

# UPMC Altoona Bariatric Surgery Diet Progression Quick Reference Guide

Time Frame	Diet Progression	Tips
<b>Two Weeks (14 days) Before Surgery</b>	Liver Shrink Diet	<p>At least 64 ounces fluid per day of anything that does not have calories. Example: Crystal Light, Propel, decaf black coffee/ tea, and water. Sugar free popsicles and sugar free jello allowed between meals.</p> <p>Protein shake for breakfast, protein shake or bar for lunch (shake guidelines to be provided by RD)</p> <p>Low carb, low fat, no carbonation, no caffeine, no alcohol</p>
<b>Immediately After Surgery</b>	Clear Liquid Diet	<p>Must be able to see through (translucent)</p> <p>Clear, sugar free, fat-free, no carbonation, no caffeine, no alcohol</p> <p>Clear Liquid Protein, broth, clear juices diluted, sugar free popsicles, sugar free Jello</p>
<b>Day after Surgery- 2 Weeks Post-Operative</b>	Pureed Diet	<p>Stay in this phase until your 2-week post op appt with Surgeon</p> <p>Everything must be baby food consistency</p> <p>At least 32 ounces fluid - protein shakes count towards this</p> <p>20-40 grams protein</p> <p>Low carb, low fat, no carbonation, no caffeine, no alcohol</p> <p>4 oz protein shake in between meals</p> <p>Pureed low-fat cottage cheese, low-fat ricotta, light or Greek yogurt (no fruit or chunks), baby food meat, egg substitute, tuna, peanut butter</p> <p>1 ounce fluid every 30 minutes, increase to 1 oz. every 15 minutes as tolerated.</p>
<b>After Surgery: Weeks 3-6</b>	Soft Diet	<p>Soft foods easily cut with side of a fork</p> <p>No skins, seeds or strings. No raw veggies or fruits. Should start decreasing intake of protein shakes.</p> <p>Eggs, ground turkey, chicken or beef, beans, cheese, lean lunch meat, soft-cooked veggies (no corn), canned chicken, tuna, or salmon in water</p> <p>¼-¾ cup of food a time</p>
<b>After Surgery: Post-op week 6</b>	Regular Diet	<p>60-70 grams protein</p> <p>At least 48 oz fluid/day</p> <p>Eat in order: full serving of protein, fruit or vegetable, starch</p> <p>Addition of fresh fruits or vegetables</p>
<b>Lifelong Diet</b>	Healthy, High Protein, Regular Diet	<p>1200-1500 Calories, 60-80 grams Protein, &lt;30 grams Fat, 45-65 grams Carbs, at least 48 ounces Fluid</p> <p>No more than 1 cup of food at a time</p>

**\*\*Call the UPMC Altoona Bariatric Office if you have any questions\*\***