



Diet Progression for Sleeve Gastrectomy

6 months prior to surgery- Begin making diet changes with dietitian

2 weeks prior to surgery- Pre-surgery full liquid diet begins

Day before surgery- Midnight on nothing by mouth

Day 1 Post Op-Clear liquid diet

Day 2 or 3, Diet Upon Discharge- Full liquid diet

2 weeks Post Op- Full liquid diet

2-4 weeks Post Op-Pureed diet (as tolerated)

4-6 weeks Post Op-Soft foods diet (as tolerated)

6 weeks Post Op- Maintenance, increase foods (as tolerated)

Clear Liquid: no concentrated sweets, sip clear liquids throughout day, no straws!

Full liquid: foods that are thin like milk and/ or turn to thin liquid at room temperature, slowly increase fluid intake, no concentrated sweets-avoid added sugars, limit total sugar to less than 25 g per day, Whatever turns to liquid in mouth, protein drinks (do not choose sources with more than 30 grams of protein per serving), milk based beverages mixed with protein powder, clear liquids with protein added, continue to sip clear liquids throughout day, see attached list of examples.

Pureed Diet: foods that are soft, mashed, pureed or chewed very easily, prepared baby food, low fat cottage cheese that has been blended, sugar free yogurts and pudding with protein added, cooked cereals, mashed potatoes, unsweetened pureed fruit, pureed vegetables, soups (pureed), anything from the full liquid diet, work on getting at the very least 60 g of protein a day, talk to your dietitian about max amount of protein to have

Soft Foods: foods that have a little more structure than pureed but are still soft and not tough or hard consistency, all foods from pureed and liquid diet, in addition: scrambled eggs (if tolerated), cottage cheese (not pureed), soft fish, soft tofu, pureed or chopped fine meats with low fat mayo added, cooked pastas and rice in very small amounts, soft cooked vegetables in very small amounts and only as tolerated)

SPECIAL CONSIDERATIONS:

Advance as tolerated and/or as able for first 6 months: No Vegetables with skin or seeds, fruits canned in syrup, dried fruits, pineapple, melons, and raw apples, red meat, highly seasoned or spicy meats, nuts and seeds, jalapenos

Eat in moderation: fried or high fat meats, fried eggs, soups made with heavy cream, regular mayo sour cream, alcohol, carbonated beverages, sugary beverages, juices, whole milk, other high fat or high sugar foods