

Nutrition after Gastric Bypass or Sleeve Gastrectomy Surgery

The following is a summary of recommendations for eating and taking vitamin and mineral supplements to help your body heal after surgery, and a list of the resources to help you live your new lifestyle.


Diet Stages At-A-Glance

Stage	1 Clear Fluids	2 Full Fluids	3 Puréed Foods	4 Minced Foods	5 Soft Solid Foods
Duration	For 1 to 2 days	For 2 weeks, starting after Diet Stage 1	For 1 week, starting after Diet Stage 2	For 1 week, starting after Diet Stage 3	Lifelong, after all Diet Stages (about 4 weeks after surgery)
Food Options	<ul style="list-style-type: none"> ✓ Clear fluids ✗ NO carbonated drinks ✗ NO sugar ✗ NO caffeine <p>EXAMPLES:</p> <ul style="list-style-type: none"> • Clear broth • Diet Jell-O® • Water 	<ul style="list-style-type: none"> ✓ Blended or strained soups ✓ Low-fat dairy products ✓ Protein shakes <p>EXAMPLES:</p> <ul style="list-style-type: none"> • Cream of carrot/mushroom/broccoli soup - low fat milk instead of cream • Premier Protein shake • Low-fat yogurt • Smooth cottage cheese • Unsweetened applesauce • Cream of wheat 	<ul style="list-style-type: none"> ✓ Puréed protein foods ✓ Puréed foods from all food groups ✓ Protein shakes <p>EXAMPLES:</p> <p>Food from stages 1 and 2, <i>plus:</i></p> <ul style="list-style-type: none"> • Puréed meat, chicken, turkey, beans or tofu • Poached eggs • Puréed carrots, green beans, cauliflower • Mashed potatoes 	<ul style="list-style-type: none"> ✓ Soft, minced protein foods ✓ Well-cooked soft vegetable ✓ Soft or peeled ripe fruit ✓ Cereal - cold/hot ✓ Protein shakes <p>✗ NO pasta, rice, bread, wraps, pita</p> <p>EXAMPLES:</p> <p>Food from stages 1, 2, and 3, <i>plus:</i></p> <ul style="list-style-type: none"> • Minced meat, chicken, turkey • Canned tuna • Canned fruit • Low-fat crackers 	<p>Keep introducing a variety of acceptable foods. See <i>Bariatric Surgery Resource Book</i> for instructions.</p> <p>EXAMPLES:</p> <p>Food from stages 1, 2, 3, and 4, <i>plus:</i></p> <ul style="list-style-type: none"> • Lean protein (moist chicken or fish) • Well cooked, soft vegetables • Cooked fruits
Amount to Eat	Take 15 minutes to sip on 15 ml (or 1 tbsp or 1/2 medicine cup)	Take 15 minutes to sip on/eat 30 ml (or 2 tbsp or 1 medicine cup)	Take 15 minutes to eat 30 to 60 mL (or 2 to 4 tbsp or 1 to 2 medicine cups)	Take 15 minutes to eat 30 to 60 mL (or 2 to 4 tbsp or 1 to 2 medicine cups)	Take 60 to 90 minutes to eat 125 to 250 mL (or 1/2 to 1 cup)
<p>For stages 1 to 4, you may be able to eat/drink a total of 125 to 175 mL (or 1/2 to 3/4 cup or 4 to 6 medicine cups) of fluid/food at each meal.</p>					

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Taking Vitamin and Mineral Supplements

After your surgery, you will absorb less nutrition from your food. **You will need to take vitamins and minerals to meet your needs, every day, for the rest of your life** (see table below). Your doctor may prescribe you other vitamins and minerals based on your blood work.



- **Do not** take gummy, children's, or men's vitamins.
- **Do not** take time-release vitamins.

Type	Recommended Dosage
Multivitamin with minerals	If the multivitamin has less than 9 mg of iron, take it 2 times a day, or take a prenatal multivitamin once a day.
Calcium Citrate	Take 1200 to 1500 mg a day, in divided doses . For example: <ul style="list-style-type: none"> • Take 500 mg 3 times a day, or • Take 600 mg to 650 mg 2 times a day.
Vitamin B12	Take 500 mcg a day.
Vitamin D	Take 3000 IU a day, or as prescribed by your healthcare team.

HELPFUL RESOURCES

- 1 **Humber River Health's Bariatric Surgery Program Resource Book:** Provides detailed information on these recommendations. Read online at: [www.hrh.ca/patient-education/005018_Bariatric Surgery Program Resource Book.pdf](http://www.hrh.ca/patient-education/005018_Bariatric_Surgery_Program_Resource_Book.pdf)

QUICK REFERENCE

Eating Guidelines: Learn the diet stages in detail, with food options and recommended cooking methods pp. 38 to 53

Vitamin, Minerals, and Supplements: Develop lifelong strategies to use supplements and create a supplementation routine to prevent nutritional deficiencies..... pp. 56 to 58

Common Nutritional Problems and Lifestyle Recommendations: Prevent and manage constipation, gas, bloating, lactose intolerance, dumping syndrome, lack of appetite, nausea, vomiting, hypoglycemia, hair loss, dehydration, and diarrhea pp. 59 to 71

Protein Supplements / Food Sources of Protein, Fibre, and Iron: Know the importance of protein and supplements, and the protein, fibre and iron content of common foods to help you plan meals that will meet your nutritional needs pp. 55 to 56; 84 to 90

Sample Menus: Find 800 calorie to 1800 calorie menus that will encourage further weight loss or help maintain and meet nutritional needs pp. 111 to 117

- 2 **Videos:** Provides details on bariatric surgery, living a healthy lifestyle, eating guidelines, vitamins and minerals, and mindfulness. View online at: www.hrh.ca/programs/surgery/bariatric-surgery
- 3 **Follow-up Class:** We strongly recommend attending your **1-month follow-up class** at Humber River Health's Bariatric Clinic. This class is led by a Registered Dietitian, so it is the perfect time to bring forward any questions or concerns about your new lifestyle! The class runs from 8:00 a.m. to 12:00 p.m. Please bring snacks to this class, if needed. For more information, please contact the **Bariatric Clinic at (416) 242-1000, ext. 23316.**