



# NUTRITION GUIDELINES FOR BARIATRIC SURGERY

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HOSPITALS**



# PRE-OPERATIVE DIET

- High protein(70-120grams)
- Low calories,fat and carbohydrate (800 to 1200K.cal)
- Meal replacement
  - Optifast
  - Nusowin/Isopure zero carb



# PRE – OPERATIVE DIET GUIDELINES

- Proper food choice
- Eat 3 meals at consistent time
- Protein food with each meal
- Limit carbohydrate intake



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# PRE – OPERATIVE DIET GUIDELINES

- Drink plenty of water
- Record food and fluid intake
- Avoid caffeinated beverages, alcohol.



# GOALS OF PRE-OPERATIVE MODIFICATIONS



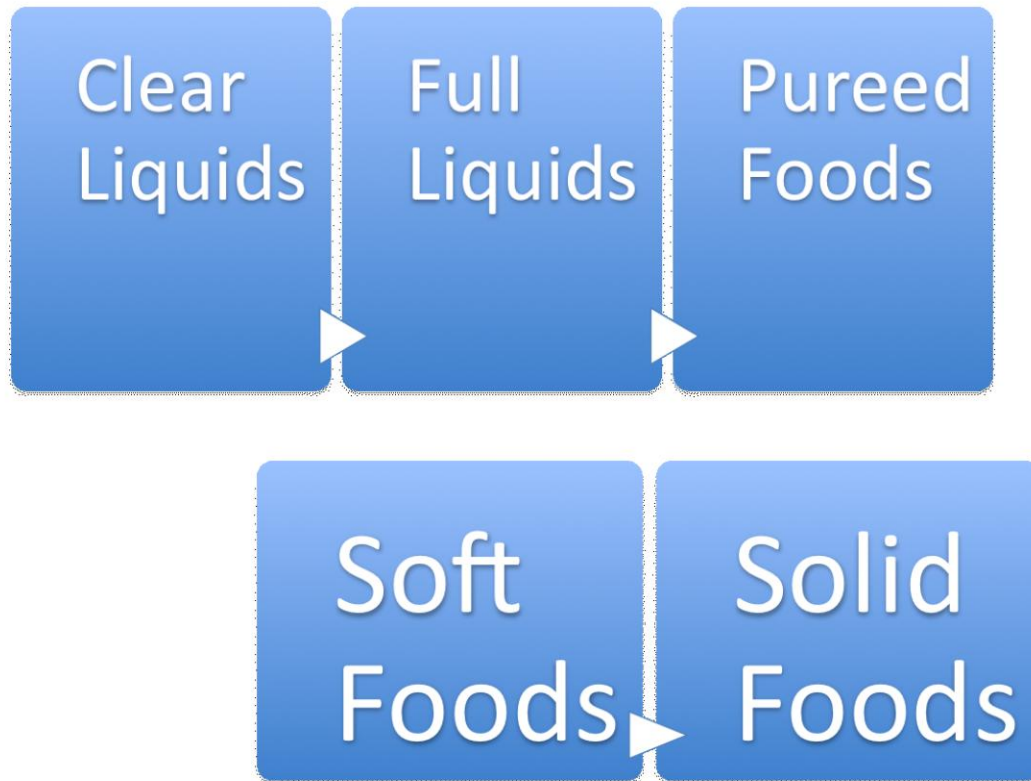
- Reduce body fat
- Preserve lean body mass
- Prepare for post surgery diet
- Prepare for post surgery recovery



**DIET TO HELP YOUR PATIENT  
DOWN SIZE AFTER BARIATRIC  
SURGERY**



## Diet Progression



# DIET MODIFICATIONS IN THE HOSPITAL



## CLEAR LIQUIDS

- A sugar free, clear liquid diet, started after surgery
- Essentially provides hydration .





# LIQUID DIET

- Liquids are sugar free and low fat
- Diet at discharge

## SPECIAL INSTRUCTIONS...

Avoid

- Use of straw
- Caffeinated beverages
- Carbonated beverages



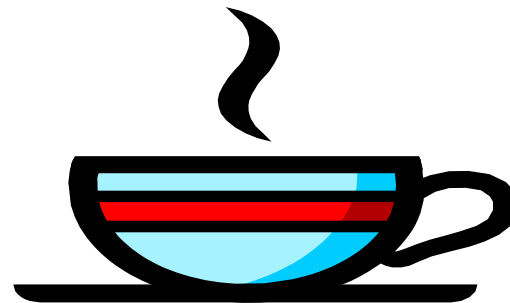
## Why avoid carbonated beverages?

- Empty calories, fill up quickly.
- May bloat and stretch pouch



## Why avoid caffeine?

- May cause dehydration
- Irritant to stomach



# PUREED DIET

- Soft blended foods
- Weaning food consistency

## SPECIAL INSTRUCTIONS...

- 6 small meals
- To sip liquids between meals
- To eat slow and chew well
- To limit food to 4 - 8 tbsp
- To maintain food record



# SOFT SOLID DIET

Soft, tender, easy to chew foods..

## SPECIAL INSTRUCTIONS...

- To limit food to 8 - 12 tbsp
- To aim 3 meals with a high protein snack
- To chew food well (about 30chews per bite)and eat slowly
- Low fat, low calorie food choice



# REGULAR DIET



- High Proteins
- Low Fat
- Limit fiber
- Multivitamin/mineral supplement as per physicians order
- Fluids



# PORTION CONTROL

- 1 Cup serving size for the whole meal
- Small dishes ,spoons and bowls- makes the plate look full
- Stop eating when feeling full
- Keep a food record



# SUGAR

Avoid if the first 3 ingredients on food labels state:

- Sugar
- Maple syrup
- Honey
- Corn syrup and corn sweeteners
- Glucose, maltose, dextrose, fructose
- Molasses
- Sorghum
- Sorbitol, mannitol



cont...

# SUGAR



Artificial sweeteners can be used in moderation

- NutraSweet
- Sugar free Natura
- Splenda
- Zero
- Deziire





# DUMPING SYNDROME (DS)

May occur when concentrated sweets and high fat foods enter the jejunum

To prevent DS

- Avoid sugar and sweets
- Avoid fried foods



# ADVICE ON FLUIDS

- Stop fluids 30 mins before and resume 30 mins after meals
- Drink at least 6-8 cups of non calorie liquids between meals each day.



# EXERCISE

Exercise is an important part of the weight loss journey.

- Exercise daily for 30 to 45 minutes
- Exercise options (As per advice of surgeon)
  - Walking with hand weights
  - Bike riding
  - Aerobics
  - Jogging
  - Swimming



# SUCCESSFUL WEIGHT LOSS



- People who lose the most weight and keep it off
- Change life style
- Change eating habits
- Are physically active
- Exercise daily



**THANK YOU**

