

Nutritional Guidance Following Bariatric Surgery

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert Patient ID]

Dear [Patient Name],

Congratulations on your decision to undergo bariatric surgery. As you embark on this journey, following a proper nutritional plan is essential for your recovery and long-term success. Please find below important guidance to assist you in your nutritional transition.

Post-Surgery Nutritional Phases

- **Phase 1: Clear Liquids (Days 1-3)** - Consume clear liquids such as broth, sugar-free gelatin, and water.
- **Phase 2: Full Liquids (Days 4-14)** - Gradually introduce protein shakes, smoothies, and pureed soups.
- **Phase 3: Soft Foods (Weeks 3-6)** - Start incorporating soft foods like mashed potatoes, yogurt, and applesauce.
- **Phase 4: Solid Foods (Week 6 onward)** - Transition to solid foods, focusing on lean protein, fruits, and vegetables.

Essential Nutrients

Ensure you are consuming adequate amounts of:

- **Protein:** Aim for 60-80 grams per day from lean sources.
- **Vitamins and Minerals:** Consider a multivitamin and mineral supplement as per your doctor's recommendation.
- **Hydration:** Drink at least 64 ounces of water daily, avoiding sugary or carbonated beverages.

Additional Tips

- Eat small, frequent meals throughout the day.
- Chew food thoroughly and eat slowly to aid digestion.
- Keep a food journal to track your intake and progress.

Feel free to reach out with any questions or concerns. We're here to support you every step of the way!

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]