

# POST SURGICAL TRANSITION PHASE

## GUIDELINES FOR BARIATRIC SURGERY

Approximately two weeks after your operation you can begin to alter the consistency of your diet from liquid foods to solid foods as tolerated. Please transition slowly, to avoid vomiting and disturbing the recent surgery.

**All liquids consumed need to be free of CALORIES/ KILOJOULES**  
**Fluids are not consumed with meals**

- Have a good drink- 5-10 minutes before and
- Wait at least 20mins after meals

Separating liquids from your solid food meals will help you feel satisfied for longer and support portioned meals.

It is not possible to advise you on the exact amount of food as different people tolerate varying quantities. If you eat slowly, you will be able to register when you have eaten sufficient amounts. Please communicate with the dietitian to tailor the dietary advice regarding balance and portions.

During the consultation with your dietitian, you will be guided regarding which supplements you will need to take to help you achieve a nutritionally adequate diet. Meals plans and recipes will also be provided. A guide to help you transition from liquids (Phase 1) onto solid food can be viewed below:



## PHASE 2: MUSHY FOOD PHASE – 2 weeks

**Breads and Cereals:** Well-cooked porridge, soft Weet-Bix™

**Dairy:** Low-fat milk, yoghurt and custard, Soft cheese, such as reduced-fat feta, cottage, and ricotta, dips

**Fruit:** Mashed fruit

**Vegetables:** Mashed consistency. You can overcook a lot of vegetables and mash them down using low-fat milk - no need for margarine or cream.

**Meat:** A bolognaise consistency of any animal protein for meat

**Vegetable protein:** dahl, mashed legumes

## PHASE 3: SOFT SOLID - 1 week

**Breads and Cereals:** dry biscuits , Flaky, plain cereals, such as Special K™ or Guardian™

**Dairy:** Add in low-fat block or pre-sliced cheese.

**Fruit:** Tinned fruit, fresh soft fruit (berries, banana)

**Vegetables:** Stop mashing vegetables and eat whole, well-cooked soft vegetables. Peel any tough skins off such as the pumpkin and potato, dried peas, beans and lentils.

**Meat and Eggs:** Scrambled egg. Slow cooked casserole meat, chicken, fish

**Vegetable protein:** legumes, vegetarian burgers as normal

## PHASE 4: NORMAL FULL DIET

**Breads and Cereals:** Rice and pasta, Bread, Couscous

**Dairy:** All low-fat dairy products.

**Fruit:** All types of fruit

**Vegetables:** Add in raw vegetables and salad ingredients

**Meat and Egg:** Egg in any form, all meats cooked in a dry way (Barbecue, grilled, roasted)