



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 because the carbonation will be difficult to tolerate and can dilate your stomach. Alcohol (a source of calories) should certainly be avoided until your goal weight has been reached. If you must drink, the certainly it should only then be taken in modest, well-diluted quantities.

Food should be cut and chewed well. You should stop eating as soon as you feel full. 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.