

Diet Staging for Weight Loss Surgery Procedures: GBP/Sleeve & LAGB WLS

FOR GBP/Sleeve...

Diet Stage/Timing	Fluids/Foods Allowed	Guidelines for Clients
Stage 1 (Clear Liquids) -Days 1 & 2 following surgery	-GBP clear liquids*, water, ice chips	-You may begin diet after surgery, following swallow test.
Stage 2 (Full Liquids) -Begin on Day 3 after surgery -Begin multivitamin and mineral supplementation -Priority on hydration and protein intake	-Variety of GBP clear liquids* -Sugar-free ice pops -GBP full liquids*	-Consume 64 oz/day total fluids; >24-32 oz GBP clear liquids* plus 24-32 oz of any combination of GBP full liquids* -Also can consume salty fluids at home (ex. Broth and bouillon) within fluid allowance
Stage 3 (Pureed Diet) -Begin on Days 10-14 -Vitamin & mineral supplementation daily	-Increased intake of GBP clear liquids* -As tolerated, replace GBP full liquids* with soft, moist, diced, ground or pureed protein sources: eggs; ground meats, poultry, soft moist fish; added gravy, bouillon, or light mayonnaise to moisten; cooked beans; hearty bean soups; cottage cheese; low fat cheese; continue yogurt	-Have 64 oz of total liquids daily. -Aim to have protein food choices at 3-6 small meals daily; you may only be able to tolerate a couple of tablespoons at each meal/snack -Do not drink with meals; wait ~30 minutes after each meal before having beverages
Stage 4 (Soft Diet) -Advance to Stage 4 as tolerated -Vitamin & mineral supplementation daily	-Add well-cooked soft vegetables and soft and/or peeled fruit to meals/snacks -Tough, stringy foods that can block the stoma (ex. raw celery, asparagus stalks) should be avoided -Patients should continue to consume protein with some fruit or vegetables at each meal; some people tolerate salads 1 month after surgery -Starches should be limited to whole grain crackers with protein, potatoes, and/or dry low-sugar cereals moistened with milk	-Staying hydrated is essential and a priority! -Wait 30 minutes after meals before having liquids -Always eat protein first -Avoid rice, bread, and pasta until you can comfortably consume 60-80+ grams protein as well as fruits/vegetables daily.
Stage 5 (Regular Diet) -Advance to Stage 5 as hunger increases and more food is tolerated -Vitamin & mineral supplementation daily	-Healthy, balanced solid food diet with protein, fruits, vegetables, and whole grains	-Your calorie needs will be based on your height, weight, age, and activity level



FOR LAGB...

Diet Stage/Timing	Fluids/Foods Allowed	Guidelines for Clients
<p>Stage 1 (Clear Liquids) -Days 1 & 2 after surgery</p>	<p>-LAGB clear liquids*, water, ice chips</p>	<p>-On the first day after surgery, you may have sips of water and ice chips.</p>
<p>Stage 2 (Full Liquids) -Begin on Day 2 & 3 after surgery -Begin supplementation: chewable multivitamin/multimineral supplement with iron, twice daily; also, chewable or liquid calcium citrate with vitamin D</p>	<p>-Variety of LAGB clear liquids* -LAGB full liquids*</p>	<p>-Have > 64 oz/day total fluids per day -Daily fluids should include >24-32 oz LAGB clear liquids* plus 32 oz of any combination of LAGB full liquids*</p>
<p>Stage 3 (Pureed Diet) -Begin on Days 10-14 after surgery -Continue vitamin and mineral supplementation</p>	<p>-Increased LAGB clear liquids* (total liquids >64 oz/day) -As tolerated, replace LAGB full liquids* with soft, moist, diced, ground or pureed protein sources: eggs; ground meats, poultry, soft moist fish; added gravy, bouillon, or light mayonnaise to moisten; cooked beans; hearty bean soups; cottage cheese; low fat cheese; continue yogurt</p>	<p>-Be assured that hunger is common and normal within a week or so of LAGB. -Having protein foods (moist ground choices) for 3-6 small meals daily can help you feel satisfied. -Mindful, slow eating is essential. Do not drink with meals; wait ~30 minutes after each meal before drinking.</p>
<p>Stage 4 (Soft Diet) -Start ~4 weeks after surgery; advance as tolerated during rapid weight-loss phase -Continue vitamin and mineral supplementation</p>	<p>-If protein foods are well tolerated, add well-cooked soft vegetables and soft and/or peeled fruit to meals/snacks -If you are tolerating soft, moist, ground, diced, and/or pureed proteins with small amounts of fruits and vegetables, then whole grain crackers may be added (to be eaten with protein). Rice, pasta, and bread should be avoided.</p>	<p>-Staying hydrated is essential and a priority! -Have protein at every meal, especially if you feel increased hunger before your initial fill or adjustment. -Very well cooked vegetables may also help you to feel satisfied</p>

<p>Stage 5 (Regular Diet) -Advance to Stage 5 as hunger increases and more food is tolerated -Continue daily vitamin & mineral supplementation</p>	<p>-Healthy, balanced solid food diet consisting of adequate protein, fruits, vegetables and whole grains. -Tough, string foods that can block the stoma (ex. raw celery, asparagus stalks, steak) should be avoided.</p>	<p>-Your calorie needs will be based on your height, weight, age, and activity level</p>
<p>Post-LABG Adjustment -~6 weeks after surgery; then, ~every 6 weeks until satiety is reached</p>	<p>-LABG full liquids* (see <i>Stage 2- Full Liquids</i>) for 2 days after fill -Advance to <i>Stage 3</i> guidelines as tolerated and use for 4-5 days; then, advance to <i>Stages 4 & 5</i></p>	<p>-When diet is advanced to soft solids, pay special attention to mindful eating and chewing until food is a mushy consistency; if food is not well chewed, it could get stuck above stoma of the band</p>

Definitions

*GBP clear liquids: clear, non-carbonated liquids without calories, sugar, or caffeine

*GBP full liquids: protein-rich liquids with <15 grams sugar per serving, such as 1% or nonfat milk mixed with whey or soy protein powder; lactose-free milk or soy milk mixed with soy protein powder; light yogurt, plain yogurt; Greek yogurt

*LABG clear liquids: clear, non-carbonated liquids without calories, sugar, or caffeine

*LABG full liquids: low-sugar, low-fat, protein-rich liquids such as 1% or nonfat milk mixed with whey or soy protein powder (limit 20 grams protein per serving); lactose-free milk/soy milk with whey or soy protein powder; blended light yogurt; plain yogurt