# Vertical Gastric Sleeve: Post-Surgery Diet Guide

By Gaston Tessada on September 10, 2018

According to the Centers for Disease Control and Prevention (CDC), approximately 39.8 percent of American adults are obese. That is roughly 93.3 million Americans. Given the pervasiveness of obesity in the United States, it’s no wonder that bariatric surgery has increased in popularity. The vertical gastric sleeve (sleeve gastrectomy) has become particularly popular given its simplicity and effectiveness. [An experienced bariatric surgeon, Dr. Francisco Gonzalez](https://www.weightlossmexico.com/dr-gonzalez) has helped countless patients from both sides of the border at Oasis of Hope Hospital.

The team at our **Tijuana, Mexico** weight loss surgery practice would like to consider the diet that gastric sleeve patients have following their procedure. This will help provide an overview of weight loss surgery recovery, and give you an idea of how your long-term diet changes when you’re a bariatric patient.

**The First Week After Gastric Sleeve Surgery**

The first week after your gastric sleeve surgery, it’s important that you only have clear liquids. Your stomach is still in a delicate state and having a strictly liquid diet will help with the healing process. Recommended liquids include:

* Water
* Clear broths
* Decaffeinated coffee and teas
* Sugar-free Jell-O
* Sugar-free uncarbonated beverages
* Sugar-free drink mixes
* Unsweetened pulp-free juices

**The Second Week After Gastric Sleeve Surgery**

By week two, your stomach will have healed a bit more, allowing you to ingest thicker liquids. In addition to the above, you can now also have the following thick liquids and creamy soft foods without solids in them:

* Protein shakes
* Thicker sugar-free, pulp-free, uncarbonated beverages
* Greek yogurt
* Cream of wheat
* Creamy soups
* Applesauce
* Sugar-free pudding
* Sugar-free ice cream

**The Third Week After Gastric Sleeve Surgery**

Three weeks after gastric sleeve surgery you will be able ingest pureed foods and very soft foods. Your stomach will adjust to full solids during this period. This includes the following:

* Eggs
* Well-cooked beans
* Fat-free cottage cheese
* Hummus
* Ground meats
* Fish
* Soft fruits

**The Fourth Week After Gastric Sleeve Surgery**

By the fourth week after your surgery, you will be able to return to select solid foods. You should take things slow, however, and work on soft solids first. Foods you can add by week four include:

* Lean meats
* Potatoes
* Cooked vegetables

Always be sure to chew thoroughly to makes sure the food is easy on your stomach.

**Foods and Beverages to Avoid**

Bariatric surgery patients should avoid the following foods and beverages for the years to come. This will help prevent discomfort, dumping syndrome, and other issues with wellness.

* Soda
* Beer
* Champagne
* Sweetened beverages
* Fibrous foods such as broccoli, asparagus, and celery
* High-carb foods such as breads, pastas, and cereals
* Dried meats and fruits
* Fried foods
* Candy
* Desserts
* Whole-fat dairy products
* Nuts
* Seeds

**Drink Water Between Meals**

Rather than drinking water with meals, you will want to drink water between meals. Hydration is essential, and given your smaller stomach size and need for several meals each day, it’s going to be very important that you not take up stomach space with liquid while you are eating.

## Contact Procedures In Mexico

For more information about bariatric surgery procedures and how our team can help you, be sure to [contact our team of weight loss surgery specialists](https://www.weightlossmexico.com/contact). We can provide answers to any questions you may have. Contact our office directly by calling (801)623-0419.