

TIPS AFTER BARIATRIC SURGERY

1. Portion Control

Make sure to eat small portions throughout the day. Initially 4 ounces and then over time 4-6 ounces will be tolerated. Each meal should be about ½ cup to 1 cup of food. Try not to overeat, stop when you feel full.

2. Vitamin Supplements

Due to your new smaller or bypassed stomach, your body will not absorb enough nutrients from food, so it is very important to take vitamins and calcium supplements daily.

3. Hydration

Make water your new best friend! Stay hydrated by drinking sips at a time. Drink water 30-minutes before or after your meal and never during your meal. Drink about 6 to 8 cups (48 to 64 ounces or 1.4 to 1.9 liters) of fluids a day to prevent dehydration.

4. Eat Slow

Chew your food thoroughly to puree consistency before swallowing. The new opening from the stomach into intestine is very small, and larger pieces of food can block this new opening.

5. New Food

Plan ahead what you want to eat so you are mentally prepared. The ability to tolerate foods varies from person to person, try one new food at a time and eat slow, if it bothers you don't eat it.

6. Protein

Eating high-protein food can help heal your wounds, regrow muscle and skin, and prevent hair loss. Try adding lean cuts of beef, chicken, pork, fish or beans to your diet. Low-fat cheese, cottage cheese and Greek yogurts also are great sources of protein.

7. Avoid Certain Foods

Avoid fried food and sugary snacks