

Poorly Tolerated Foods

In the first 6 to 12 weeks after weight-loss surgery, avoid:

- Spicy foods (e.g., curry, salsa, chili peppers)
- Acidic foods (e.g., tomato sauce)
- Rice, pasta, bread, and other sticky or doughy foods
- Stringy and fibrous foods, such as coconut, corn, popcorn, and whole beans or seeds
- Stringy vegetables, such as celery or asparagus stalks
- Carbonated beverages, such as soda and sparkling water
- Bran cereals
- Dried fruits, seeds, and skins of fruit
- Dry meats, chicken, or fish (should be moistened with a light sauce or broth)
- Sugary foods, including undiluted fruit juice, cookies, candies, other sweets, and sauces and condiments that contain sugar or other sweeteners—these foods should be avoided for the long term
- Caffeine—foods and beverages with caffeine should be avoided or restricted for the long term
- Alcohol

As more time passes following your weight-loss surgery, add new foods cautiously (e.g., try only one bite at first). Some foods will swell in your pouch. If you eat too much of them, you will feel extreme pain.