

WEIGHT-LOSS SURGERY NUTRITION GUIDE

REGULAR AND SOLID FOODS

After weight-loss surgery, it will be important to work with your healthcare provider and/or registered dietitian to make a nutrition plan based on your individual needs and tolerance. The texture and consistency of the foods you eat in the months following weight-loss surgery will change, and regular/solid-texture foods come last. Here are some tips and meal options to help get you started.

FOCUS ON:

- Protein (at least 60 grams daily)
- Hydration (48-64 ounces daily)
- Vegetables and fruits (3-5 servings daily)
- Your body's hunger and fullness

REMEMBER TO:

- Eat protein rich foods first
- Chew foods thoroughly, taking 20-30 minutes to eat a meal
- Add one new food at a time to determine tolerance
- Wait 30 minutes after a meal to drink liquids and sip slowly

BREAKFAST OPTIONS

½ cup cottage cheese
¼ cup strawberries

2 egg omelet with spinach
½ piece whole wheat toast*
¼ cup pears, canned in juice

6 ounces non-fat, plain Greek yogurt
½ cup blueberries

2 hardboiled eggs
½ whole wheat bagel thin, toasted*
1 small apple (eat peel as tolerated)

LUNCH OPTIONS

1 cup of bean or lentil soup
6 whole-wheat crackers*
1 small plum (add peel as tolerated)

3 ounces baked chicken
½ cup chopped, cooked asparagus
¼ cup whole wheat pasta*

3 ounces chicken salad with fat-free/low-fat mayonnaise
6 whole-wheat crackers
Spinach salad (if tolerated)

3 ounces shredded chicken
1 6-inch whole wheat tortilla*
2 Tbsp. salsa (if tolerated)

DINNER OPTIONS

3 ounce turkey meatball
½ cup zucchini, cooked
2 Tbsp. low-fat shredded cheese

1 cup garbanzo beans, black beans and chopped tomato (as tolerated)
1/8 avocado
1/4 whole wheat couscous or quinoa
2 Tbsp. non-fat, plain Greek yogurt
Salsa (if tolerated)

3 ounces baked tilapia or salmon
½ cup broccoli florets and carrots cooked
½ small, sweet potato (skin as tolerated)

3 ounces grilled lean pork
½ cup green beans
½ small potato (skin as tolerated)

SNACK OPTIONS

Protein rich oral nutritional supplement

6 ounces non-fat, plain Greek yogurt with cinnamon

1 ounce low-fat cheese
½ cup mango

½ slice whole wheat toast*
1 Tbsp. peanut butter

* Avoid bread, rice, pasta and cereal until you are able to tolerate enough protein, vegetables and fruit

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YOUR REGULAR/SOLID FOOD NUTRITION PLAN:

Work with your healthcare provider and/or dietitian to develop a plan that best meets your lifestyle and individual needs.

	AMOUNT	TIMES	SOURCES
Hydration	_____ ounces/day		
Eating Events	_____ /day		
Protein	_____ grams/day		Protein Rich Oral Nutrition Supplements _____ ounces/day
Vitamins and Minerals			



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