eat out at restaurants during this phase.

Category	Approved Foods
Dairy	<ul style="list-style-type: none">• Fat-free or low fat, low sugar yogurt or Greek yogurt• Fat-free or low-fat cottage cheese• Fat-free or low-fat ricotta cheese• Fat-free or low-fat shredded cheese
Fish	<ul style="list-style-type: none">• White fish that is baked, boiled, or grilled (tilapia, cod, haddock, grouper, halibut, catfish, sole)
Soup	<ul style="list-style-type: none">• Low fat bean soup, vegetarian chili• Miso soup (broth and tofu only)• Squash soup• Strained cream of chicken, cream of mushroom, cream of celery• Tomato soup
Soy Protein	<ul style="list-style-type: none">• Tofu• Soy protein crumbles, such as Morningstar or Boca
Vegetables	<ul style="list-style-type: none">• Cooked and easily mashed beans or lentils• Cooked and peeled tomatoes, low sugar marinara, vegetarian chili, jarred salsa• Green beans, carrots, mashed cauliflower• Mashed avocado• Plain hummus• Vegetarian refried beans
Fruits	<ul style="list-style-type: none">• Banana, melon, mango. Avoid dried fruit, hard fruit, skins of fruits• Fruit that is canned or in a cup in its own juice (drained), such as pears, peaches, and fruit cocktail - avoid pineapple• Unsweetened apple sauce



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Phase 4: Regular Diet

Date to start Bariatric regular diet: _____

When do I start this phase?

You will start a bariatric regular diet around week 5 after surgery. You can now start to eat solid foods again.

Start slowly with soft, moist foods. You can now try:

- Meats, eggs, and seafood
- Raw vegetables and salads

Add only 1 new food at a time. This helps you see how your body reacts. You should still avoid drinking fluids 30 minutes before and after meals.

What do I need to remember?

Surgery is a tool to help you lose weight. It is not a cure. To stay healthy and reach your goals, you will need to:

- Make long-term changes to how you eat
- Be more active each day
- Try new, healthy foods

Your taste may change after surgery. This is a good time to find healthy foods you enjoy. Your long-term success depends on sticking with your new habits.

Tips for success on a bariatric regular diet

How to eat

- Eat 3 meals per day.
- Keep each meal to 1 to 1 ½ cups of food.
- Eat slowly. Take at least 30 minutes for each meal.
- Stop eating when you feel full.
- Eat your protein first. Aim for at least 60 grams of protein daily.

What to drink

- Drink at least 64 ounces of recommended fluids daily.
- Do not drink liquids 30 minutes before or after meals.
- Do not drink during meals.
- Avoid alcohol, sugary drinks, and carbonated drinks.



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How to plan

- Plan your meals for the entire week.
- Keep healthy foods and drinks available at home.
- Build a healthy plate. Your plate should be 50% protein, 30% vegetables, and 20% carbs.

Sample Meals for the Regular Diet

Each meal should be 1 to 1½ cups and must include a source of protein. Use the sample ideas below to plan your meals. For each meal, choose 1 option that works for you. You can mix and match.

Meal	Options
Breakfast	<ul style="list-style-type: none"> • Turkey sausage, chicken sausage, or turkey bacon with ½ cup fruit • 1 container of Greek yogurt (less than 15 grams of sugar per serving) • 1 cup cottage cheese with fresh fruit • ½ cup eggs with ½ cup fruit
Lunch or Dinner	<ul style="list-style-type: none"> • 1 cup chili with lean meat, beans, and tomatoes • Greek salad with 2 to 3 oz chicken, 1 tablespoon Feta, 5 olives, 1 tablespoon dressing • 2 to 3 oz sliced turkey, ham, or roast beef with lettuce and tomato • Tuna, egg, or chicken salad (low-fat mayo) on lettuce • 1 cup beef stew with carrots and vegetables • 3 oz rotisserie chicken breast with ½ cup green beans • ½ cup turkey or beef meatballs with tomato sauce and ½ cup vegetables • ½ cheeseburger patty with ½ cup side salad and low-fat dressing • Chicken stir fry with broccoli, carrots, red peppers, and cauliflower rice
Snacks	<ul style="list-style-type: none"> • Low-fat mozzarella stick or Light Babybel cheese • ¼ cup hummus with veggies • ¼ cup dry roasted edamame • ½ apple with 1 tablespoon nut butter • 1 hardboiled egg or deviled egg (with low-fat mayo)



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How to Eat Safely After Surgery

To avoid problems after surgery, follow these guidelines:

Your body has changed, and some foods may cause stomach problems or discomfort after surgery. To reduce the risk of complications, weight gain, or GI (digestive) symptoms:

- Keep a food journal to track what you eat and how it makes you feel.
- Add 1 new food at a time so you can tell if it causes a problem.
- Stop eating foods that cause nausea, bloating, gas, or other symptoms.

What foods should I be careful with?

Avoid:

- Dry or overcooked meat, fish, or shellfish
- Pasta, rice, and bread
- Fruits or vegetables with tough skin, seeds, or that are stringy
- Foods that are fried or high in fat
- Foods high in sugar
- Dairy products (some people develop lactose intolerance after surgery).

How can I avoid eating too much?

Eating too much at once can cause pain, nausea, or vomiting.

To prevent overeating:

- Keep meals between 1 to 1 ½ cups total
- Use measuring cups and spoons to portion your food
- Eat only what you put on your plate- do not go back for more

Stop eating when you feel full, even if food is left over.

What should I do if I vomit?

Should you experience vomiting, stop eating solid foods, return to the bariatric clear liquid diet to maintain hydration, and wait for symptoms to resolve. If symptoms do not resolve in 24 hours, contact your doctor.

Vomiting can happen if you eat too much, eat too fast, or eat food your body is not ready for.

If you vomit:

- Stop eating solid foods right away
- Go back to clear liquids to stay hydrated
- Wait for symptoms to go away before adding foods back
- Call your doctor if vomiting lasts more than 24 hours



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Other Helpful Tips for Eating Well

While Eating

- Eat without distractions (no TV, phones, or reading)
- Focus on your food so you can notice when you feel full

When Eating Out

Restaurant portions are often too large and high in fat.

If you eat out:

- Check the menu and plan your meal before you go
- Share a meal with someone
- Order from the kids' menu for smaller portions
- Ask for a to-go box and put half your meal away before you start eating
- Order a la carte (just the items you need)

If You Chew Gum

- Use sugar-free gum only
- Do not swallow gum—it can block your stomach outlet

What if food feels stuck?

Sometimes food can feel like it is not moving through your stomach. If this happens, you should:

- Sit up straight
- Take a walk

How can I avoid dumping syndrome?

Dumping syndrome can happen when food moves too quickly from your stomach into your intestines. It is often caused by eating too much sugar or salt and may last for several hours afterward. Only consume meals with less than 15g of sugar per serving.

Symptoms may include:

- Cramping
- Diarrhea
- Nausea
- Rapid heart rate
- Shaking
- Sweating
- Weakness or dizziness

How can I avoid hypoglycemia (low blood sugar)?

Low blood sugar is common after surgery. It can make you feel:

- Dizzy
- Shaky
- Tired or weak
- Confused
- Sweaty



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Follow these tips to help keep your blood sugar stable:

- Eat 3 to 6 small meals per day.
- Do not skip meals.
- Eat lean protein, non-starchy vegetables, and complex carbohydrates.
- Avoid food and drinks with added sugars.

You should avoid foods that are high in sugar or may cause blood sugar increases like:

- Applesauce with added sugar
- Cake
- Candy
- Chips
- Chocolate milk
- Cold cereal
- Cookies
- Crackers
- Fruit juice
- Ice cream
- Large quantities of fruits, including smoothies
- Protein shakes or bars with more than 15 grams of sugar
- Soda
- Sweet tea
- Yogurt with more than 15 grams of sugar



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Bariatric Surgery Exercise Guide

Exercise is an important part of your recovery and long-term success after bariatric surgery. This section will tell you when to start, what to do, and how to stay safe as your body heals. Ask your surgical team if you have any questions about exercise after your surgery.

Why exercise matters after surgery

Being active each week can help you:

- Keep a healthy weight
- Improve your overall health
- Keep your muscles strong
- Boost your mood and reduce stress
- Feel better and have more energy

How to get started before surgery

Exercising before surgery can help your body heal faster and support early weight loss. Move your body for at least 30 minutes a day, 5 days a week (that is 150 minutes each week).

How to get started:

- Start by walking for 5 to 10 minutes at a time
- Walk at a pace that feels a little faster than normal, but still comfortable
- Add more time and more days as you feel stronger.

You do not need to do all 30 minutes at once. Start small and build up. Every bit of movement helps.

How to stay active after surgery

After surgery, your body needs time to heal. You can slowly add more movement as you recover. Being active helps you:

- Keep your balance and move more easily
- Build strong bones and muscles
- Keep your skin healthy
- Lose weight and keep it off



Your Nutrition and Exercise Guide for Bariatric Surgery

When and how to start moving after surgery

Weeks 1 to 2 after surgery:

- Walk for 5 to 10 minutes
- Do this 4 times a day, such as after meals

Week 2 and beyond:

- Slowly increase how long and how often you exercise
- Do not lift anything heavier than 10 pounds for the first 4 weeks

Week 6 and beyond:

- Start strength training and more intense cardio
- Aim for 30 minutes of exercise, 3 to 5 days a week
- Go at your own pace and add more exercises

Examples of safe ways to move

Choose activities that feel good for your body. Try:

- Walking at a steady pace
- Swimming or water exercises
- Lifting light weights
- Using resistance bands
- Gentle stretching or core (stomach) exercises
- Sports or other activities your care team says are safe



Your Nutrition and Exercise Guide for Bariatric Surgery

How to Track Your Weight and Body Changes

You might not always see changes on the scale, but your body is changing. Tracking your weight measurements can help you see your progress over time.

Use the tables below to write down your weight and body measurements. Bring this with you to your follow-up appointments or keep it somewhere easy to find.

Weight Tracker

	Weight (pounds)
My current weight	
My goal weight	
Weight on surgery day	
1 month after surgery	
3 months after surgery	
6 months after surgery	
1 year after surgery	

Body Measurement Tracker

	Area	Inches
Chest		
Waist		
Hips		



Your Nutrition and Exercise Guide for Bariatric Surgery

Daily Food Diary

Use this page to track what you eat and drink, how much, and how you feel each day. Be specific. Write down:

- What you ate
- What you drank
- How much
- How you felt after eating

This will help you stay on track with your protein, fluids, and exercise goals. Keep a journal to record meals in a day.

Meal	What I Ate	How Much	What I Drank	How Much	How I Felt After Eating
Example Meal	Chicken	4 ounces	Water	8 ounces	Full with no discomfort
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					



Your Nutrition and Exercise Guide for Bariatric Surgery

Questions for Your Care Team

Use this space to write down any questions or concerns you want to talk about at your next visit.

Not sure what to ask? Here are some ideas:

- What foods should I avoid right now?
- How can I tell if I am getting enough protein?
- How do I know if my vitamins are working?

Your Question or Concern	Care Team's Answer



Your Nutrition and Exercise Guide for Bariatric Surgery

How To Use the Hunger and Fullness Scale

After surgery, your stomach is smaller, so it is important to notice when you are full:

- Check in with yourself before, during, and after meals.
- Stop eating when you feel satisfied:
 - You should not feel stuffed or sick.
- The hungrier you are when you start, the more likely you are to eat too much.

How to use the hunger and fullness scale:

- Try to start eating when you feel like a 3 or 4.
- Try to stop eating when you reach a 6 or 7.

This can help you avoid overeating and stay comfortable after meals.

Hunger and Fullness Scale:

Number	How You Feel
0	Empty
1 to 2	Shaky or very hungry
3	Ready to eat
4	Starting to feel some hunger
5	Not hungry or full (neutral)
6 to 7	Satisfied
8	Full
9	Stuffed
10	Sick from eating too much



Your Nutrition and Exercise Guide for Bariatric Surgery

How to Build Your Own Balanced Meals

Use this worksheet to plan 3 balanced meals that give your body the nutrients it needs. Each meal should include 1 serving of each:

- Whole grains
- Protein
- Fruit
- Vegetable

Examples

Food Group	Examples	How much?
Whole grain	Brown rice, quinoa, whole wheat	½ cup or 1 slice
Protein	Chicken, fish, eggs, yogurt	3 ounces (about the size of your palm)
Fruit	Apples, berries, bananas	½ cup or 1 small piece
Vegetable	Carrots, green beans, broccoli	½ to 1 cup



Your Nutrition and Exercise Guide for Bariatric Surgery

Plan your meals

Fill in one food from each group for each meal. You can mix and match.

	Whole Grain	Protein	Fruit	Vegetable
Meal 1				
Meal 2				
Meal 3				



If you have any problems or questions related to diet, please call or email your outpatient dietitian:

Ashtyn Fluesmeier, MS, RD, LDN

Phone: 501-214-2499 x24626

Email: ALFluesmeier@uams.edu

Use this handout only if your health care team gave it to you. This content does not replace professional medical care or advice. Always ask your doctor or another health care provider any questions you have about your health. To talk with a UAMS health care provider, you can:

- Use your UAMS MyChart to send a message to your health care team
- Get a virtual visit from UAMS HealthNow at uamshealth.com/healthnow
- Call 501-686-7000 to schedule an appointment

If you have a medical emergency, call 911 right away.

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