



AFTER BARIATRIC SURGERY – NUTRITION RULES

Nutrition after bariatric surgery consists of 4 stages. You will be fed liquids until the end of the second week. You can be fed soft textures from the 15th day, and you can start consuming solid foods from the 35th day.

STAGE 1: CLEAR LIQUIDS (0. – 3. day)

The day of your operation is counted as day 0. For the first 3 days, you can drink water, apple juice without added sugar, and soup without grains. Herbal teas are free, but you should consume them separately, not mixed.

- ✓ Water
- ✓ Herbal teas such as linden, fennel, lemon balm, rosehip tea
- ✓ Grain-free compote juice without added sugar
- ✓ Freshly squeezed and filtered juices (apple/peach/grape/apricot)

STAGE 2: FULL LIQUIDS (4. – 14. day)

***** At this stage, protein intake can be increased to 40 grams per day.**

From the 4th day, you can consume lactose-free milk, lactose-free yogurt, soy milk in addition to the above. You can consume very small amounts of fat-free soft cheese.

You should sip fluids and drink slowly.

Caffeine delays the healing of the stomach. That's why you shouldn't drink coffee. However, if you really want to, after the 15th day, you can drink one decaf coffee a day.

- ✓ Water
- ✓ Herbal teas such as linden, fennel, lemon balm, rosehip tea
- ✓ Grain-free compote juice without added sugar
- ✓ Freshly squeezed and filtered juices (apple/peach/grape/apricot)
- ✓ Low-fiber, lean, drained vegetable soups or juices (spinach, carrot, zucchini, potato) ✓ Fat-free soft cheese
- ✓ Fat-free yogurt
- ✓ Fat-free and lactose-free milk or soy milk
- ✓ Probiotic yogurt



STAGE 3: PUREE / SOFT TEXTURES (15. – 35. day)

*****At this stage, 60-80 grams of protein should be taken daily.**

You can start the puree feeding between the 15th and 35th days.

At this stage, you can consume purees of free vegetables and fruits. For example; such as pumpkin, potato, carrot, spinach, apple, banana, apricot, watermelon.

It is forbidden to consume vegetables that cause gas. Like cabbage, cauliflower, broccoli. You can consume soft and juicy cooked eggs.

You can consume meat, chicken, fish in the size of minced meat. It is important that they are fat-free and soft.

You can consume very well thinned hazelnuts, walnuts, almonds.

It is forbidden to consume bread made from white flour. You can start consuming bread made from whole wheat flour.

The most important thing at this stage is to consume solid and liquid foods separately. You should stop consuming liquids thirty minutes before you start consuming solid food. Thirty minutes after the meal is over, you can start taking fluids.

You should consume your meals for long periods of time. You should feed small amounts and often. My suggestion is do not eat while watching TV series or movies.

- ✓ Smoothies made with lactose-free milk and fruit (with free fruit above)
- ✓ Low-fat cheese, cottage cheese, labneh cheese
- ✓ Egg (soft-cooked)
- ✓ Lean meat/chicken/turkey/fish in minced meat
- ✓ Blenderized or strained lean and tomato paste-free soups (rice and vegetable soups with milk/minced meat/chicken, vermicelli, red lentil soup)
- ✓ Vegetable dishes (with spinach, chard, potatoes, eggplant, carrots, zucchini, tomatoes)
- ✓ Brown bread
- ✓ Whole wheat, rye, oat flour
- ✓ Finely thinned hazelnuts, almonds, walnuts



STAGE 4:: NORMAL DIET / REGULAR TEXTURES (From the 35.day)

*****At this stage, 60-80 grams of protein should be taken Daily.**

If everything is fine and you feel ready, you can start to eat normally from the 35th day. After you start to eat normally, you should pay attention to chewing foods well.

You shouldn't be hungry for long. You should consume foods that are sugar-free and low in fat. Protein foods should always be a priority for you.

Protein consumption is very important in the post-operative period. Now that your stomach volume is much smaller, you won't be able to get enough protein with food. That's why you need to use these protein supplements.

You have to incorporate exercise into your life. To begin with, it can be walking, swimming and dancing.

Using kitchen scales and measuring cups will help you in the kitchen.

Have a bottle to see your water consumption. You should drink at least 1.5 liters of water a day.

Legumes (chickpeas, beans) can be consumed after the 3rd month.

Salad differs from person to person. It can be consumed after the 1st or 2nd month.

DO NOT CONSUME THESE

- Sugary, carbonated, alcoholic beverages
- Instant fruit juices with added sugar
- Dark tea and coffee
- All caffeinated beverages
- Beverages with acid (even not contain sugar)
- Cocoa
- Whole fat milk and products
- All gas-producing vegetables (such as cabbage, cauliflower, broccoli)
- Instant soups
- Bouillon tablets
- Breads other than specified breads
- Very fatty and tough meats
- Very sugary and starchy desserts
- Fast-food and fried foods



FOODS AND LIQUIDS TO AVOID AFTER THE OPERATION

The foods and liquids in the below contain large amounts of sugar and or fat. Intake of sugar and fat in excess of the recommended amounts causes body weight loss to slow down and prevents adequate-balanced nutrition. It can also cause dumping syndrome

For this reason, it is extremely important to read the label information of package foods and make a choice according to their fat and sugar content

- **Alcohol:** It is recommended to stay away from alcohol in the first year of the operation. If it is decided to consume alcohol with the approval of the doctor and dietitian, low-energy non-carbon dioxide gas, white or red wine types can be consumed. However, they should also be by adding ice to the alcoholic beverage. Alcohol can be absorbed quickly after bariatric surgery and pass into the bloodstream, making its effect perceptible after a few sips. For this reason, it should be avoided if possible, but it should be limited if consumed.
- **Acidic drinks:** They may cause re-growth of the stomach and adversely affect stomach health. Carbonated drinks consist of 25% water and 75% air and swallowing that much air will cause the stomach to stretch.
- **Fried Foods**
- **Carbonated drinks (beer, soda, carbonated water, etc.)**
- **Salad dressing, mayonnaise, cream etc.**
- **Full-fat dairy products, such as coffee creamer**
- **Processed meats with high fat content: Sausage, salami should not be consumed.**
- **Skinned chicken/turkey and fatty meats: It can be consumed without skin and fat.**
- **Fast-food Foods**
- **Oily canned fish**



NUTRITION AND EATING TECHNIQUES AFTER BARIATRIC SURGERY

Required Tools and Equipment

- Glasses, spoons to be used for measuring
- Kitchen scale for weighing food
- Small portion plates, bowls and utensils
- Water bottle in which the amount to be consumed during the day will be placed

Meal Layout

- 3 main + 3 snacks:
It is recommended to consume a small amount of food or liquid at one time, as the stomach volume is reduced. The number of meals can be increased or decreased according to tolerance.
- Separating liquid and solid foods:
Consumption of water or liquids during meals is not recommended. Consuming solid and liquid foods together can cause nausea and bloating, as well as cause rapid passage through the digestive system and cause excessive food consumption. Consumption of water/liquid should be avoided 30 minutes before and after main and snack meals.
- Consuming food slowly and chewing well:
Each food should be chewed an average of 20-25 times and small bites should be taken from the food.
- Consuming liquids in sip throughout the day:
It should be aimed for individuals to consume 1.5-2 liters of fluid per day. In order to achieve this goal, liquids should be drunk slowly and sipped between meals and snacks
- Each meal takes 30-45 minutes:
Meals should not be made in front of a computer or television. Meal time must be adhered to.
- Preferring low-fat and sugar-free foods:
Foods high in fat and sugar can cause Dumping Syndrome and slow down weight loss because they contain high energy. Therefore, it should not be consumed.



- Cooking techniques:
Boiling, steaming, baking and cooking in a pot should be preferred instead of frying and roasting methods.
- Prioritizing protein source foods:
Protein-containing foods should be consumed primarily in meals. These are: cheese, eggs, yoghurt, milk, kefir, buttermilk, chicken, fish, meat.
- Integrating physical activity into life:

Care should be taken to remain active throughout life, starting from the period after the operation. This process can be started with short and non-paced walks at the beginning, and then with light-paced walks. Using the stairs instead of the elevator, walking short distances, swimming and dancing are good alternatives.

P.S: Stop eating and drinking any time you feel full and full. If your meal is not finished after waiting at least 30-45 minutes, you can continue.

Get well soon!

If you need nutritional support, you can contact us.