



Overview of the Diet Stages: Stages 1 through 5

The different diet stages you will follow after your surgery will be different from any other weight loss “diets” you may have been on in the past. There are 5 different stages you will pass through. The diets are carefully designed to help you heal and to allow your new stomach to be able to tolerate increasing varieties and amounts of food. You will pass through the first 4 stages during the 8 weeks following your surgery and then finally onto Stage 5 which is your Lifetime diet. You will meet with your medical team regularly after your surgery to determine when it’s time for you to move from one stage to the next. Not everyone will pass through the stages at the exact timeframes listed below.

It is important not to move from one stage to the next without speaking to your doctor.

Stage	Where/When	General Description	Length of Stage
1 Water	In the hospital, right after surgery when normal bowel function returns	Sips of water (1 oz/30 cc per hour)	1 day or less
2 Clear Liquids	In the hospital, post op day #1	Water and low sugar de-caf, non-carbonated liquids (2-4 oz, 60-120 cc per hour)	1 day or less
3 Modified Full Liquids	Started in the hospital on post-op day 2 or 3 and then followed at home after discharge from hospital	Low sugar, high protein full liquids (in addition to clear liquids)	2-3 weeks
4 Lean Pureed/Ground	Started at home sometime after your first clinic follow-up appointment (2 weeks	Lean pureed/ground foods (meats, fish, poultry, fruits and veg)	4-5 weeks

	post-op)		
5 Lifetime	Started at home about 6-8 weeks after your surgery, based on tolerance	Lean meats, fish, poultry, protein bars, fresh fruits & veggies, whole grains and legumes, healthy fats and low fat dairy	Lifetime

The main goals of the different diets include the following:

Staying Hydrated – Prevent dehydration by taking enough fluids (2-4 L or 64 to 128 oz fluid daily). All fluids must be taken between meals (especially important to remember this when your diet is advanced beyond just liquids). Avoid carbonated beverages which can cause bloating and discomfort and caffeine which can act as a diuretic (causing your body to lose more fluid). Always remember to sip slowly, avoid gulping and do not use straws (to prevent too much air from entering the stomach).

Preserving Your Lean Body Mass – by getting enough protein when you start stage 3 - (Modified Full liquids and beyond) to promote healthy weight loss without losing your lean muscle mass. The goal for most people is a minimum of 72 grams of protein per day. Your individual needs will be determined by the dietitian during your initial and follow-up appointments.

Being Well Nourished and Energized – During the earliest stages (the first 3 weeks after surgery) your calorie intake will likely be 600-800/day which will lead to rapid weight loss. In order to maintain your newer/healthier weight, you will gradually and naturally add more calories as your body learns to tolerate more varieties and amounts of foods. Your ultimate calorie intake during the final stages of the diets (4&5) will increase to a healthier lifetime goal of ~1200 (for women) and ~1600 (for men).

Foods That May be Difficult to Tolerate After Surgery

Meats and Meat Substitutes	<ul style="list-style-type: none"> • Steak • Hamburger • Pork Chops • Fried or fatty meat, poultry or fish
Starches	<ul style="list-style-type: none"> • Bran, bran cereals • Granola • Popcorn • Whole-grain or white bread (non-toasted) • Whole-grain cereals • Soups with vegetable or noodles
Vegetables	<ul style="list-style-type: none"> • Fibrous vegetables (dried beans, peas, celery, corn, cabbage) • Raw vegetables • Mushrooms
Fruits	<ul style="list-style-type: none"> • Dried fruits • Coconut • Orange and grapefruit membranes • Skins (peel all fruit)
Miscellaneous	<ul style="list-style-type: none"> • Carbonated beverages • Highly seasoned and spiced food • Nuts • Pickles • Seeds
*Sweets (consuming any of these foods increases your risk for “dumping syndrome”)	<ul style="list-style-type: none"> • Candy • Desserts • Jam/jelly • Sweetened fruit juice • Sweetened beverages • Other sweets

Questions to ask at my next appointment: _____
