

## **General Bariatric Nutrition Requirements**

### ***Mechanics of Eating and Drinking***

- Eat slowly, taking 30 minutes to complete a meal.
- Chew your food until it achieves the consistency of a purée.
- Take small sips, not gulps, when drinking.
- Don't eat and drink at the same time. Wait at least 30 minutes after eating to drink.
- Keep your food or beverage covered if you are experiencing aversions to certain odors. If you experience smell aversions to beverages, use cups with lids or use a sippy cup. If you experience a smell aversion to food, keep food covered with a napkin or lid in between taking bites. Allowing food to cool to room temperature also helps to minimize odors.
- Don't chew gum, and don't use straws when drinking fluids.
- Maintain a consistent eating pattern.
- Don't skip meals, and eat three meals each day.
- Avoid grazing and mindless eating.

### ***Additional General Nutrition Recommendations***

- Avoid carbonated beverages, caffeine and caffeinated beverages, and alcohol.
- Consume lactose-free dairy products if necessary.
- Avoid natural sugars or limit your intake.
- Drink at least 1.5 L (roughly 50 to 64 oz) of sugar-free beverages per day.
- Avoid spicy foods until you can tolerate them.