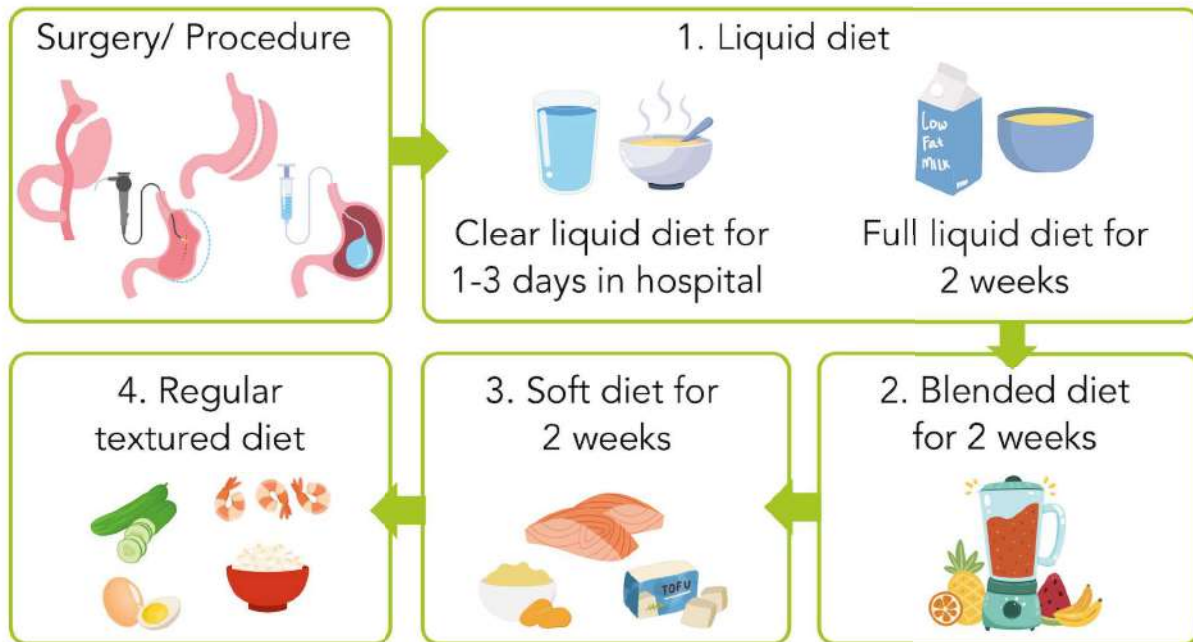


Nutrition Guide After Bariatric Surgery or Procedure - Blended, Soft and Regular Diet

After a weight loss surgery or procedure, you will be advised to gradually upgrade your diet. If you are tolerating your liquid diet well, you will gradually progress to blended, soft and finally to regular diet. The slow progression allows your digestive tract to heal.



You are encouraged to follow these recommendations to:

- Preserve lean muscle mass during rapid weight loss
- Gain adequate energy, protein and nutrients to support wound healing
- Minimise side effects such as dumping syndrome, nausea, vomiting, dehydration and/or constipation

Your surgeon or dietitian may decide to adjust the diet progression according to your individual needs and tolerance.

Instructions after bariatric surgery or procedure

- Plan and arrange small frequent meals throughout the day (4 – 6 meals per day)
- Eat slowly and chew thoroughly before swallowing. You should take 20 - 30 minutes to complete each meal.
- Watch for cues of fullness (e.g. burps, hiccups, pressure or discomfort around the chest area) and stop eating
- Avoid sugary or sweetened foods (e.g. sweets, sugary pastries and kuehs)
- Take your multivitamin and any prescribed supplements daily
- Drink enough fluids to maintain adequate hydration (at least 1.5L per day) and to prevent constipation
- Gradually build up fluid intake to 1.5L by taking sips between meals, as tolerated
- Separate liquids from solids. To avoid discomfort, space fluid intake 30 minutes apart from meals.
- Avoid carbonated beverages and using a straw as this introduces air into the stomach, which may cause discomfort
- Exclude sweet drinks like soft drinks, fruit juices or honey from your diet. This helps to reduce calorie intake and minimise the risk of dumping syndrome.



- Prioritise protein intake at each meal. Consume your food in this order:



Protein

Having sufficient protein intake is essential after bariatric surgery or procedure to promote wound healing and to preserve muscle mass during the rapid weight loss phase. You will need a minimum of 60g of protein (9 protein exchanges). However, your dietitian may advise you on a higher amount based on your specific needs.

Your protein requirement is _____ exchanges per day.

What does 1 exchange of protein look like?

Each of the following foods contain 1 exchange (7g) of protein and can be exchanged for one another.

Meat/ Fish/ Poultry (without bones and skin)



1 matchbox size
40g raw (30g cooked)



2 tablespoons
40g raw (30g cooked)

Shellfish (no shell)



4 medium prawns
50g raw (40g cooked)



1 medium squid
50g raw (40g cooked)

Nuts/ Seeds (plain, unsalted)



¼ cup or 1 small handful
(30g)



2 tablespoons nut butter
(30g)

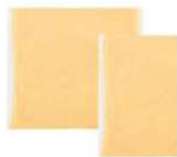
Milk/ Soymilk/ Yogurt/ Cheese



1 cup low-fat milk
(250ml)



4 tablespoons low-fat milk
powder (30-40g)



1.5 slices low-fat cheese
(30g)



1 small tub low-fat
yogurt (150ml)



1 cup reduced-sugar/
unsweetened soymilk
(250ml)

Egg



2 egg whites (50-60g)



1 medium egg (70g)

Beancurd/ Tempeh



1/3 block soft tofu
(90-100g)



1/2 square taukwa
(60g)



1 piece tempeh
(50g)

Legumes (Lentils/ Beans/ Peas)



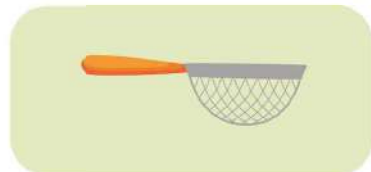
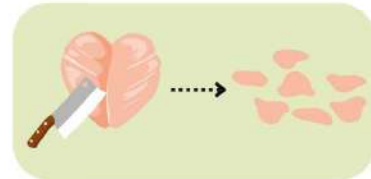
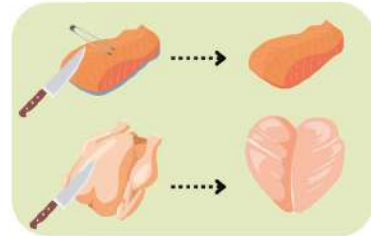
2 tablespoons or 1/4 cup
(30g raw)



3 tablespoons or 1/2 cup
(90g cooked)

Diet preparation

- Remove skin, pits or seeds from fruits and vegetables
- Remove bones and skin from meat, fish and/or poultry before cooking
- Chop meat into smaller pieces before cooking
- Steam, boil in soup or cook with gravy to ensure food is tender and moist
- Use a handheld blender or food processor to achieve a blended consistency
- A sieve may be used to filter through lumps before serving
- You may add additional liquid (e.g. water, broth or milk) into food to make it smooth
- Do not batter or deep fry food
- Do not drink soup together with the meal, separate 30 minutes apart



Diet progression after bariatric surgery or procedure

Blended diet

If you are tolerating your liquid diet, you will progress to blended diet. This diet is achieved by blending, chopping, grinding, mashing or flaking foods.



Options of blended foods can include:

- Scrambled or soft boiled eggs
- Blended meat
- Flaked fish
- Tofu or tau huay
- Soft cheeses
- Blended oats, porridge or mashed potato
- Blended vegetables (e.g. carrots, green beans, beets, broccoli or other similar vegetables)
- Blended fruits without seeds or skin (e.g. peaches, pears, apricots, papaya, banana, mango or other similar fruits)





Vegetables and fruits to avoid:

- Fibrous, stringy or raw vegetables (e.g. corn, celery or salad)
- Membranous fruits (e.g. orange, grapefruit)



Sample meal plan for blended diet

This sample meal plan provides a minimum of 60g protein (9 protein exchanges).

	Examples	Remarks
<p>Breakfast</p>	 <p>1 scrambled egg + 3 tablespoons of blended oats + 1 cup of low-fat milk</p>	
<p>Morning tea/ Afternoon tea</p>	 <p>1 small tub of plain low-fat yogurt + 1 serving of blended fruit</p>	
<p>Lunch/ Dinner</p>	 <p>2 matchbox size of blended meat/ fish + 4 tablespoons of blended vegetables + ½ bowl of blended porridge</p>	
<p>Supper</p>	 <p>1 bowl of tau huay (less/ no syrup)</p>	

Soft diet

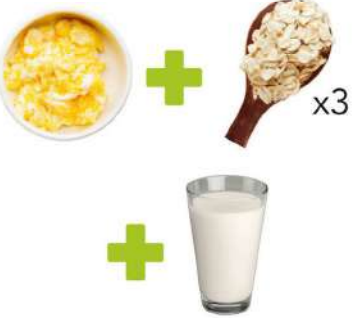

This diet consists of tender foods that can be easily mashed with a fork and require minimal chewing.



Options for soft diet include:

- Tender and lean meats
- Well-cooked beans
- Soft fresh fruits (e.g. papaya, banana, mango)
- Well-cooked vegetables (avoid fibrous, stringy or raw vegetables)

Sample meal plan for soft diet

This sample meal plan provides a minimum of 60g protein (9 protein exchanges).

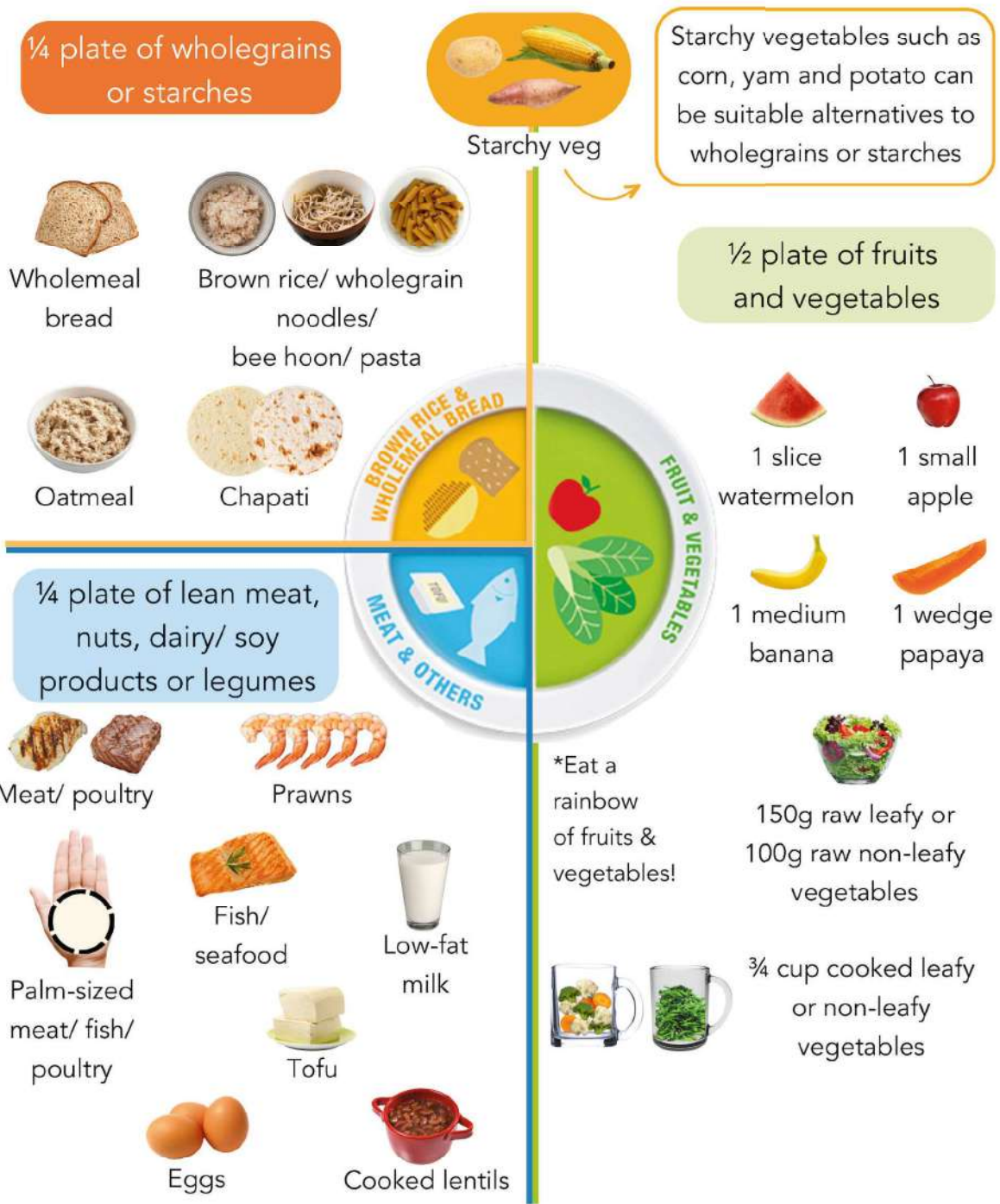
	Examples	Remarks
Breakfast	 <p>1 scrambled egg + 3 tablespoons of oats + 1 cup of low-fat milk</p>	
Morning tea/ Afternoon tea	 <p>1 serving of soft fruit</p>	

	Examples	Remarks
<p>Lunch/ Dinner</p>	 <p>3 matchbox size of soft meat/ fish + 8 tablespoons of soft vegetables + ½ - 1 bowl of porridge or soft rice</p>	
<p>Supper</p>	 <p>1 small tub of plain low-fat yogurt</p>	

Regular diet




If you have tolerated the soft diet well, you will be recommended to progress to a regular diet that is low in added sugar, low in fat, and high in protein. You can slowly introduce more fibre into your diet at this stage. Remember to continue drinking plenty of fluids. Use the plate concept shown on the next page to plan your meals, and your dietitian will guide you on the right portions for you.

Healthy plate concept



Sample meal plan for regular textured diet

This sample meal plan provides a minimum of 60g protein (9 protein exchanges).

	Examples	Remarks
Breakfast	 <p>2 slices of bread + 2 slices of low-fat cheese</p>	
Morning tea/ Afternoon tea	 <p>1 serving of fruit + 1 cup of reduced-sugar/ unsweetened soymilk or low-fat milk</p>	
Lunch/ Dinner	 <p>3 matchbox size of meat/ fish + $\frac{3}{4}$ cup of vegetables + $\frac{1}{2}$ - $\frac{3}{4}$ bowl of rice or noodles or 1 bowl of porridge</p>	
Supper		

Potential issues after bariatric surgery or procedure

Dumping syndrome

Symptoms of dumping syndrome include nausea, vomiting, bloating, cramping, fatigue, diarrhoea, sweating, dizziness, palpitations and low blood sugar.



Cause(s)	Solution(s)
<ul style="list-style-type: none">• Consuming sugary drinks• Drinking too quickly	<ul style="list-style-type: none">• Avoid sugary food and drinks• Have protein, wholegrains and fibre in the meal• Drink slowly, a 30-minute interval is recommended for each meal

Diarrhoea and gas

Cause(s)	Solution(s)
<ul style="list-style-type: none">• Fat malabsorption• Consuming certain food or drinks• Incorrect eating or drinking technique	<ul style="list-style-type: none">• Choose low-lactose or lactose-free milk• Reduce fat consumption• Ensure adequate fluid intake• Avoid carbonated drinks and drinking with a straw• Avoid chewing gum and gas-producing foods (e.g. cruciferous vegetables like cauliflower, brussels sprouts, cabbage, asparagus and beans)

Dehydration

Symptoms of dehydration include dark and strong smelling urine, dry mouth, headache and/or fatigue.



Cause(s)	Solution(s)
<ul style="list-style-type: none"> Inadequate fluid intake 	<ul style="list-style-type: none"> Increase fluid consumption: hot and cold drinks in a variety of flavours (avoid carbonated and sugar-sweetened beverages) Consume at least 1.5L of liquids per day

Nausea and vomiting

Cause(s)	Solution(s)
<ul style="list-style-type: none"> Drinking too fast or too much 	<ul style="list-style-type: none"> Take small bites, chew thoroughly and eat slowly with a meal duration of more than 15 minutes Separate liquids from solids Consume meals every 2 to 4 hours Do not limit drinks associated with vomiting; it is worthwhile to reintroduce them over time <div style="text-align: center; margin-top: 20px;"> </div>

Contributed by Nutrition & Dietetics Service, Allied Health Services

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