

2 Weeks After Bypass or Sleeve

As you continue to move through recovery, the effects of the operation are improving. Now is the time to focus on nutrition and health. You may have lost 15-25 pounds already, and likely “do not have an appetite.” This is a transition from eating for hunger or enjoyment, to eating because your body needs the nutrition.

Reminders & Tips

EATING

1. Portion size should be 2-4 ounces
2. Have 5-6 small meals per day.
3. Remember every meal needs to be pureed consistency
4. Allow 20-30 minutes to eat your meal
5. Continue to eat your proteins first. (Chicken, fish, beans, low fat dairy)
6. If you are struggling to meet your protein goal, consider a Whey isolate protein supplement. They can be found at GNC, Kroger, or Wal Mart.

DRINKING

To reach the goal of 64 ounces a day, you will need to keep a water bottle with you at all times. Invest in one you like, that’s easy to clean and refill.

Measurements on the side are helpful as you are trying to space out your liquids throughout the day.

VITAMINS

1. Continue to take a chewable multivitamin with Iron twice a day
2. B12 can be taken as a sublingual tablet every other day or as a monthly injection.

YOUR LIFE

1. You may begin cardiovascular exercise now.
2. Grocery shopping is a great opportunity to improve the health of the whole family, avoid the high fat, and sugar filled foods. If you don't bring it into the house, you won't feel tempted and neither will the family.

Notes & Recommendations from your visit