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Gastric Bypass Recovery Diet

If you have recently had gastric bypass surgery then you are probably seeking a gastric bypass recovery diet. Unfortunately, there are few resources available for this purpose. So there is a huge demand for a diet plan for post-surgery recovery. The most important aspect to keep in mind when recovering from the surgery is what foods to eat. Obviously, after gastric bypass surgery you need to radically modify your diet, including both what and when you eat.

Since there are so few resources available online about a gastric bypass recovery diet and such a large demand, we thought it would be appropriate to post to this blog regarding a diet plan for those who have undergone gastric bypass surgery. Please remember that this post is not medical advice nor should it replace professional medical advice. This diet is merely a guide for those recovering from gastric bypass surgery. Remember that everyone will have slightly different requirements. For this reason it is crucial to consult your doctor or medical health professional for advice on the best diet for you. Before using these suggestions below, you should also ensure that medications you currently take will not interfere in any way with the diet or your recovery.

Upon release from hospital it's important to immediately begin your gastric bypass recovery diet. Initially, your diet will consist of fluids. Any liquid based foods will be appropriate for you to consume. Some recommended foods at this stage of a gastric bypass recovery diet include:

- Water
- Juice
- Milk
- Protein shakes
- Cooked cereals such as oats and porridge
- Broth
- Strained soup

These provide an important part of the recovery process. The stage of the gastric bypass recovery diet typically lasts for one to three days. You may extend this stage if required or if you believe it is necessary (i.e. you don't feel ready for more solid food). Every individual will have a different recovery period. It's important not to rush your recovery; you should permit yourself as much time as required.

The second stage of the gastric bypass recovery diet consists primarily of pureed foods. These are foods which have a creamy paste or thick liquid consistency and will not contain chunky pieces of any type. Some people actually consume baby food at this stage of the diet. Small cans and jars of baby food provide appropriate portion sizes in a wide variety of flavours. They are high in nutrients while being low in sugar and sodium making them an almost ideal alternative to traditional foods. Of course, you could prepare a traditional 'meat and three vegies' meal and puree it then divide it into small portions

This could be construed as the most important stage of a gastric bypass recovery diet. This stage should last for at least three to four weeks. Some individuals who recover faster will only need to maintain this stage of the gastric bypass recovery diet for three weeks. However, others who don't recover as rapidly may be required to continue this diet for even longer than four weeks. It is recommended that you consult your physician or medical health professional 2 or 3 weeks into this stage of the diet. Your doctor should have some idea of how well you are recovering and can instruct you regarding how long to carry on with your gastric bypass recovery diet.

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