



**Policy: Nutrition Services, Post-Surgical Diets –
Phase III
Three Months Progressing to
Maintenance Program**

Bariatric-14

Purpose: To establish guidelines for advancing the resident's diet to a maintenance program.

Policy: The diet will be individualized, based on tolerance and consultation from the resident's bariatric physician and the Registered Dietitian's assessment. The goal will be to advance to regular foods and consistencies.

Procedure:

Three Months Progressing to a Maintenance Program – During this phase, begin adding more regular textured meats, making sure they are moist. Encourage the resident to eat slowly and to chew food very well.

Regular Diet, No Fried Foods, and No Concentrated Sweets

When the resident transitions to this diet, they will be placed on the facility regular diet, with no fried foods and with a no concentrated sweets modification. The serving sizes will be ½ of those offered on the regular diet plan.

Hydration

The resident should be encouraged to drink 64 ounces of water daily and should not allow hours to go by without taking a drink.

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.