



**Policy: Nutrition Services, Post-Surgical Diets –
Phase I**

Bariatric-12

Purpose: To establish guidelines for transitioning from liquids to soft, solid foods

Policy: The diet will be individualized based on tolerance and consultation from the resident's bariatric physician and the Registered Dietitian's assessment. The guidelines below are developed post-surgical. The serving sizes are 2 to 4 ounces per meal.

Procedure:

Day 7 and after, up to three (3) weeks – Begin offering soft foods, if tolerated. Soft foods should be limited to 2 to 4 ounces per meal. If the resident is unable to consume the entire meal within thirty (30) minutes, they should stop eating and wait until their next meal before eating again.

Encourage the resident to eat slowly and chew food very well.

Puree or Soft Diet

The soft diet should be pureed or soft-textured foods and served in small portions, 2 ounces of food at each meal with six (6) small meals served a day. A low carbohydrate supplement may be used between meals to accommodate the 6 feedings. This should be based on resident preference and physician recommendations.

Foods to Avoid

Red meats should be avoided during the first 6 weeks following surgery. Chicken and turkey that have been broiled, baked, or grilled should be avoided as well. They may be too dry and hard to digest. Chicken and turkey are allowed if pureed or served in a soft, delicatessen meat form.

Hydration

The resident should be encouraged to drink 32–64 ounces of water daily and should not allow hours to go by without taking a drink. Offer fluids of 4 ounces or more per hour, as tolerated.

The resident should limit fluids ½ hour before and after meals and should not consume fluids with meals.

Vitamin Mineral Supplements

Vitamin and mineral supplementation will be ordered based on the referring bariatric physician's orders and the resident's ability to tolerate the supplement.

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