



Eating Style after Bariatric Surgery

Bariatric procedures are effective operations with lasting results. However, not all patients lose the same amount of weight. That is because of differences in patients' metabolism as well as behavior. In order to achieve ideal results, some individuals will need to permanently adopt new eating styles.

In the early period after Sleeve Gastrectomy, you will advance through 5 phases of food. After a brief trial of clear liquids in the hospital you will start your full liquids. Two weeks after surgery you will advance to blenderized food. Two weeks later you will reach soft foods.

Since sleeve gastrectomy has a long staple line, it is essential to adhere strictly to this plan and allow the staple line to heal completely before eating solid meals. As a general guideline, your total daily caloric intake (after the first month) ranges between 800-1000 calories.

Phase	Timeline after Surgery	Description
1	The day of surgery	Clear Liquids
2	1 st and 2 nd Week	Full Liquids
3	3 rd and 4 th Week	Blenderized Food
4	5 th Week	Soft Food
5	6 th Week (progress as tolerated)	Regular Food

Additional information about each of the above types of food will be provided to patients at the time of enrollment.