

# Eating Healthy After Weight Loss Surgery



When you undergo weight loss surgery, you're taking the first step in a lifelong journey toward improved wellness and an enhanced quality of life. Surgical bariatric treatment requires a commitment to eating well and staying active. In the weeks following weight loss surgery, you'll need to follow a restricted diet that includes clear liquids, high-protein liquids, soft solids and bariatric solids. Exact dietary guidelines will vary and will depend on the type of surgery you had.

Here some examples of healthy, protein-rich recipes for each nutritional stage:

## Bariatric High-Protein Full Liquids

**Pumpkin Spice Smoothie:** Combine one scoop of protein powder, 6-8 oz. of light vanilla soy milk, ½ tsp. of pumpkin pie spice and a dash of ground nutmeg in a shaker bottle and shake until smooth. (28 grams of protein per cup)

## Bariatric Pureed/Blenderized Liquids

**Tomato Crab Soup:** Combine an 8 oz. can of sugar-free tomato sauce, a 14 oz. can of diced tomatoes with oregano, basil and garlic, a 6 oz. can of fancy white crabmeat and 8 oz. of milk. Heat all ingredients in a saucepan over medium heat, then puree until smooth. (15 grams of protein per cup)

## Bariatric Mechanical Soft Solids

**BBQ Turkey or Beef Meatballs:** Combine 1 lb. lean ground turkey or beef, 1 cup chopped onion, 3 tbsp. egg substitute, ¼ cup low-fat milk, ¼ cup whole wheat bread crumbs, 1 tsp. kosher salt and ¼ tsp. black pepper in a bowl. Mix thoroughly and shape into 12 meatballs. In a medium bowl, combine two cans (8 oz.) tomato sauce, ¼ cup brown sugar substitute (suitable in cooking applications), 2 tbsp. vinegar, and 1 tsp. garlic powder. Pour over the meatballs. Simmer in 2 tbsp. extra virgin olive oil over low heat for 10-15 minutes, turning frequently, until well glazed and cooked through. Alternatively, all ingredients can be put into a slow cooker on low heat for four to six hours. (9 grams of protein per meatball)

## Bariatric Solids

**Fruity Chicken Salad:** Combine a 6 oz. can of chunk white chicken, 1 cup of diced apple, ¾ cup of quartered grapes, 1 diced kiwi, ¼ cup of plain, nonfat yogurt, 2 tbsp. low-fat mayonnaise and ½ tsp. of curry powder. Eat alone or with whole grain crackers. (16 grams of protein per cup)

