

# The Post-Gastric Bypass Diet

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1. **During the first four weeks after your surgery, you must eat all foods in a pureed form. All food must be the consistency of applesauce before eating it.**
2. **Eat six small meals a day.** Small meals spread throughout the day are important to meet your nutrition needs.
3. **You must eat at least eight servings of high protein foods every day.** The goal is 60 grams of protein per day. These are foods such as:
  - skim milk, low-fat cottage cheese, nonfat milk powder
  - no sugar added Carnation Instant Breakfast
  - sugar-free, fat-free yogurt
  - egg substitute
  - creamy peanut butter
  - blenderized meats
  - strained, plain baby food meats

**Protein is very important to help you heal.** Also, without enough protein, you may lose hair.

4. **Eat and drink very slowly!** Remember your pouch is very small and eating too much too quickly may cause you pain, nausea and/or vomiting. Do not use a straw. Drinking through a straw can cause you to fill up your pouch with liquid and air.
5. **Drink fluids 30 minutes to 1 hour before or after meals.** Drinking too soon before or after a meal may cause bloating, vomiting or dumping syndrome. Also, if you fill up on fluids, you will not be able to eat the right amounts of food.
6. **Drink only low calorie or calorie free fluids, mostly water.** These fluids include:
  - water
  - sugar-free Kool Aid
  - Crystal Light

7. **Do not drink more than 2 cups of coffee or tea a day.** If you drink more than 2 cups, your body may not be able to absorb iron and calcium. Without enough iron, you may develop low blood iron anemia.
8. **Do not drink alcoholic beverages, including wine, beer and liquor.** Alcohol affects your liver very quickly after surgery causing serious liver damage. Alcoholic beverages can also cause you to gain weight.
9. **Do not eat sweets or drink sweet beverages.** Sugary foods and beverages may cause dumping syndrome.
10. **Do not chew sweetened chewing gum.** If you chew sugar-free gum, make sure you do not ever swallow it.
11. **Remember to take your vitamins every day, for the rest of your life.**
  - **A multivitamin with vitamins A, D, E plus folic acid and iron (chewable for the first 30 days and take two a day for the first 6 months)**
  - **500 mcg of liquid or sublingual vitamin B12**
  - **500 mg of calcium citrate 3 times a day**
12. **Exercise every day!** Work up to at least 30 minutes of exercise daily.
13. Keep a daily food record in order to assure you are getting everything you need. Write down everything you eat or drink every day. Be as honest as possible. Bring your food records to the first visit if you would like us to review them.

**REMEMBER: it is up to you to follow these guidelines. This is the best way for you to lose weight and get healthy! 😊**