

Postoperative Eating Habits

Behavior patterns must be modified simultaneously to achieve the desired weight loss and to maintain the lower weight. It is important to eat three meals daily. Most of your fluids should be consumed between meals and these should be low-calorie fluids such as water, skim milk, coffee and tea. Diet soda is not recommended anymore but probably can be consumed in small amounts without any long-term consequences as long as the soda is allowed to sit open for a while prior to drinking, in order that some of the carbonation will fizz away. Alcohol (a source of calories) should certainly be avoided until your goal weight has been reached. If you must drink alcohol, then certainly it should only then be taken in modest, well-diluted quantities.

Food should be cut small, chewed well and, if necessary, prepared in a blender. You should stop eating as soon as you feel full. The primary foods to avoid are apple peelings, orange pulp, raw coconut, grape peelings and raw carrots, for the first few months after surgery, as these can plug up the small opening at the gastric outlet. Large, leafy vegetables should be avoided. Lettuce should only be taken if it is shredded or chopped finely. During the first six months, raw fruits and vegetables should be eaten especially carefully. The diet should consist mostly of protein foods, and to a lesser extent, carbohydrates and fat. Good sources of protein are fish, cottage cheese, eggs, skim milk, beans, peanut butter and, of course, various meats. Some meats are tolerated better than others, and you simply have to find out which ones work best for you. You will receive more specific dietary instruction for the first few days, weeks and months following your surgery.

Please continue to take your vitamins long term. Deficiencies in iron, B12, folic acid and calcium usually do not occur until after the first or second year. Therefore, patients may think they are doing well without taking their vitamin supplements, only to suddenly become ill and find that they are deficient.