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Food Guide

Yes ● No ○		Post Procedure	Day 0-3	Day 4-14	Weeks 3-4	Weeks 5-6
Clear liquids, low in sugar		Water (non-carbonated)	●	●	●	●
		Milk, decaffeinated tea, caffeine free drinks	●	●	●	●
		Diet and decaffeinated drinks, diluted electrolyte drinks	●	●	●	●
		Broth of any kind, strained soups (not tomato based)	●	●	●	●
		Diluted, light or diet apple or white grape juice	●	●	●	●
		Non-acidic fruit or vegetable juice (without chunks)	●	●	●	●
		Liquid puddings and creams	●	●	●	●
		Sherbets, ice-creams, milk shakes (without chunks)	●	●	●	●
Full liquids		Drinkable yogurt (no chunks)	○	●	●	●
		Protein-enriched commercially available shakes	○	●	●	●
		Very liquid, potato-based mash	○	●	●	●
		Non-stringy vegetable mash	○	●	●	●
		Baby food	○	●	●	●
Soft texture, low fat food		Cottage cheese	○	○	●	●
		Oatmeal	○	○	●	●
		Well-cooked & pureed vegetables (mashed potatoes)	○	○	●	●
		Canned fruit (without skins)	○	○	●	●
		Bananas, melons, berries	○	○	●	●
		Soft eggs, tofu	○	○	●	●
		Moist, mashed boneless fish	○	○	●	●
		Well-cooked lean ground food (e.g. turkey)	○	○	●	●
Medium texture food		Small soft noodles	○	○	○	●
		Non-sticky rice	○	○	○	●
		Cereals (softened in milk)	○	○	○	●
		Soft cheeses	○	○	○	●