



Diet plan for Bariatric Surgery
Lap sleeve gastrectomy, lap gastric band,
lap gastric bypass.

The diet after Bariatric surgery unfolds into 3 stages, extending a period of 30 days. Each phase extends a period of 10 days. The diet plan ensures complete healing after the operation in order to avoid any complications that may occur due to improper eating habits.

Stage 1. DAY1 – DAY 10

This stage starts once the physician has authorized the patient to start drinking fluids. The patient is allowed 6-8 cups of clear fluids daily each around 200 ml.

Please take your time while drinking allowing an 1hr to an 1 hr 1/2 period for 1 cup of fluids.

Clear fluids means beverages that you can almost see through such as water or herbal tea (green tea, anis, chamomile) or clear broth (chicken , meat, vegetables) without the addition of spices or salt as well as sugar free juices (apple, pineapple, berries, grapes, cranberries, orange)

Stage 2. DAY 11- DAY 20

The patient can now proceed to thick fluids, such as milk , laban and yoghurt as well low fat mahalabayia (made with skimmed milk and no added sugar) , sugar free jelly and blended soup (no spices , salt or fat added).

You are allowed 6-8 cups of fluids daily during this stage, each cup around (180 – 200 ml). Please take your time while drinking allowing an 1hr to an 1 hr 1/2 for 1 cup of fluids.

Stage 3. Day 21- Day 30

This stage consists of soft, mashed or pureed food that is easily digested, such as (Jareesh, Harees, Rice, Macaroni) , that are well cooked without the addition of spices or salt. You can also include boiled mashed potato , white toast (without edges), low fat cheese, minced beef (no fat) , boiled chicken (no skin, minced) as well as soft fruits such as bananas or stewed apples.

Things to remember:

- Chew your food thoroughly and eat slowly
- Aim to have 5-6 small regular meals through out the day
- Avoid high fiber food for the first month (whole grain bread, cereals, dried fruits, raw fruits and vegetables)
- Avoid foods with lots of fat, and don't add fat to your food
- You are allowed to include the food in stage 1 to stage 2, and the food in stage 1 and 2 to stage 3.

The diet clinic in alsalam hospital wishes you health and wellness

Prepared by:

The Clinical Dieticians.
1st floor / Al-salam building
Tele: 22232000 Ext: 1113

