

Dietary Guidelines Following Laparoscopic Gastric Bypass Surgery:

Clear Liquid diet for the first (2 days)

Protein-based liquid diet for (Days 3 to 7)

Full Liquid diet for (Week 2)

Pureed diet for (Week 3)

Soft diet for (Week 4)

Regular diet for (Week 5 and beyond)

Importantly, Dr. Monash will ask that your DAILY goals will include no less than 64 ounces of water, and 60 grams of protein!

Clear Liquid Diet - water, ice chips, broth, sugar-free gelatin and popcicles, calorie-free or decaffeinated beverages such as Crystal Light, Diet Snapple, Diet V-8 Splash, Sugar-free Kool-Aid, and Fruit2(subscript)0.

Protein-based Liquid Diet - all foods in previous dietary stages, protein drinks, fat-free or 1% milk, soy milk, Lactaid® milk, low-carb milk

Full Liquid Diet - all foods in previous dietary stages, reduced-fat cream soups (no tomato); try powdered egg whites, non-fat dry milk powder, or unflavored protein powder for extra protein; light, low-carb, or plain yogurt (thinned), sugar-free pudding, blenderized bean soups (such as lentil or split pea)

Pureed Diet - all foods in previous dietary stages, scrambled eggs, small curd fat-free or low-fat cottage cheese, fat-free or low-fat refried beans, tofu, pureed lentils and peas, hummus, fat-free or low-fat ricotta cheese, pureed beef, poultry, pork, fish (blend when dry and add broth afterwards), smooth peanut butter (preferably "natural"), canned tuna or chicken mashed with a fork, mashed potatoes, pureed fruit (such as unsweetened applesauce), well-cooked or heavily-mashed vegetables, baby food

Soft Diet - all foods in previous dietary stages, finely chopped, moist, and soft food (keep portions about the size of an eraser head on a pencil at first), lean ground beef, ground pork, ground chicken, or ground turkey, fish, beans and lentils, bean soup, low-fat cheese, boiled and poached eggs, hot cereals (try mixing with a scoop of protein powder for extra protein), boiled potatoes without the skin, canned fruit in light syrup or its own juice (rinse both), soft fruits without skin (such as bananas, peaches, pears), crackers (preferably whole grain), toast (preferably whole grain)

Regular Diet - Slowly begin to introduce a greater variety of foods. It is safe to experiment with any foods you may be interested in,

however, EAT SLOWLY AND CHEW WELL!