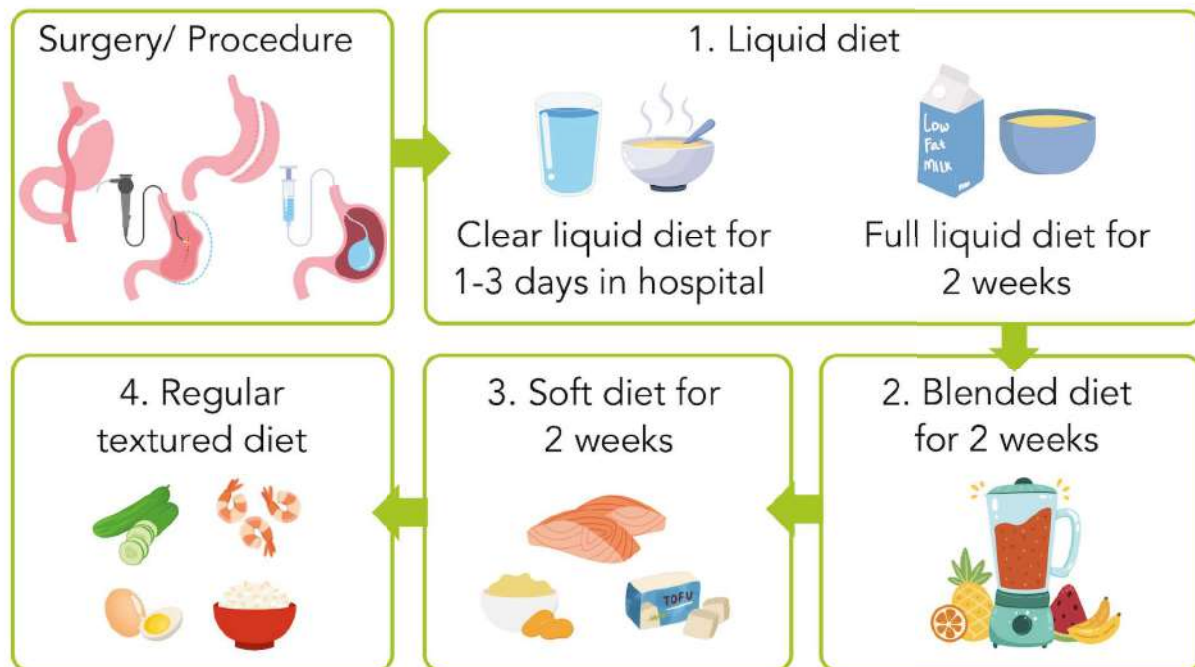


Nutrition Guide After Bariatric Surgery or Procedure - Liquid Diet

After a weight loss surgery or procedure, you will be advised to gradually upgrade your diet. Dietary modifications include the transition from clear liquids to full liquids, from full liquids to blended foods followed by soft foods, and lastly from soft foods to regular texture.



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

- 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
- 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.
- Take your multivitamin and any prescribed supplements daily (preferably chewable or liquid form)



Diet progression after bariatric surgery or procedure

Clear liquid diet

Following a bariatric surgery or procedure, you will be given clear fluids (liquids that are transparent) while you are in the hospital. This diet is temporary and will only last a few days. There is no need for you to bring or buy any outside food during this period.

Options of clear fluids can include:

- Non-carbonated water
- Sugar-free beverages
- Clear broth
- Sugar-free popsicles



Protein

Having sufficient protein intake is essential after a 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.

Milk/ Soymilk/ Yogurt



1 cup milk/ soymilk
(250ml)



4 tablespoons milk powder
(30-40g)



1 small tub yogurt
(150ml)

Meal Replacement/ Protein Supplement



1/3 sachet Optifast
(18g)



1 scoop Propass/
Beneprotein



1 1/2 scoops Myotein

Full liquid diet



Upon discharge from the hospital, you will need to adhere to a full liquid diet. During the rapid weight loss phase after a bariatric surgery or procedure, your body loses more fluid than normal, increasing your risk of dehydration.


You may consume a variety of fluids, which include:

- Skim/ low-fat/ lactose-free milk
- Unsweetened/ reduced-sugar soymilk
- Plain low-fat yogurt
- Low-fat soup (strained)
- Protein powder
- Any remaining meal replacements (as instructed by your dietitian)
- Condensed tomato soup (no chunks), made with skim/ low-fat milk

Sample meal plan for full liquid diet

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

	Examples	Remarks
Breakfast	 1 cup of skim milk + 1.5 scoops of protein powder	
Lunch/ Dinner	 1 bowl of low-fat soup (strained) + 3 scoops of protein powder	

	Examples	Remarks
Morning tea/ Afternoon tea/ Supper	 <p>1 small tub of plain low-fat yogurt or 1 cup of unsweetened soymilk/ low-fat milk</p>	

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 drinks • 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 carbonated drinks • Incorrect 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

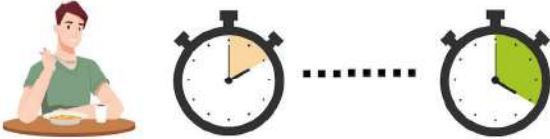
Dehydration

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 sugary 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">Consume meals every 2 to 4 hoursDo not limit drinks associated with vomiting; it is worthwhile to reintroduce them over time  An illustration showing a person sitting at a table eating a meal. To the right of the person are two stopwatches. The first stopwatch has a yellow segment on its dial, and the second stopwatch has a green segment. A dotted line connects the two stopwatches, representing a time interval.

Contributed by Nutrition & Dietetics Service, Allied Health Services

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