



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Diet after Bariatric (Weight Loss) Surgery Gastric Bypass & Sleeve Gastrectomy Initial (Puree) Diet

Information for patients, relatives and carers

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This diet sheet has information on the first stage puree diet for after your Bariatric surgery (Roux-en-Y Gastric Bypass (RYGB), One-Anastomosis Gastric Bypass (OAGB) or Sleeve Gastrectomy).

When will I start eating again after my surgery?

Within 24 hours after surgery if there are no problems, you will be able to start taking sips of water then progress to other fluids (e.g. milk, sugar-free squash, cooled tea and coffee). This will be slowly increased to small portions of pureed or blended meals, which you will try before being discharged from hospital.

What diet do I need to follow after my surgery?

You will need to follow a puree or blended diet. All foods should be smooth, sloppy with no lumps or hard pieces. The consistency should be like a smooth yoghurt. To begin with, choose pureed foods with a thinner consistency, as some pureed foods with a thicker consistency may cause discomfort. You will need a liquidiser or blender.

How long should I follow the puree diet?

You should follow a strict puree diet for four to six weeks after your surgery. This type of diet is easier for your new stomach to manage and helps recovery after your surgery. Progressing back onto solid foods faster than recommended can sometimes result in problems tolerating foods in the long-term and increases the risk of damaging your pouch or causing complications.

What can I eat on the puree diet?

You should try to include a variety of different foods. Foods that are high in protein (such as dairy products, fish and meat or meat alternatives) are essential to help recover after surgery and maintain muscle mass.

You should try to have:

- Six servings of protein per day
If you find it difficult to eat pureed meat or fish, have more milk or milk products
- Two servings of fruits per day
- Two servings of vegetables per day
- Two servings of starchy (carbohydrate) foods.

There is more information on food servings later in this diet sheet.

Should I avoid eating any foods?

On the puree diet you should avoid eating any hard, solid, lumpy or dry foods. You should also avoid foods and drinks that are high in calories, sugar or fat such as sweets, chocolate, crisps, ice-cream and sugary drinks (including fruit juices) as they can slow down weight loss and cause dumping syndrome.

What should I do if I am unable to tolerate certain foods?

If you feel you have any problems eating certain foods, first make sure it is the right puree texture and check that you are eating slowly and not eating too much or drinking too close to your meals. If you are still having problems leave out that food for a few days and then try it again. Keep trying foods again as over time you may be able to tolerate them.

You may find your taste changes after the surgery and foods you used to like no longer taste as good. Try other foods as you may now like them.

How often should I eat?

As you are unable to eat a large amount of food at one time it is important to eat about six very small meals per day. This is only short term until the amount you can eat at meals increases.

It is common to not feel hungry even a few weeks after surgery, however, it's important to stick to a regular eating pattern and not skip meals to ensure you stay nourished and help recovery.

How much will I be able to eat after my surgery?

To start with you should only take one-three tablespoons of pureed food at each meal time. If you eat too much at a time this will make you feel unwell and cause symptoms such as stomach pain, tightness in the chest, discomfort, nausea and even vomiting.

Listen to your body and stop when you feel full even if you have only eaten a small amount.

How will I know when I am full?

After surgery, your experience of feeling full might be very different. It is usually felt as a tightness or feeling of discomfort in the lower chest area and not in your "stomach area" at all. Eating more slowly will help you recognise these different signals of fullness.

How long will it take to eat a meal?

You should try to eat slowly and each meal should take up to twenty minutes but no longer. Do not return to finish the meal later.

When should I take my drinks?

Take drinks in between meals only and sip at these slowly and avoid taking large gulps. You should avoid having drinks 30 minutes before and 30 minutes after your meals. Avoiding drinks 30 minutes before meals ensures that you have enough room to eat the food you need to stay nourished and waiting for 30 minutes after your meals helps prevent vomiting. You won't be able to drink a full drink in one go, so have several small or half cups instead. A bottle with a sports cap may be helpful to remind you to take small sips.

How much do I need to drink?

Aim to drink 2 to 2.5 litres each day. This is about 3.5 to 4 pints. You may find it useful to use a water bottle to measure your intake.

Do I need to avoid any drinks?

Avoid high sugar drinks (including fruit juices) and alcohol. Avoid fizzy drinks as these can cause discomfort.

What vitamin and mineral supplements should I take?

It is very important that you take your vitamin and mineral supplements as advised by your dietitian or surgeon.

You should take the following supplements:

- Calcium and Vitamin D tablet, twice per day (Adcal D3).
- Iron tablets, once per day (Ferrous Fumarate).
- Vitamin B12 injection, once every three months. This will be arranged by the GP after your surgery.
- Keep taking the chewable multivitamin you started before your surgery.

Make sure to take Adcal D3 and iron tablets at least two hours apart. Avoid taking with tea and coffee as they may reduce the absorption of essential minerals. These vitamin and mineral supplements need to be taken for the rest of your life. It is important to ensure that you continue taking these vitamin and mineral supplements to prevent nutritional deficiencies.

How do I make sure I get a balanced diet?

As you are only able to eat a small amount of food at a time it is important to eat a variety of foods and try to get a balanced diet to help recover after your surgery and prevent malnutrition.

- Use a blender or liquidiser to make sure foods are the right texture.
- Puree foods which are soft and moist. As a guide any foods that can easily be mashed with a fork should be suitable to puree.
- You will need to use plenty of sauce, gravy or milk to help blend the food.
- Baby food is not suitable for adults to use.
- Pureed food can be bland - you can use stronger tasting foods e.g. herbs and spices to make it more interesting.
- You may find it helpful to prepare some puree food before your surgery and freeze in ice cube trays or small tubs.

What food servings do you suggest?

You need to try and eat the following servings from each of the food groups every day:

Protein Six servings per day Try to include a variety of different types of protein		
Meat and fish		
Food	Examples	Quantity for one serving
Pureed meat	Chicken, turkey, beef, lamb, pork such as minced meat, casseroles, stewed meat	1 oz / 28 g (about 1 to 2 tablespoons)
Pureed fish	Haddock, cod, salmon in a sauce or boil in bag type	1 oz / 28 g (about 1 to 2 tablespoons)
Pureed tinned fish	Salmon, tuna, pilchards, mackerel tinned in brine, water or tomato sauce	1 oz / 28 g (about 1 to 2 tablespoons)
Smooth, soft meat/fish	Corned beef, pâté or paste	2 oz / 56 g (about 2 to 3 tablespoons)

Milk and dairy		
Milk	Skimmed or semi-skimmed	one third of a pint or 200 mL
Yoghurt	Diet or light	one small pot
Fromage frais		100 g (two 50 g pots)
Probiotic yoghurt drink		100ml
Soft cheese	Low fat	2 oz / 56 g (2 to 3 tablespoons)
Cheese triangles		2 triangles / 50 g
Cheese	Grated and mixed in hot food, e.g. mashed potato	2 oz / 56 g (about 2 to 3 tablespoons)
Pureed cottage cheese		2 oz / 56 g (about 2 to 3 tablespoons)
Mousse/whip powder	Low fat, low sugar, made with semi or skimmed milk	2 tablespoons
Custard	Made with semi or skimmed milk	2 tablespoons
Pureed rice pudding / Muller Rice		190 g / about one pot

Vegetarian

Pureed meat substitute /alternative (e.g Quorn/beyond meat/THIS/Linda McCartney)	Pureed mince	2 oz / 56 g (about 2 to 3 tablespoons)
Pureed meat substitute / alternative (e.g Quorn/beyond meat/THIS/Linda McCartney)	Pureed chicken style pieces/meatballs	2 oz / 56 g (about 2 to 3 tablespoons)
Pureed baked beans		2oz / 56 g (about 2 to 3 tablespoons)

Vegetables
Two servings per day

Food	Examples	Quantity for one serving
Vegetable juice	Tomato juice	100 mL
Pureed vegetable	Soft cooked vegetables, such as carrots, cauliflower, cabbage, swede, turnip, and courgette. Avoid skins, pips and seeds.	one tablespoon

Fruit
Two servings per day

Fruit juice	Unsweetened	100 mL
Pureed tinned fruit	Unsweetened tinned in juice not syrup	one tablespoon
Pureed fresh stewed fruit	Unsweetened such as apple or pear. Avoid skins, pips and seeds.	one tablespoon
Pureed fresh fruit	Ripe soft fruits such as banana, peach, nectarine. Avoid skins, pips and seeds.	one tablespoon

**Starch (carbohydrate)
Two servings per day**

Food	Examples	Quantity for one serving
Pureed soup		150 to 200 mL
Pureed porridge or Ready Brek	Make with milk (semi, 1% fat or skimmed)	two tablespoons
Weetabix	Use plenty of milk (semi, 1% fat or skimmed) and make it “soggy”	half a Weetabix
Cornflakes or similar breakfast cereal	Use plenty of milk semi or skimmed and make it “soggy”	two tablespoons
Pureed potato		one tablespoon
Pureed sweetcorn		one tablespoon
Pureed peas		one tablespoon
Pureed yam / plantain / sweet potato		one tablespoon

Meal Plan 1:

	Servings
<p>Breakfast One tablespoon pureed cooked porridge with a third of a pint or 200 mL milk One tablespoon pureed banana</p>	<p>one starch one protein one fruit</p>
<p>Mid-morning 100 mL Probiotic yoghurt drink</p>	<p>one protein</p>
<p>Lunch One tablespoon pureed sweet potato 1 oz / 28 g pureed chicken (or vegetarian mince alternative) with gravy One tablespoon pureed courgette</p>	<p>one starch one protein one vegetable</p>
<p>Mid afternoon A third of a pint semi-skimmed milk</p>	<p>one protein</p>
<p>Evening meal 1 oz / 28 g pureed fish in sauce One tablespoon pureed cauliflower</p>	<p>one protein one vegetable</p>
<p>Supper One tablespoon pureed stewed pears 100 g Fromage frais</p>	<p>one fruit one protein</p>

Meal Plan 2:

	Servings
Breakfast Half a Weetabix (soft / soggy) with a third of a pint or 200 mL milk One tablespoon pureed stewed apple	one starch one protein one fruit
Mid-morning One diet yoghurt	one protein
Lunch One tablespoon pureed mashed potato Add 1 oz / 28 g cheese One tablespoon pureed carrots	one starch one protein one vegetable
Mid afternoon A third of a pint semi-skimmed milk	one protein
Evening meal 1 oz / 28 g pureed minced beef with gravy One tablespoon pureed cauliflower	one protein one vegetable
Supper One tablespoon pureed tinned peaches Two tablespoons of custard	one fruit one protein

Try mixing foods from different food groups, e.g.

- One tablespoon tinned fruit pureed with a third of a pint semi-skimmed milk to make a smoothie. This is one fruit and one protein serving.

Are there any problems or side effects?

Side effects are more likely to happen if you do not follow dietary advice.

Vomiting

This may be caused by the following:

- Moving on from the puree diet to more solid foods too quickly
- Eating too much food at a time
- Eating too quickly
- Having drinks too close to meals
- Laying down too soon after eating

If your vomit is red or black in colour you should call your GP immediately. If you are vomiting regularly try to make sure you continue to drink plenty and contact your dietitian or doctor for further advice.

Nausea

Feeling sick is common in the early stages after your surgery. However, if this continues and affects your food intake then contact your dietitian for further advice.

Nausea can also be caused by the following:

- Moving on from the puree diet to more solid foods too quickly
- Eating too much food at a time
- Eating too quickly
- Having drinks too close to meals
- Laying down too soon after eating

Lack of appetite/hunger

This is common in early stages after your surgery, and it is easy to forget to eat or to miss meals. It is important not to miss meals and to try and eat a balanced diet especially enough protein. Eating regularly will help your appetite to return. You may find that being organised and allocating meal and snack times will help. If you do not eat regularly you will miss out on important nutrition for your body and this can lead to further problems.

Diarrhoea

This is quite common for the first few weeks after surgery and usually settles down. If you continue to have diarrhoea, look carefully at what you are eating. Foods high in sugar, such as chocolate, sweets, sweet drinks, sugar added to drinks and foods, or foods high in fat, such as crisps, snack foods, chips, fried foods, fatty meats and cheese can all cause diarrhoea.

Try to make sure that you drink plenty but be careful to avoid drinks containing sugar.

If your stools look fatty or oily and are difficult to flush away this can also be due to eating too much fat and so you should cut down on fatty foods.

Constipation

This may also happen after surgery and is more likely if you are not drinking or eating very much. Try drinking more, ensure you are including pureed fruits and vegetables and choose higher fibre starchy carbohydrates (e.g. pureed porridge or Weetabix).

If constipation or diarrhoea continues to be a problem contact your dietitian or doctor for further advice.

Dumping Syndrome

Dumping syndrome can occur after bariatric surgery, especially if you have had a gastric bypass. It can also occur if you have had a sleeve gastrectomy however, it is not as common.

Dumping syndrome is caused when food moves suddenly into your small intestine. The solid parts of a meal get “dumped” directly from the stomach into the small intestine without being digested. This can lead to unpleasant symptoms such as feeling sick, dizzy, light-headed or flushed, cold sweats, rapid heart rate and tummy cramps which may be followed by diarrhoea.

To reduce the risk of dumping syndrome, avoid foods high in sugar or fat and avoid drinking for 30 minutes before and 30 minutes after eating.

If you are having any of the above side effects look carefully at your diet to see if you can find a cause.

If they continue or they make it difficult for you to eat or drink then contact your dietitian for further advice.

If you have any questions or concerns please contact your Dietitian.

Name:

Telephone: 01904 725269.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, Nutrition and Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email yhs-tr.yorkdietitians@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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