

The Nutrition Program At Highland Hospital Bariatric Center

Bariatric Lifestyle Meal Plan Guidelines (Low Fat, Low Sugar, Adequate Protein)

1. Eat 3 meals a day at 4 hour intervals.
Eat within 1 hour of waking.
Stop eating 2 hours before bedtime.
Eat slowly. Each meal should last 30-45 minutes.
2. 1 to 3 healthy snacks may be added to satisfy hunger between meals.
3. Chew foods to an applesauce consistency.
4. Stop eating as soon as you feel full.
5. Sip liquids slowly.
Choose sugar free, non-carbonated liquid.
Drink at least 6-8 cups of fluid per day to prevent dehydration.
Drink at a rate of no more than 1oz per sip.
Avoid using straws as swallowing air may cause bloating.
6. No drinks with meals.
Stop drinking liquids 30-45 minutes before a meal.
Start drinking liquids 30-45 minutes after a meal.
7. Avoid alcohol. It is dehydrating and adds calories but no nutrients.
8. Remember to take a complete multivitamin daily.
9. Low fat/ low sugar foods are recommended to prevent the dumping syndrome and to help prevent weight gain. The Dumping Syndrome happens when food does not stay in the stomach long enough. Instead, it is “dumped” into the small intestine. This can make you feel weak, dizzy, turn red or have diarrhea. It is caused by 1) drinking water with a meal or within 30 minutes after a meal; 2) foods or beverages that have sugar; 3) fat or greasy foods. Dumping occurs with the Roux-en-y gastric bypass but is not experienced with the gastric band.