

UPMC Magee-Womens Hospital Bariatric Surgery Diet Progression Quick Reference Guide

Pre-Op Diet: Please consult with your surgical team for their specific diet requirements prior to surgery.

Phase 1

Weeks 1 & 2 after surgery

Continue this diet phase until you are advanced by the surgical team at your first post operation visit.

Liquid Diet

- **Night of surgery**– Clear Liquids
- **Day 1**– Add protein shakes
- **Diet at home** (after Day 2)- “Modified Full Liquid” + “warm up foods”

- “**Modified Full Liquid**” include: Protein shakes, low-fat cream soups/ broth, diet V-8, sugar-free drinks, water, decaffeinated coffee or tea

- “**Warm up foods**” include: Yogurt, unsweetened applesauce, sugar-free pudding (mix box with skim milk or a protein shake)

- Consume up to 2 Tablespoons of one “warm up” food per day

Daily Goal: at least 48 fl. oz & 60-80 grams of protein

Phase 2

Weeks 3-5 after surgery

Consume pureed foods only, for several days, to assess tolerability before adding soft foods.

Pureed Diet

- Yogurt
- Greek Yogurt
- Sugar-free pudding
- Sugar-free custard
- Eggs, egg white, egg substitute
- Cottage cheese
- Ricotta cheese (low-fat)
- Mashed tofu
- Pureed lentils
- Hummus
- Pureed meats, fish, and poultry

Daily Goal: 64+ fl oz & 60-80 grams of protein

Phase 3

Soft Food Diet

- “Fork-tender” foods such as canned tuna/ chicken
- Low-fat soft cheese
- Skinless canned/ soft fruits
- Cooked, skinless vegetables
- Lean ground beef/ turkey
- Eggs

Daily Goal: 64+ fl oz & 60-80 grams of protein

If you are struggling to tolerate soft foods, continue pureed foods for an additional 1-2 weeks, and then move to the soft diet for 2 weeks .

Phase 4

Week 6 after surgery

Regular Diet

- Lifelong diet
- Healthy, high-protein, regular diet

Certain foods and textures may take time to tolerate. **Take your time** when reintroducing foods into your diet.

Starches and Grains can be reintroduced into your diet during this phase, but eat protein **FIRST**.

Avoid raw vegetables for 3 months.

Daily Goal: 64+ fl. oz & 60-80 grams of