

UPMC Jameson Bariatric Surgery Diet Progression Quick Reference Guide

Refer to your Blue Binder for more information

Time Frame	Diet Progression	Tips
One-Two Weeks Before Surgery	Full Liquid Diet	<p>At least 64 ounces fluid per day At least 60 grams protein per day Sugar free, fat-free, no carbonation, no caffeine, no alcohol Pulp free juice diluted, V8 or tomato juice ok, broth, low-fat strained cream soups, Protein shakes</p>
One Day Before Surgery	Clear Liquid Diet	<p>Must be able to see through (translucent) 12 oz Gatorade G2 before bed (before midnight) 48-64 ounces fluid 60-90 grams protein Clear, sugar free, fat-free, no carbonation, no caffeine, no alcohol Clear Liquid Protein, broth, clear juices diluted, sugar free popsicles, sugar free Jello</p>
Morning of Surgery	Clear Liquid Diet	<p>12 oz Gatorade G2 three hours before arrival to hospital Nursing staff will guide you as to when to start your post op liquid diet</p>
Home one day after surgery	Begin Full Liquid diet	<p>1 ounce every 30 minutes rotating liquids and protein. Increase to 1 oz. every 15 minutes as tolerated.</p>
After Surgery: For Two Weeks	Full Liquid Diet	<p>Stay in this phase until your 2-week post op appt with Dietitian At least 48-64 ounces fluid 60-90 grams protein Sugar free, fat-free, no carbonation, no caffeine, no alcohol Broth, low-fat strained cream soups, Protein shakes, pureed low-fat cottage cheese, low-fat ricotta, light yogurt thinned (no fruit or chunks), 100% tomato juice, V8 or diet V8 Splash</p>
After Surgery: Three-Five Weeks	Soft Diet	<p>The Dietitian will tell you when to start the soft diet. Soft foods easily cut with side of a fork No skins, seeds or strings. No raw veggies or fruits. Protein shakes eggs, ground turkey, chicken or beef, hummus, soft-cooked veggies (no corn), canned chicken, tuna, or salmon in water 1/8-1/4 cup of food a time</p>
Life Long Diet	Healthy, High Protein, Regular Diet	<p>800-1000 Calories, 60-90 grams Protein, <30 grams Fat, <100 grams Carbs, at least 64 ounces Fluid No more than 1 cup of food at a time</p>

Call the UPMC Jameson Bariatric Office if you have any questions