

The full diet guide is on our website

www.MISHhospital.com → Weight Loss Surgery → Preparing for Surgery

STRONGLY recommend setting your cell phone alarm to every 15 minutes to remind you: that you need to drink, to assess how much you have drank and how much more you need to drink before you run out of time for the day. Watch your urine color (dark = getting dehydrated)

REMEMBER – SLOW AND SMALL !

1. Stay hydrated (60 ounces of ALL fluids daily or more)
2. Keep up with your protein (60gm of protein daily)
3. Take one Multi-Vitamin Daily (see diet guide for details)

Week 1 and 2 ALL Liquid DIET

Day 1 to 3 start with CLEAR LIQUIDS

We suggest clear liquids (*water based liquids*) to start with - liquids can be difficult for many as it is. Many different flavors and textures can make it even more difficult (*nausea*) if not having problems you may advance to full liquids.

- ⇒ Sugar can be a lot sweeter (*1 teaspoon tastes like 3 teaspoons*),
- ⇒ Your sense of smell becomes much more heightened,
- ⇒ food textures and flavors are off
- ⇒ appetite is lost
- ⇒ In addition you are recovering from abdominal surgery and general anesthesia – your gut is not 100% normal.

The liquids should be low in sugar (*5-15 gm of sugar/ 6 ounces*). There is no limit on the amount of clear liquids you can consume. Avoid a straw in the beginning (*because of air swallowing*).

Recommended clear liquids are (*see the Diet Guide for more recommendations*):

- ⇒ water
- ⇒ popsicles
- ⇒ ice chips
- ⇒ low sugar fruit juices
- ⇒ Crystal-Light
- ⇒ coffee/tea no cream
- ⇒ water based soups (*no cream*), and broths (*watch salt – water gain*)

Day 4 to 14 advance to FULL LIQUIDS

You can now drink dairy based products:

- ⇒ milk, protein shakes, yogurt drinks, your own low calorie/sugar smoothies, creamy soups, and
- ⇒ things that taste good when liquefied by a blender (*a chunky soup blended down to a liquid*)

Everything **MUST BE A LIQUID**. Watch calories and sugar. Read labels. START taking your Protein shake now.

Bad Liquids: anything with a lot of sugar and fat (*milkshakes, smoothies, juices, regular sodas, heavy creamy soups, ice cream, etc.....*).

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TRICKS to staying out of trouble

The most common reason for difficulty tolerating foods is forgetting to go slow and small every time. This will happen to everyone – because it is difficult to change your eating habits overnight. Be very careful with the first few bites, absent minded eating, distractions, or multi-tasking while eating. The first few bites of food, social settings, eating in front of a TV or while driving is a very common time this happens.

Small bites – please start with a 1/4 of a dime bite size, if no problems move up to a ½ a dime bite size. Remember the more solid, dry or dense a food is, your bite size has to adjust.

Ex. If you can eat ½ dime bite of cottage cheese, it does not mean you will be able to tolerate a ½ dime of turkey breast...)

Slow – same principle as for small bites. The more solid, dry, dense or doughy a food the slower you will need to go. If having problems back up to the foods you did not have trouble with and give it a few days before trying the same food again.

Week 3 and 4 PUREE & SOFT Foods

After 2 weeks are complete. Start with pureed food first (*mashed potatoes, apple sauce, baby food....*). Only advance if puree food is not causing you problems.

Blend any solid food down to the consistency of smooth applesauce. See diet guide for more suggestions.

Continue to take in at least 60 grams of protein per day, 60 oz of fluid daily! And one MVI daily!

If having trouble **SLOW DOWN and REDUCE YOUR BITE SIZE EVEN MORE**, every bite (*including the first three*) has to be small and slow. Go back a step for a day or two if struggling (*discomfort in the middle of your chest repeatedly*) and when ready start again.

When puree is no longer giving you problems advance to soft foods. Soft Food is food that normally does not require chewing to be able to swallow it (*scrambled eggs on the runny side, cottage cheese, mushy tuna fish, etc....*). Continue to take in at least 60 grams of protein per day. Even though the foods are soft, do not forget to take small bites (*1/4 to ½ a dime*) and eat slowly (*a small bite every 1 minute*). See diet guide for more suggestions. If you are having trouble go back a step, or stay with puree foods longer.

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Week 5 SOLID Foods

At this time you likely hate protein shakes, but you still need about 60gm of protein/day. To help you get off the protein shakes we want you to start getting your protein from solid food. The more protein from food the less protein from shakes.

Once ready for solid food (*food that normally requires chewing to be able to swallow*) the only solid food we want you eating is PROTEIN in order to get you off protein shakes. The easiest Solid protein to start with is:

- ⇒ Fish and Seafood (*any fish, shrimp, crab, lobster...*), then
- ⇒ Dark meats (*chicken leg, wing*), then
- ⇒ White meat (*chicken/turkey breast*), then
- ⇒ Red meat (*beef, pork..*)
- ⇒ Do not eat Bread, pasta or Rice till you can tolerate red meat well

If having trouble **SLOW DOWN more and REDUCE YOUR BITE SIZE more**, every bite (*including the first three*) has to be small and slow. Go back a step for a day or two if struggling (*discomfort in the middle of your chest repeatedly*) and when ready start over again. Fish and seafood is the easiest protein for most patients to tolerate. Let that be your safe protein when experiencing difficulties.