



UNIVERSITY OF ILLINOIS  
HOSPITAL AND CLINICS

# NEW START CLASS

PRESENTED BY: **JEREMY O'NEAL, MS, RDN, CSOWM, LDN**

[JEREMYO@UIC.EDU](mailto:JEREMYO@UIC.EDU)

UPDATED: 4/2026



# TELEHEALTH POLICY

- Must be in a **PRIVATE LOCATION** away from others for HIPAA privacy compliance.
- Must be physically in **ILLINOIS**.
- If in a car, please **BE PULLED OVER**, with the car parked.
- **CAMERA ON** for video visits, especially when meeting for psychology evaluation appointment.
- Put phone on **DO NOT DISTURB** to prevent phone calls during visit.
  - If you do get a call, and audio goes quiet. Exit and return into the MyChart app to refresh connection.

***If the rules are not followed, we will reschedule your appointment!***



# Website

[https://hospital.uhinois.edu/primary-and-specialty-care/surgical-services/bariatric-surgery-program](https://hospital.uihinois.edu/primary-and-specialty-care/surgical-services/bariatric-surgery-program)



## BARIATRIC SURGERY

Home / Primary & Specialty Care / Surgical Services / Bariatric Surgery

PRINT

### BARIATRIC SURGERY

TYPES OF BARIATRIC SURGERY

AM I A CANDIDATE FOR BARIATRIC SURGERY?

NUTRITION AND OTHER RESOURCES

SUPPORT GROUPS AND INFO SESSIONS

SUPPORT AFTER BARIATRIC SURGERY

ADOLESCENT AND PEDIATRIC WEIGHT MANAGEMENT

BARIATRIC SURGERY PATIENT STORIES

CONTACT THE BARIATRIC SURGERY PROGRAM

## BARIATRIC SURGERY PROGRAM

The Bariatric Surgery Program at UI Health offers:

- The latest bariatric procedures, including robotic, minimally invasive bariatric surgery
- No body mass index (BMI) limit to qualify for bariatric surgery
- Revision and correction bariatric procedures for gastric bypass, gastric banding, sleeve gastrectomy, and laparoscopic band procedures
- Post-surgery support, including support groups, news

Our program has been recognized by the [American Society for Metabolic and Bariatric Surgery](#) and Optum, an Aetna [Institute of Quality](#), and a Blue Cross Blue Shield [Blue Distinction Center+ for Bariatric Surgery](#).



REQUEST AN APPOINTMENT

312.996.5100

Request Online

Referring Physicians Click Here



### UI HEALTH BARIATRIC SURGERY PROGRAM

The Bariatric Surgery Program at UI Health is an MBSAQIP-accredited Comprehensive Center with Adolescent Qualifications - the highest level of certification. Our adult, adolescent, and pediatric bariatric programs feature a multidisciplinary team of bariatric surgeons, nurse practitioners, medical consultants, dietitians, psychologists, and exercise physiologists to provide complete tertiary care for bariatric patients. We can manage the most challenging bariatric cases with optimal opportunity for safe and effective outcomes, and achieve some Chicago's best for their patients.

# Nutrition

<https://hospital.uillinois.edu/primary-and-specialty-care/surgical-services/bariatric-surgery-program/nutrition-and-other-resources>



## BARIATRIC SURGERY



[Home](#) / [Primary & Specialty Care](#) / [Surgical Services](#) / [Bariatric Surgery](#) / [Nutrition and Other Resources](#)

[PRINT](#)

### BARIATRIC SURGERY

[TYPES OF BARIATRIC SURGERY](#)

[AM I A CANDIDATE FOR BARIATRIC SURGERY?](#)

[NUTRITION AND OTHER RESOURCES](#)

[SUPPORT GROUPS AND INFO SESSIONS](#)

[SUPPORT AFTER BARIATRIC SURGERY](#)

[ADOLESCENT AND PEDIATRIC WEIGHT MANAGEMENT](#)

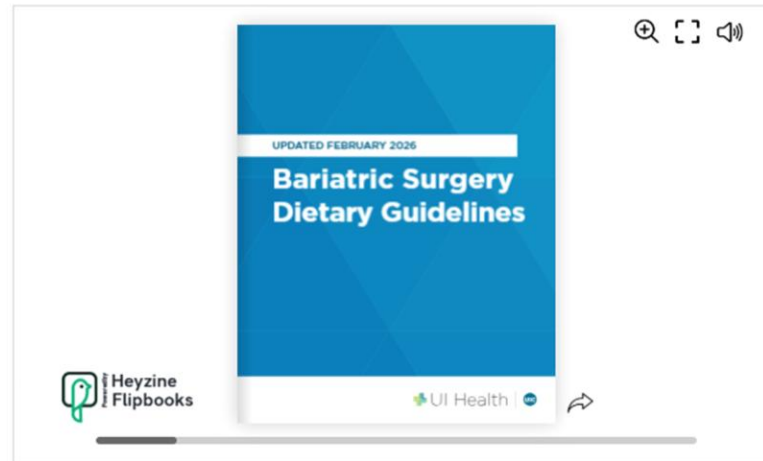
[BARIATRIC SURGERY PATIENT STORIES](#)

[CONTACT THE BARIATRIC SURGERY PROGRAM](#)

### NUTRITION AND OTHER RESOURCES

[Bariatric Surgery Dietary Guidelines](#)

[Click here to download the Bariatric Surgery Dietary Guidelines](#)



[Click here for a PDF of Bariatric New Start Class Slides.](#)

# Support Groups

## BARIATRIC VIRTUAL SUPPORT GROUPS



<https://hospital.uillinois.edu/primary-and-specialty-care/surgical-services/bariatric-surgery-program/bariatric-information-sessions>

[Home](#) / [Primary & Specialty Care](#) / [Surgical Services](#) / [Bariatric Surgery](#) / [Support Groups and Info Sessions](#)

[PRINT](#)

### BARIATRIC SURGERY

[TYPES OF BARIATRIC SURGERY](#)

[AM I A CANDIDATE FOR BARIATRIC SURGERY?](#)

[NUTRITION AND OTHER RESOURCES](#)

[SUPPORT GROUPS AND INFO SESSIONS](#)

[SUPPORT AFTER BARIATRIC SURGERY](#)

[ADOLESCENT AND PEDIATRIC WEIGHT MANAGEMENT](#)

[BARIATRIC SURGERY PATIENT STORIES](#)

[CONTACT THE BARIATRIC SURGERY PROGRAM](#)

## BARIATRIC SUPPORT GROUPS

Our Bariatric Surgery program hosts virtual support group sessions on the first Wednesday of each month for bariatric surgery patients and candidates – past, present, and future.

## VIRTUAL SUPPORT GROUPS

Our Virtual Support Group Sessions include multiple topics and are aimed at both patients interested in bariatric surgery and those who have already undergone surgery. The Virtual Support Groups cover the following:

1. **Exercise 101:** Get exercise guidance you can trust from UI Health physical therapist Rich Severin.
2. **Bariatric Topic of the Month:** Hear from different members of our Bariatric Surgery team – including dietitians, bariatricians, physical therapists, psychologists, and plastic surgeons – who will focus on a new aspect of our care each month.
3. **Bariatric surgeons:** Hear from UI Health surgeons about the variety of treatment options offered by our Bariatric Surgery Program, the health risks of obesity, and how our team can help guide you through your weight loss journey.

### Online Registration

[Click here to register for a virtual support group session.](#)

### Meeting Time 12 pm CST

(On day of [Zoom Meeting](#))  
Passcode: BARI2022  
Meeting ID: 481 488 2293

(On day of) Audio only call: [312.626.6788](#) US (Chicago)  
Meeting ID: 481 488 2293  
Code: 77675091# US (Chicago)

Once the session is complete, click [here](#) to submit your survey feedback form to receive credit for attendance.



# DIET QUESTIONNAIRE

## UIH AMB BARIATRIC NEW START QUESTIONNAIRE

Attached to a message from Family Medicine, Physician, MD received 1/10/2023

\*Indicates a required field.

Please choose the strategies you have tried or attempted to lose weight:

Select all that apply.

Cabbage Soup Diet	Cleveland Clinic Diet	Fasting	Grapefruit Diet	Jenny Craig	LA Diet	Liquid Protein Diets
Low Carb diet	Low Fat diet	Mayo Clinic Diet	Meal replacement bars / shakes	Metabolife	NutriSystem	
Overeaters Anonymous (OA)	Optifast	Seattle Sutton	SlimFast	South Beach	TOPS (Take Off Pounds Sensibly)	
Herbs or herbal supplements	Weight Watchers	Purging (self-induced vomiting)				
Nutrition Counseling with Registered Dietitian	Bariatric Surgery (Please list below)	Diet Medications (Please list below)				

If you answered yes to having Bariatric Surgery or taking Diet Medications, please list the bariatric surgery and/or diet medications:

If you chose any strategies that you tried or attempted, please list which were supervised by a doctor or dietitian:

\*Have you ever been diagnosed with an eating disorder?

Yes No

If you answered yes to ever being diagnosed with an eating disorder, please specify:

\*Do you have any food allergies/intolerances or special diet needs?

Yes No

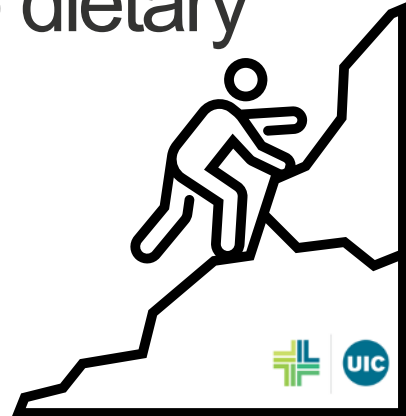
If you answered yes to having allergies/intolerances or special diet needs, please specify:

Continue Finish later Cancel

- Make sure to complete the *Diet Questionnaire* in your MyChart app
- Scroll to the bottom of reminder message for today's New Start Class (link at bottom)

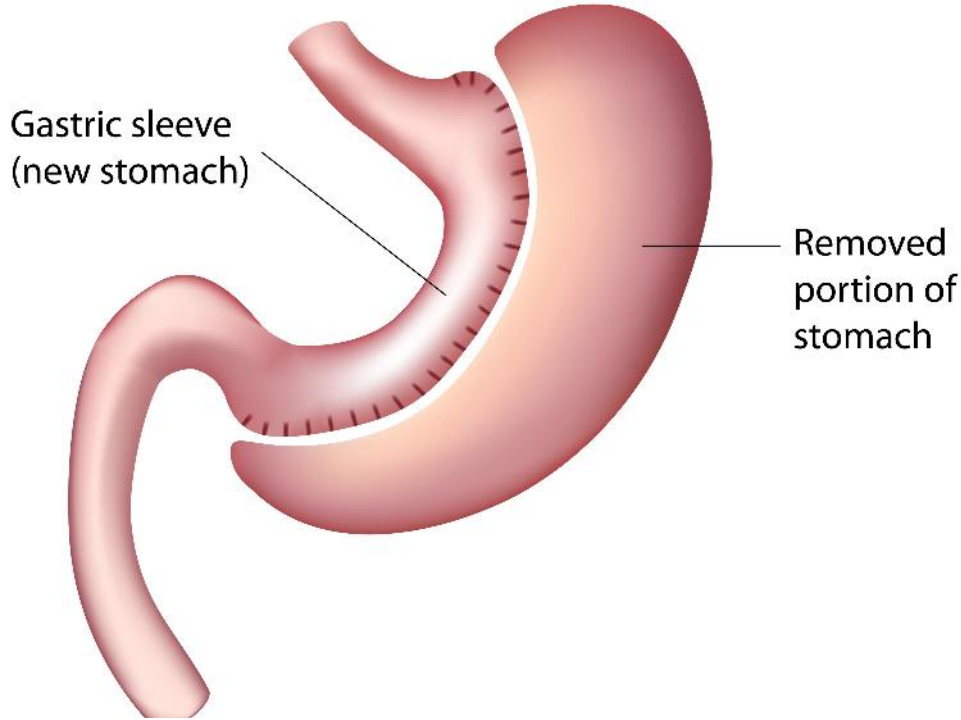
# OBJECTIVES

1. **REVIEW** the bariatric nutrition principles
2. **PRACTICE** the tips/tricks now to prevent complications after surgery
3. **UNDERSTAND** the pre-op and post-op dietary stages
4. **FOLLOW** 1 nutrition goal after this visit

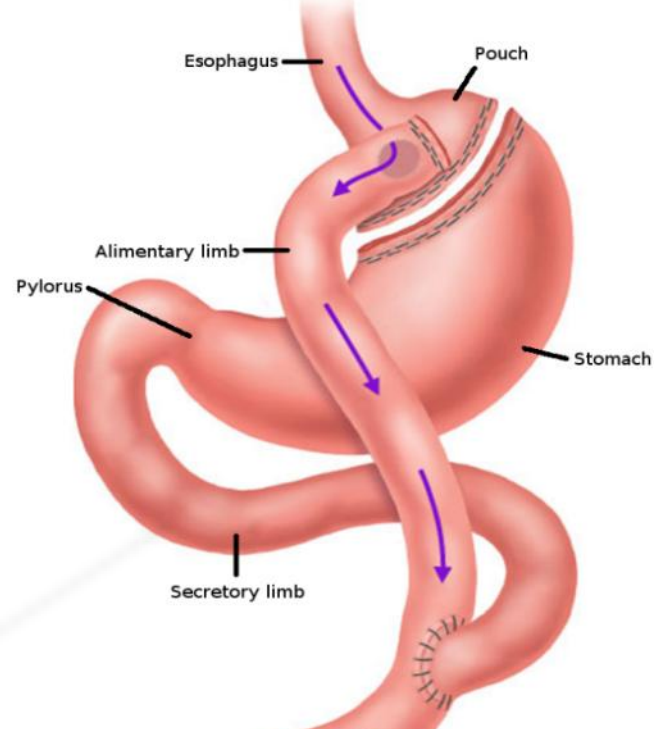


# SURGERY OPTIONS

## Sleeve Gastrectomy (LSG)



## Roux-en-Y Gastric Bypass (RYGB)



**REVISION & ENDOSCOPIC OPTIONS ARE ALSO AVAILABLE**

# Average Length of Stay **1 NIGHT IN THE HOSPITAL**

AVOID LIFTING MORE  
THAN **10 TO 15** LBS. FOR  
**3** MONTHS AFTER  
SURGERY



# Average Length of Stay **1 NIGHT IN THE HOSPITAL**

AVOID LIFTING MORE  
THAN **10 TO 15** LBS. FOR  
**3 MONTHS** AFTER  
SURGERY



# BARIATRIC SURGERY DIETARY GUIDELINES

UPDATED FEBRUARY 2026

## Bariatric Surgery Dietary Guidelines

### TABLE OF CONTENTS

Introduction	3
Bariatric Nutrition Principles	4
Planning Your Plate	6
Protein Foods	10
Vitamins & Supplements	12
Unflavored Protein Powder	13
Preventing Potential Problems	14
Diet Guidelines	
Pre-Op Diet	18
Phase 1: Clear Liquid	20
Phase 2: Full Liquid	22
Phase 3: Pureed / Blended Diet	24
Phase 4: Soft Diet	28
Phase 5: Bariatric Regular Diet	32
Bariatric References, Tips & Resources	34
Checklist	38

# REMEMBER

## Surgery And Medications Are Not A One-and-done Fix For Weight Loss

Successful weight loss includes:

1. Nutrition
2. Exercise/Physical Activity
3. Lifestyle Behaviors



### Introduction

In this handbook, you will find nutrition guidelines that are needed to make your weight loss surgery successful. You'll learn about nutrition strategies to help you lose weight, maintain weight loss, and reduce the risk of nutrition-related complications.

It's very important to remember that weight loss surgery is only a TOOL that helps you decrease your appetite, limit food intake, and slow digestion. Successfully achieving your weight loss goal and maintaining your goal weight long-term will depend on your nutrition, exercise, and lifestyle behaviors.

**REMEMBER: lifestyle changes are necessary for long-term success. This is a lifetime commitment!**

You're not alone in your journey. Your dietitian and other members of the UI Health bariatric team (your surgeon, bariatrician, nurse practitioner, and psychologist) are here to help. Virtual support groups are also available to give additional support and guidance.

You will follow up with your dietitian several times before surgery.

For the first 2 years after surgery, we recommend you see your dietitian again at:

- 1 month
- 3 months
- 6 months
- 9 months
- 12 months
- 18 months
- 24 months

Starting your third year after surgery, you should see your dietitian for checkups once a year.

# SUPPORT TEAM

## WE WANT YOU TO BE SUCCESSFUL

Many specialties will be a part of your team including:

- Bariatric Dietitians (Before & After Surgery)
- Surgeon
- Bariatrician: Dr. Reed Berger
- Psychologist
- Physical Therapist
- Insurance Coordinators
- Advanced Practice Nurses



### Introduction

In this handbook, you will find nutrition guidelines that are needed to make your weight loss surgery successful. You'll learn about nutrition strategies to help you lose weight, maintain weight loss, and reduce the risk of nutrition-related complications.

It's very important to remember that weight loss surgery is only a TOOL that helps you decrease your appetite, limit food intake, and slow digestion. Successfully achieving your weight loss goal and maintaining your goal weight long-term will depend on your nutrition, exercise, and lifestyle behaviors.

**REMEMBER: lifestyle changes are necessary for long-term success. This is a lifetime commitment!**

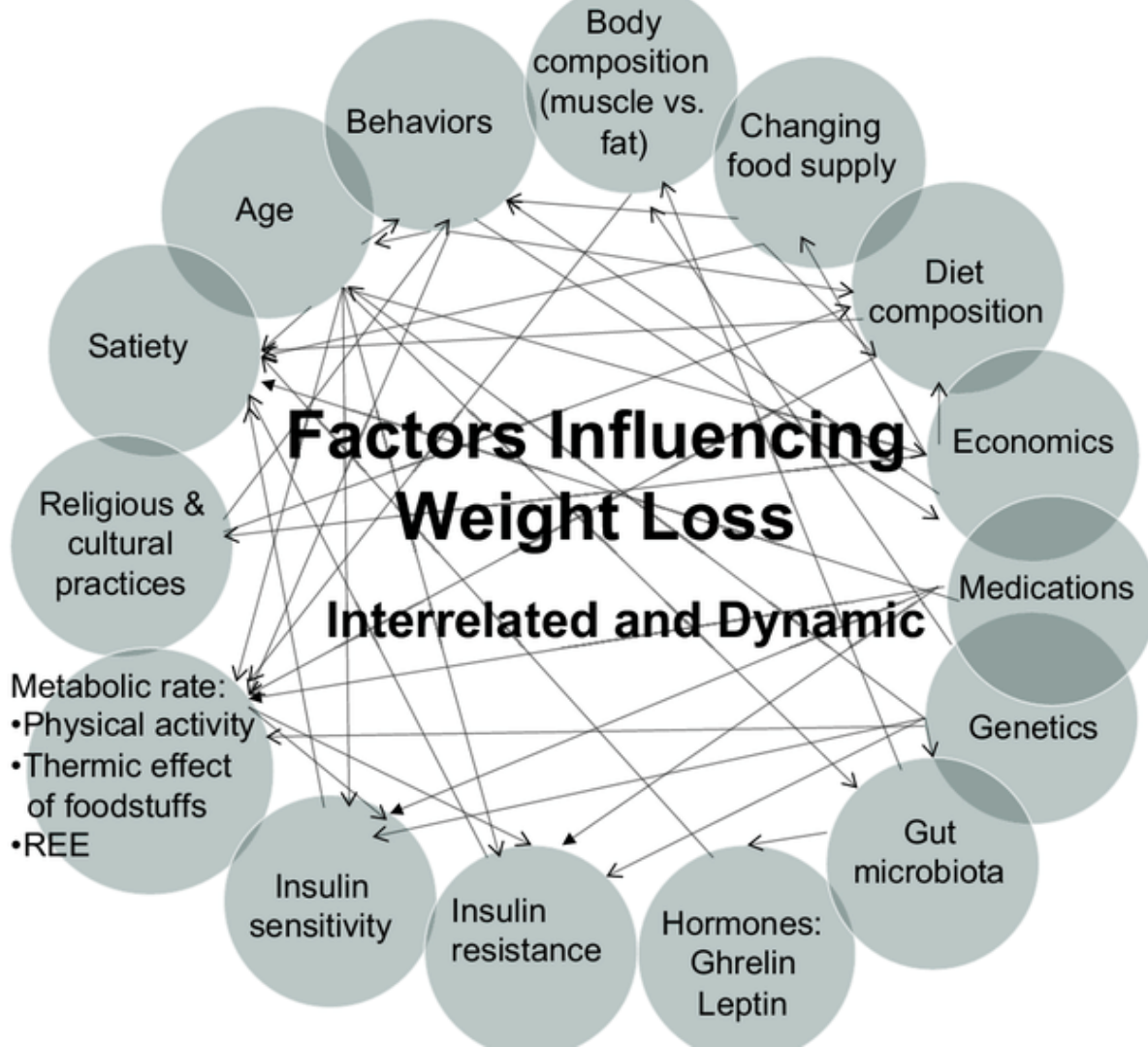
You're not alone in your journey. Your dietitian and other members of the UI Health bariatric team (your surgeon, bariatrician, nurse practitioner, and psychologist) are here to help. Virtual support groups are also available to give additional support and guidance.

You will follow up with your dietitian several times before surgery.

For the first 2 years after surgery, we recommend you see your dietitian again at:

- 1 month
- 3 months
- 6 months
- 9 months
- 12 months
- 18 months
- 24 months

Starting your third year after surgery, you should see your dietitian for checkups once a year.



# BARIATRIC NUTRITION PRINCIPLES

## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules. Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.



5

### Don't drink with meals

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

6

### Take vitamins daily

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

7

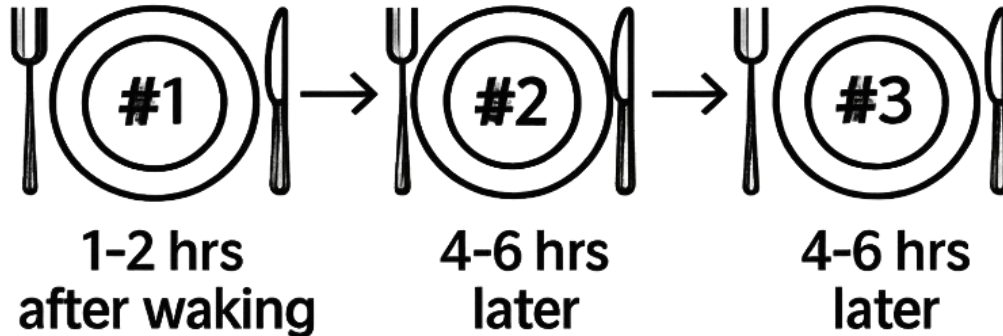
### Exercise regularly

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# NUTRITION PRINCIPLES

## 1 GOAL TO PRACTICE:

- 3 meals per day
- Use protein shakes (or bars) for meal replacements, as needed



## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules. Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

# PLANNING YOUR PLATE

- 1. PROTEIN:** Eat protein first and choose lean protein or low-fat dairy only
  - Limit deep-fried foods: 1 to 2 times monthly (or less)
  - Air-fried, baked, or grilled foods are recommended
- 2. PRODUCE:** Include a serving of non-starchy vegetables
- 3. LIMIT STARCH & FRUITS:**  $\frac{1}{2}$  cup or 25% of meal
  - Bread, rice, pasta, tortilla, and cereal
  - *Starchy vegetables: potato, corn, beans, squash, and peas*

## Planning Your Plate: Before Surgery

Use this plate as a guide when planning your meals.

**PROTEIN &  
NON-STARCHY  
VEGETABLES**



**CARBOHYDRATES**

# IMPORTANT: *PROTEIN*



## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules. Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

# LEAN PROTEIN

## ANIMAL SOURCES

- Meat, seafood/fish, eggs, dairy (ex. cheese, yogurt, cottage cheese, and milk)

## PLANT SOURCES

- Tofu, soybeans/edamame, soy patty, vegan meat substitutes

## SUPPLEMENTAL SOURCES

- Protein powders/bars/shakes, protein waters, protein snacks



## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules. Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks. You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

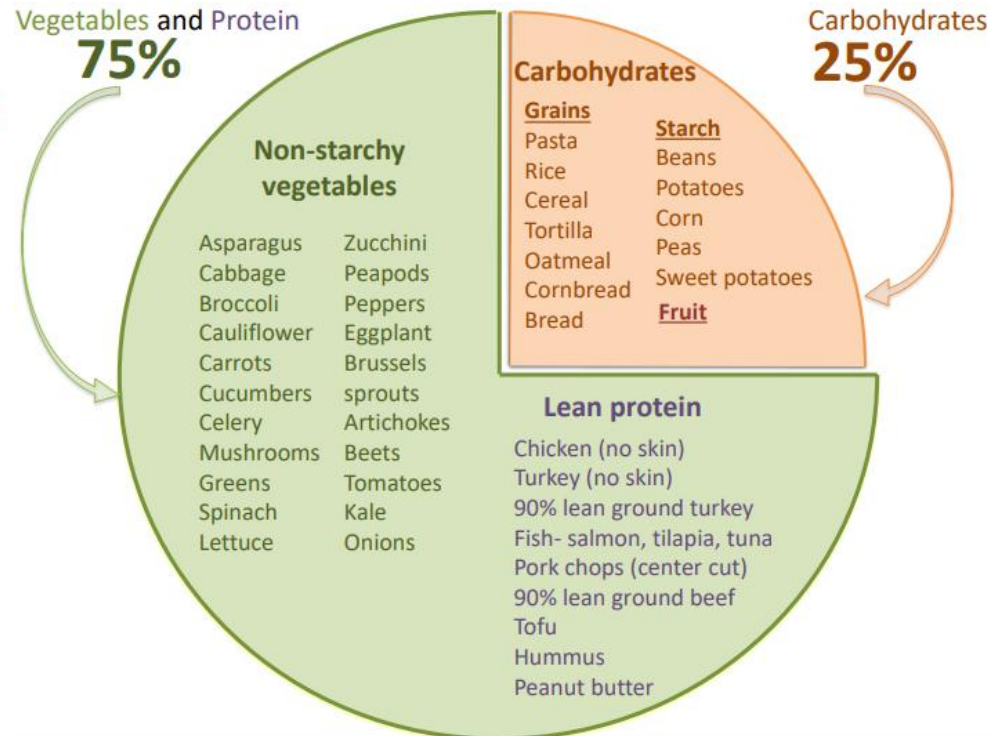
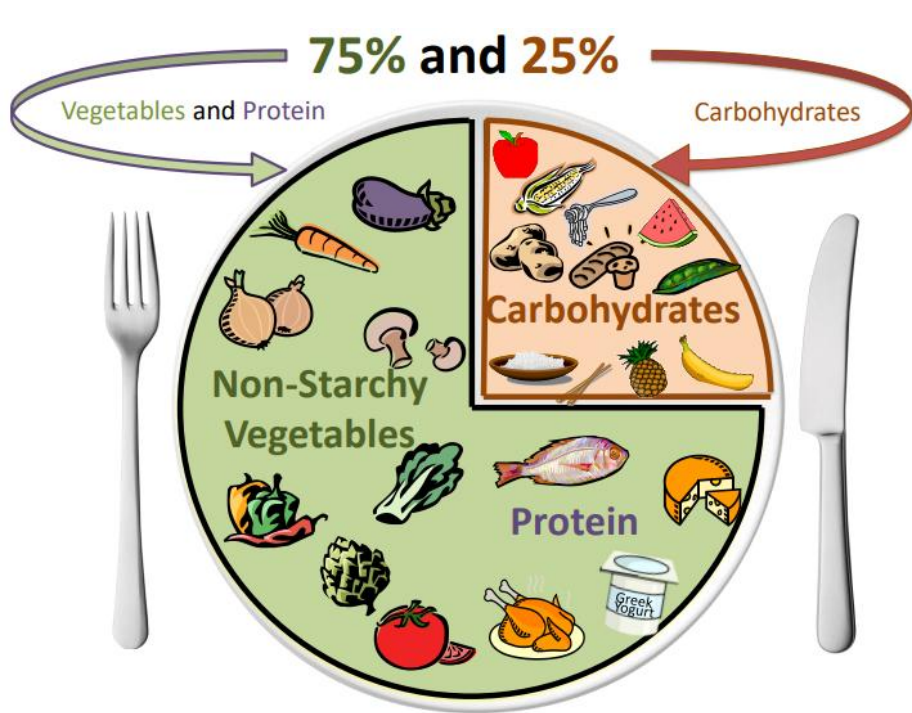
- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

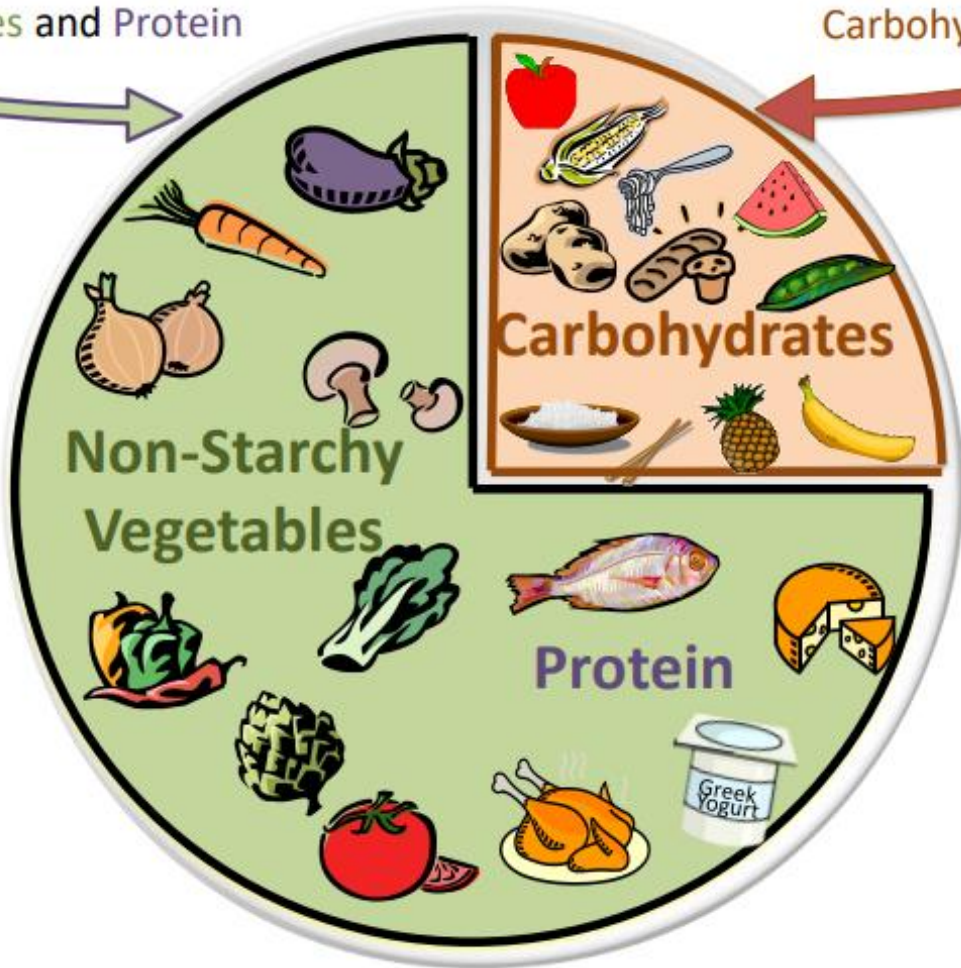
# PLANNING YOUR PLATE: THINK 75/25!



**75% and 25%**

Vegetables and Protein

Carbohydrates



# 75% OF PLATE

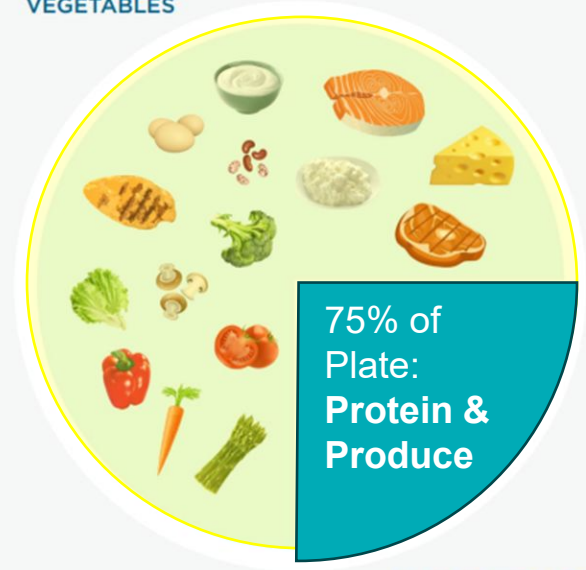
# PROTEIN AND PRODUCE



## Planning Your Plate: Before Surgery

Use this plate as a guide when planning your meals.

**PROTEIN &  
NON-STARCHY  
VEGETABLES**



CARBOHYDRATES

25% OF PLATE

STARCHES

AND

FRUITS

Carbohydrates

Grains

- Pasta
- Rice
- Cereal
- Tortilla
- Oatmeal
- Cornbread
- Bread

Starch

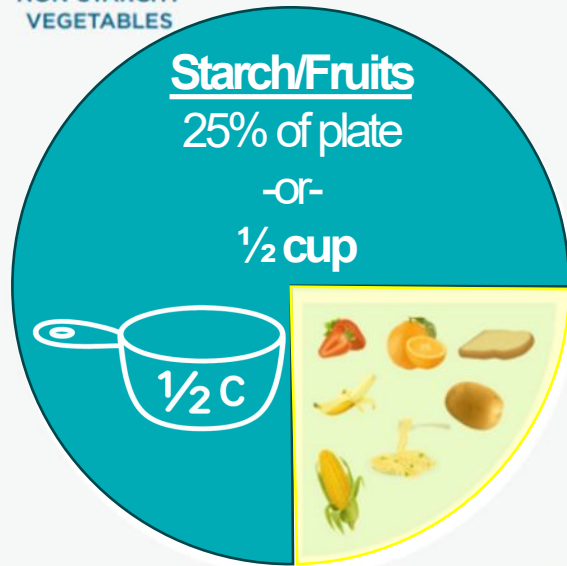
- Beans
- Potatoes
- Corn
- Peas
- Sweet potatoes

Fruit

Planning Your Plate:  
Before Surgery

Use this plate as a guide when planning your meals.

PROTEIN &  
NON-STARCHY  
VEGETABLES

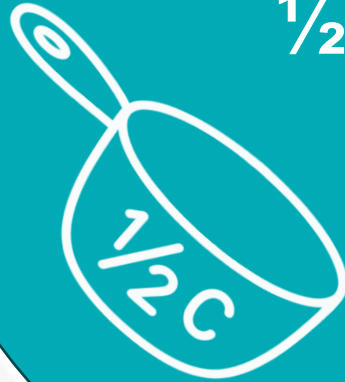


# Starch/Fruits

25% of plate

-or-

1/2 cup



CARBOHYDRATES

# WHOLE FRUITS ONLY

Eat **WHOLE** fruits only

Do not blend or juice fruits

**JUICE AND SMOOTHIES MAY TRIGGER DUMPING SYNDROME**



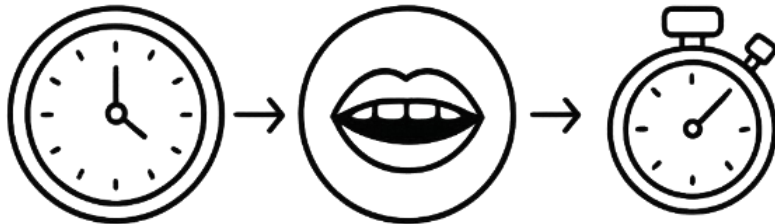
# NUTRITION PRINCIPLES

## 20-20-20

**20-** Minutes per meal (or protein shake)

**20-** Chews per bite

**20-** Seconds between bites or sips



20 min/  
meal

20 chews

20 sec  
delay

## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules.

Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

# BEVERAGES

## FOR PRE-OP AND POST-OP:

### 1.AVOID Fizzy, Carbonated Drinks

- **FLAT BEVERAGES ONLY**

### 2.AVOID Regular Fruit Juices

- **SUGAR-FREE/DIET JUICES ONLY**

### 3.AVOID Caffeine i.e., Coffee/Tea/Energy Drinks

- **DECAF & HERBAL OPTIONS ONLY**

- OK to introduce regular coffee & tea after 2 months post-op

### 4.AVOID Alcoholic Beverages

- OK to introduce after 9-12 months post-op

## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules.

Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

#### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

#### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

#### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

#### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

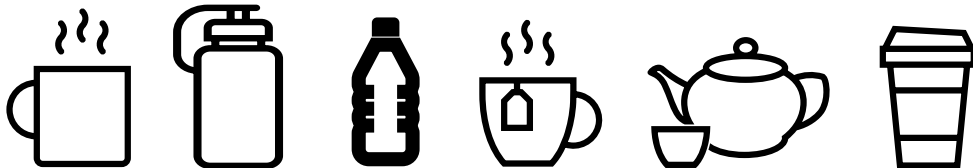
# BEVERAGES

## 48-64 (OR MORE) FLUID OUNCES DAILY

- **INCLUDES** water, sugar-free juices, herbal teas, decaf tea, decaf coffee
- **FLAVOR** with Crystal Light, Mio drops, sugar-free syrups

## CHOOSE 0-CALORIE SWEETENERS

- **USE** Splenda, Sweet n' Low, Equal, Stevia/Monk fruit blends, erythritol, allulose
- **AVOID** honey, agave nectar, maple syrup, coconut sugar, corn syrup, brown sugar, and white sugar (including Sugar In the Raw)



## Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules.

Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

1

### Don't skip meals

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

2

### Include protein with every meal

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

3

### Eat slowly!

- Think '20-20-20':
  - 20-30 minutes per meal/protein shake
  - 20 chews per bite
  - 20 seconds (at least) between bites

4

### Drink at least 48-64 fluid ounces of water per day

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.

3% JUICE

### Nutrition Facts

About 7 servings per container  
Serving Size 8 fl oz (240 mL)

Amount Per Serving  
**Calories** 5

% Daily Value

# BEVERAGES



# 0-9 IS PERFECTLY FINE!

Vitamin C 80%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS: PURE FILTERED WATER, LEMON JUICE FROM CONCENTRATE\*\*, LESS THAN 2% OF: GRAPE AND PINEAPPLE JUICES FROM CONCENTRATE\*\*, APPLE PUREE FROM CONCENTRATE\*\*, NATURAL FLAVORS, CITRIC ACID (PROVIDES TARTNESS), VITAMIN C (ASCORBIC ACID), ASPARTAME, ACESULFAME POTASSIUM, GRAPE SKIN EXTRACT\*\* (FOR COLOR). \*\*ADDS A NEGLIGIBLE AMOUNT OF SUGAR.

PRODUCED FOR THE COCA-COLA COMPANY  
ATLANTA, GA 30313 U.S.A.  
OUR QUALITY PROMISE ASSURES YOUR SATISFACTION. WE GUARANTEE IT.

©2019 The Coca-Cola Company.  
PHENYLKETONURICS: CONTAINS PHENYLALANINE



# DO NOT DRINK WITH MEALS

## 30-MIN RULE

- **Before First Bite:** Beverages allowed
- **After First Bite:** Avoid all Beverages
- **30 mins after final bite of food:** Sip slowly on fluids



5

### Don't drink with meals

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

6

### Take vitamins daily

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

7

### Exercise regularly

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# TAKE VITAMINS DAILY

Start taking  
these vitamins  
now, before  
surgery!



5

#### Don't drink with meals

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

6

#### Take vitamins daily

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

7

#### Exercise regularly

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# REQUIRED VITAMINS

## Multivitamin containing iron

1x Women's Daily *or* 1x Prenatal Multi *or*  
2x Flintstones w/Extra Iron

## Vitamin D3

5000 IU/125 mcg

## Vitamin B12

any dose

***AVOID MULTIVITAMIN GUMMIES!***



5

### Don't drink with meals

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

6

### Take vitamins daily

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

7

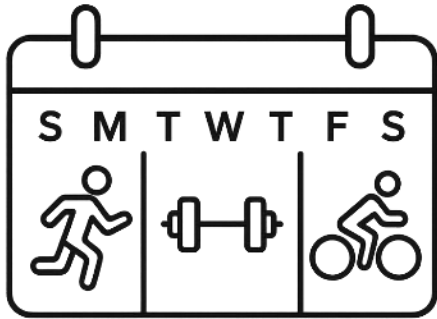
### Exercise regularly

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# PHYSICAL ACTIVITY

**ACCUMULATE 150-300  
MINUTES OF EXERCISE  
WEEKLY**

**ANY ACTIVITY IS GOOD ACTIVITY**



**150–300 mins.**



**5**

#### **Don't drink with meals**

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

**6**

#### **Take vitamins daily**

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

**7**

#### **Exercise regularly**

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# BARIATRIC SURGERY DIETARY GUIDELINES

UPDATED FEBRUARY 2026

## Bariatric Surgery Dietary Guidelines

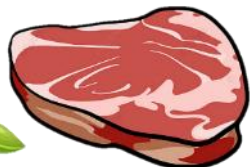
### TABLE OF CONTENTS

Introduction	3
Bariatric Nutrition Principles	4
Planning Your Plate	6
Protein Foods	10
Vitamins & Supplements	12
Unflavored Protein Powder	13
Preventing Potential Problems	14
Diet Guidelines	
Pre-Op Diet	18
Phase 1: Clear Liquid	20
Phase 2: Full Liquid	22
Phase 3: Pureed / Blended Diet	24
Phase 4: Soft Diet	28
Phase 5: Bariatric Regular Diet	32
Bariatric References, Tips & Resources	34
Checklist	38

# PROTEIN FOODS

Eat at least 1 of these foods first at every meal

VEGETABLES AND FRUITS ARE NOT HIGH IN PROTEIN



Food	Amount	Grams of Protein
Beans, chickpeas, and peas	1/2 C	6-9
Beef, ground (90% or 95% lean)	1 oz	7-9
Cheese (light/non-fat)	1 oz	6-7
Chicken, boneless/skinless	1 oz	7-9
Cottage Cheese (non-fat/low-fat)	1/2 C	15
Deli Meat: ham, turkey, chicken, etc.	1 oz	3-4
Egg Substitute	1/4 C	7.5
Eggs	1 egg	6
Fish fillet or steak	1 oz	6.5-7.5
Hotdog: beef or pork	1 hotdog	5
Lamb	1 oz	8
Lentils	1/2 C	9
Milk: fat-free /1%	1 C	8
Milk: fat-free/1% (FairLife Brand)	1 C	13
Nuts	1 oz	4-6
Peanut butter/Almond butter	2 TBSP	6-8
Plant-based eggs	3 TBSP	5
Plant-based meat	1 oz	5
Pork Tenderloin	1 oz	7
Protein Bar	1	10-20
Protein Shake	8-12 oz	15-30
Seeds (pumpkin, sunflower, etc.)	1 oz	9.5
Sausage: Bratwurst/Polish/Plant Based	1 link	10-20
Shellfish or crab	1 oz	5.5
Soybeans	1/2 C	14
Soymilk, unsweetened	1/2 C	8-11
Tofu, firm/extra firm	3 oz	7-9
Tuna packed in water	1 oz	7
Turkey	1 oz	8
Veggie or Soy Patty	1 patty	11
Yogurt, regular (non-fat/low-fat)	6 oz	5
Yogurt, Greek (non-fat/low-fat)	6 oz	12-20

# PROTEIN SHAKES

## FOR 1 PROTEIN SHAKE:

- 200 (or less) calories
- 15 to 30 grams of protein
- *Total Sugars* less than 10 grams

Same requirements for bars!



### Nutrition Facts

1 serving per container  
Serving size 1 Shake (11 fl oz)

Amount per serving  
**Calories 160**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** 20mg **7%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

**Protein** 30g **60%**

Vitamin D 6mcg 30% • Calcium 650mg 50%

Iron 2.5mg 15% • Potassium 420mg 8%

Vitamin A 2300mcg 25% • Vitamin C 23mg 25%

Vitamin E 3.8mg 25% • Vitamin K 30mcg 25%

Thiamin 0.3mg 25% • Riboflavin 0.3mg 25%

Niacin 4mg 25% • Vitamin B6 0.4mg 25%

Folate 100mcg DFE (59mcg folic acid) 25%

Vitamin B12 0.6mcg 25% • Biotin 8mcg 25%

Pantothenic Acid 1.3mg 25% • Phosphorus 620mg 50%

Iodine 37mcg 25% • Magnesium 105mg 25%

Zinc 2.8mg 25% • Selenium 14mcg 25%

Copper 0.3mg 25% • Manganese 0.6mg 25%

Chromium 0.1mcg 25% • Molybdenum 0.1mcg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Nutrition Facts

1 serving per container  
Serving size 1 Shake (11 fl oz)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	<b>60%</b>

Vitamin D 6mcg 30%	Calcium 650mg 50%
Iron 2.0mg 15%	Potassium 420mg 8%
Vitamin A 230mcg 25%	Vitamin C 23mg 25%
Vitamin E 3.8mg 25%	Vitamin K 30mcg 25%
Thiamin 0.3mg 25%	Riboflavin 0.3mg 25%
Niacin 4mg 25%	Vitamin B6 0.4mg 25%
Folate 100mcg DFE (59mcg folic acid) 25%	
Vitamin B12 0.6mcg 25%	Biotin 8mcg 25%
Pantoic Acid 1.3mg 25%	Phosphorus 620mg 50%
Iodine 37mcg 25%	Magnesium 105mg 25%
Zinc 2.8mg 25%	Selenium 14mcg 25%
Copper 0.3mg 25%	Manganese 0.6mg 25%
Chromium 0.5mcg 25%	Molybdenum 11mcg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# PROTEIN SHAKES



## IF YOU USE INSULIN:



# BARIATRIC SURGERY DIETARY GUIDELINES

UPDATED FEBRUARY 2026

## Bariatric Surgery Dietary Guidelines

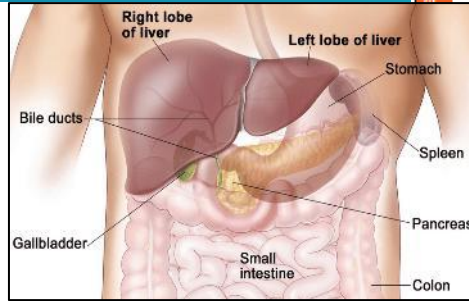
### TABLE OF CONTENTS

Introduction	3
Bariatric Nutrition Principles	4
Planning Your Plate	6
Protein Foods	10
Vitamins & Supplements	12
Unflavored Protein Powder	13
Preventing Potential Problems	14
Diet Guidelines	
Pre-Op Diet	18
Phase 1: Clear Liquid	20
Phase 2: Full Liquid	22
Phase 3: Pureed / Blended Diet	24
Phase 4: Soft Diet	28
Phase 5: Bariatric Regular Diet	32
Bariatric References, Tips & Resources	34
Checklist	38

# LIQUID PRE-OP DIET

## Purpose:

Decreases the size of your liver, reducing risk of complications during surgery



2 weeks **BEFORE** surgery:

## Pre-Operation Diet

### 2 WEEKS PRIOR TO SURGERY

Once you are scheduled for surgery, you will follow an **800-1000 calorie**, high-protein full-liquid diet for 2 weeks before your surgery date. This diet change will help you lose weight quickly and will "shrink" your liver to make surgery safer and easier to perform.

#### Your First Goal:

### 5 PROTEIN SHAKES PER DAY

#### Examples of acceptable protein shakes

- Atkins
- Aldi Elevation High Performance
- Ensure High Protein or Max Protein
- Fairlife Core Power or Nutrition Plan
- GNC Lean Shake
- Premier Protein
- SlimFast High Protein
- Walmart Equate High Protein
- Plant based shakes: OWYN, Orgain Plant Based, Ensure Plant Based
- Protein powder mixed with unsweetened almond or soy milk, skim milk, or water

#### Your Second Goal:

### 48-64+ FL OZ OF CLEAR LIQUID PER DAY

#### Examples of clear liquids\*

- Water
- Chicken or Vegetable Broth (low sodium)
- Crystal Light
- Decaffeinated tea or coffee
- Diet Snapple
- Gatorade Zero or Powerade Zero
- Minute Maid Zero Sugar
- Mio Drops
- Nestle Splash
- Propel Zero
- Sugar-free Kool-Aid/Tang
- True Lemon packets or mixes
- Vitamin Water Zero
- Wyler's Light
- Sugar-free Jell-O
- Sugar-free popsicles

\*A clear liquid is a liquid you can see through, free of carbonation, caffeine, alcohol, and 10 or less calories per serving



4 to 6 protein shakes daily

# AFTER SURGERY

60-80 (OR MORE) GRAMS OF PROTEIN DAILY

	STAGE	TEXTURE
2 MONTHS ↓	Stage 1: Hospital	Clear liquids only
	Stage 2: Weeks 1-2	Liquid protein shakes
	Stage 3: Weeks 3-4	Pureed/blended foods
	Stage 4: Weeks 5-6	Soft tender foods
	Stage 5: Weeks 7+	Solid foods



# AFTER SURGERY

- ❖ Sip or eat slowly, no gulping
- ❖ 10-30 seconds between every sip or small bite
- ❖ **NO STRAWS**: May cause bloating!
- ❖ 1-3 fluid ounces over 30 minutes
- ❖ Use Dixie cups or toddler cups to help portion



# CHECKLIST

## Complete this checklist for NUTRITION CLEARANCE

### Checklist: Are You Ready for Surgery?

#### How I Eat & Drink

I eat 3 times a day (1 to 2 meals can be replaced with protein shake or bar instead)

My meals are evenly spaced out (first meal within 2 hours of waking up, then every 4 to 6 hours apart)

I slowed down how fast I eat. I take 20 to 30 minutes to eat each meal ("20-20-20" rule)

I practiced not drinking during or 30 minutes after a meal

I have a set of measuring cups and spoons

I include a source of protein with all meals

#### Protein Shakes & Powder

I picked a protein shake that I will use before and after I have my surgery

I picked an unflavored protein powder that I will use after I have my surgery

#### Foods

I eat at least 1 serving of vegetables each day

I switched to fat-free/low-fat foods and sugar-free/low-sugar foods (i.e., milk, yogurt, salad dressing, oatmeal)

I limit starchy foods to a 1/2 C or 1 serving or less per meal

I limit sweets, desserts, and/or candy to once per month or less

I limit deep fried foods to once per month or less

# TO GET STARTED:

Call **312-996-5100** to schedule monthly visits:

- 3x more Dietitian visits
- 1x Dr. Reed Berger (Bariatrician)

**DO NOT SCHEDULE VIA MYCHART APP!**



Get labs as soon as you can! Will need these for Dr. Berger's visit.

**Medical Clearance should include:**

- History and Physical Examination and Comorbidities
- Medical Clearance from a Cardiologist from a Primary Care Standpoint. The following should be completed:
  - Chest X-Ray, PA & LAT
  - EKG/ECG
- Labs that should be completed:
  - CBC
  - Metabolic Panel
  - Lipid Panel
  - Hemoglobin A1c
  - Vitamin D 25 oh
  - Vitamin B12
  - Folate
  - Iron Panel
  - TSH
  - H. Pylori Screening, Breath, or stool Ag, if symptomatic
  - Urine Pregnancy Screening, if applicable
  - Barium Swallow Test (only if Barium Swallow is not scheduled at UI Health)

Please bring your Medical Clearance, including History and Physical, and all associated labs and testing to our office at **312.355.1987**. Please feel free to contact our office with any questions.

Best regards,

Mari Misur, MD, FACS, FASMBS

Associate Professor of Surgery

Director, Bariatric Surgery Program

Division of General, Minimally Invasive & Robotic Surgery UI Health