

Common Food Intolerances

Avoid the following in the first 6 to 12 weeks after weight-loss surgery:

- Spicy foods (such as curry, salsa, or cayenne pepper)
- Acidic foods (such as 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 or sparkling water
- Bran cereals
- Dried fruits, seeds, and skins of fruit
- Dry meat, chicken, or fish (these foods should be moistened with a light sauce or broth)
- Sugary foods, including undiluted fruit juice, cookies, candies, and other sweets (be aware of sugar in sauces and condiments and continue to avoid sugary foods over the long term)
- Caffeine

After the initial 6- to 12-week period passes, add new foods cautiously (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.