

## St. John's Center for Metabolic and Weight Loss Surgery

# SLEEVE GASTRECTOMY DIET

This will inform you about the diet progression you will follow as you recover from your sleeve gastrectomy surgery. It is important for you to follow these guidelines as your sleeve-shaped "new" stomach is not ready for the challenge of solid foods yet.

### Fluid:

- Adequate fluid intake is crucial to prevent dehydration.
- Drink at least 64 ounces (8 cups) of sugar-free, non-carbonated fluid daily.
- Absolutely no carbonated beverages.
- Do not use a straw when drinking your fluids.

### General Guidelines

1. This diet consists of low sugar/sugar-free foods that are liquid or semi-liquid only. Low sugar helps prevent dumping syndrome which can occur when concentrated sweets or liquids are consumed with a meal causing foods to rapidly pass into the small intestine too quickly rather than gradually. Symptoms are: rapid heartbeat, nausea, diarrhea or cold and clammy feelings. Note: some people may have diarrhea for a short time after surgery. Nausea is not uncommon even without sweets.
2. Sip liquids slowly planning on 30 to 60 minutes at each meal.
3. Protein is the most important nutrient for healing after surgery. Liquid protein supplements may be substituted for a meal. The protein supplement should be sugar-free with minimal carbohydrates.
4. You will always need to take a multivitamin supplement. Start with a chewable version, such as Flintstones or Bariatric Advantage Complete Chewable Multivitamin ([www.bariatricadvantage.com](http://www.bariatricadvantage.com)), twice a day. An additional B-12 supplement will be prescribed.

**General Guidelines (*continued*)**

5. You will need a calcium supplement to reduce the risk of osteoporosis. Recommended intake is 1200 milligrams daily, so take a 500 – 600 milligram supplement twice a day. Use the divided dose so your body can absorb calcium most efficiently.
6. When taking multiple medications, space the pills out at least 5 to 10 minutes apart.
7. Constipation can occur after your surgery because bowel movements slow down due to your reduced food intake. Make sure you are drinking enough water or sugar-free liquids between meals. You can take a stool softener such as Colace or Senokot.
8. More belching and “gurgling” is normal.
9. Do not snack.
10. Consume full liquids only for one to two weeks after surgery.

**Notes About Exercise and Regular Daily Activities \***

1. Exercise daily walking for 15 minutes and resting when tired. Start slowly and increase as you can tolerate. Exercise will help you maintain your muscle mass (which burns calories) and maximize your weight loss.
2. Do not carry or lift more than 10 pounds.
3. Participate in your normal daily activities as you tolerate.
  - Stairs: you may use the stairs.
  - Shower: you may shower. Your skin staples will be removed on your next visit, and your skin may become reddened immediately around the staples. This is normal. If you develop worsening redness, pain or drainage, call Dr. Ahad’s office.
  - Driving: Avoid driving until your next appointment.

***\*Unless instructed otherwise on exercise and daily activity.***

## Diet Progression

### Weeks 1 – 2: Full Liquids

- Consume liquids that are thin enough to drink through a straw, but don't use a straw! Drink the liquids in small sips.
- Include protein supplements (shakes, drinks, etc.) daily to make sure you meet your protein requirements.
- Look for sugar-free alternatives to liquids since it is easy to consume too many calories through liquids alone.
- Full liquids keep your stomach from working too hard. This will prevent any vomiting in the immediate post-surgical period.

#### ***Examples of Full Liquids***

1% or skim milk  
 Soy milk fortified with calcium and vitamin D  
 Strained, thinned cream soups or tomato soup  
 100% fruit juice – apple and white grape have lower acidity  
 Tea – hot or cold  
 Hot chocolate  
 Coffee  
 Broth  
 Sugar-free Carnation Instant Breakfast  
**Remember: no carbonated liquids!**

### Weeks 3 – 4: Full liquids/Pureed solids

- Continue with full liquids and add foods with pureed consistency.
- Pureed foods require no chewing and include foods that melt in your mouth to liquid.
- Continue consuming protein supplements.

#### ***Example of Pureed foods***

Cream of wheat  
 Grits  
 Malt-o-meal  
 Oatmeal  
 Fat-free puddings, Non-fat yogurt  
 Sugar-free popsicles and Jell-O  
 Scrambled eggs, mashed with a fork  
 Mashed potatoes  
 Fat-free or reduced fat cottage cheese  
 Applesauce  
 Baby food

**Week 5: Soft Foods**

- Add soft foods slowly, one at a time per meal to monitor your tolerance.
- Continue with full liquids and pureed foods.
- Continue with protein supplements.
- Portion size: no more than ¼ cup.

***Examples of soft foods***

Eggs: boiled or scrambled  
 Mozzarella or Swiss cheese – 2% reduced fat  
 Rice or noodles  
 White or sweet potato – boiled or baked, no skin  
 Cooked beans  
 Soft, over-cooked vegetables  
 Canned fruit in its own juice  
 Banana  
 Toasted bread  
 Plain crackers, such as saltines

**Week 6: Regular foods**

- Slowly add more regular foods one at a time per meal to monitor your tolerance.
- Take small bites and chew everything to a pureed consistency.
- Continue with protein supplements if you do not tolerate meats.
- Portion size: no more than ½ cup.

***Examples of regular foods***

Extra lean ground beef, turkey, chicken, pork, fish: chew extremely well. No steak.  
 Lean deli meats  
 Crisper steamed/boiled vegetables  
 Shredded lettuce  
 Bread

**Weeks 7 and on: More regular foods**

- Most foods can now be included though you may still find some foods you do not tolerate.
- Avoid any foods that you cannot tolerate.
- Portion size: no more than 1 cup.

***Examples of more regular foods***

Healthy Choice, Lean Cuisine or Smart Ones frozen dinners  
 Raw vegetables and fruits  
 Tender, lean cuts of red meat, but avoid steak unless you cut into small bites and chew thoroughly.