

CCN - Bariatric Surgery & Weight-Loss Surgery Nutrition Programme

Our comprehensive programme provides structured medical nutrition essential for a successful bariatric journey. We focus on ensuring safe weight loss, optimal healing, maintaining micronutrient balance, and supporting long-term success after bariatric surgery.

Our expert nutritional care is thoughtfully tailored to Indian dietary preferences, providing culturally relevant and effective guidance every step of the way.



Safe Weight Loss

Achieve sustainable and healthy weight reduction through personalized nutritional plans.



Optimal Healing

Support your body's recovery with nutrition designed to promote rapid healing post-surgery.



Micronutrient Balance

Prevent deficiencies and ensure essential nutrients are maintained for overall well-being.



Long-term Success

Develop sustainable eating habits for lasting results and a healthier future.

Why Bariatric Patients Need Specialised Nutrition



According to **Krause's Bariatric Nutrition Guidelines**, ASMBS, and clinical MNT protocols, nutrition is the cornerstone of bariatric success. Proper nutritional support determines both immediate recovery and long-term outcomes.

Bariatric nutrition accounts for 50% of surgical success. The correct diet means fewer complications and faster recovery.

Safe Weight Loss

Structured protocols for healthy, sustainable weight reduction

Prevent Deficiencies

Comprehensive micronutrient monitoring and supplementation

Support Healing

Optimised nutrition for wound recovery and tissue repair

Preserve Muscle

Protein-rich protocols to maintain lean body mass

Our programme addresses critical post-surgical challenges including managing nausea, vomiting, and dumping syndrome, reducing hair fall and fatigue, maintaining proper hydration, and ensuring you achieve lasting nutritional success. We cover all bariatric procedures: Gastric Sleeve (LSG), Gastric Bypass (RYGB), Mini-Gastric Bypass (OAGB), Gastric Balloon, Gastric Band, and revision surgeries with complete pre and post-operative care.



Comprehensive Bariatric Nutrition Assessment

Every patient receives a thorough evaluation covering all aspects of post-bariatric nutrition. Our clinical assessment forms the foundation for your personalised nutrition plan.

Surgery & Recovery Status

- Surgery type and date documentation
- Current diet stage (liquid, pureed, soft, solid)
- Nausea and vomiting episode tracking
- Dumping syndrome tendency assessment

Physical Health Indicators

- Hair fall and skin health screening
- Hydration level evaluation
- Stool pattern analysis
- Muscle mass and weakness assessment

Nutritional Screening

- Vitamin and mineral deficiency checks
- Blood test monitoring protocols
- Emotional eating pattern identification
- Food tolerance mapping

Protein Optimisation

Goal: **60–90 g daily**

- Indian bariatric protein foods
- Shakes and supplements
- Muscle-loss prevention

Micronutrient Management

Daily monitoring of:

- Vitamin B12 & D3
- Iron, folate, calcium
- Zinc and Omega-3

GI Symptom Solutions

- Dumping syndrome protocol
- Reflux management
- Constipation and bloating
- Food intolerance correction

3-Month Bariatric Nutrition Programme

Ideal for early post-surgery recovery during the critical first 12 weeks. This comprehensive package guides you through each stage of dietary progression with expert support.

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Month 1 – Healing & Safe Liquid to Soft Progression

Clear and full liquids, hydration plan, reflux and nausea management, micronutrient initiation, protein starter plan. Includes 4 consultations with weekly meal plans.



Daily WhatsApp Guidance

Portion doubts, what to drink and eat, nausea and GERD corrections, protein reminders

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Month 2 – Soft Diet & Strength Recovery

Pureed to soft transition, protein intake 60–80g daily, hair fall prevention diet, sugar control, gut stability support. Includes 4 consultations.



Weekly Monitoring Dashboard

Weight loss trend, hydration tracking, protein intake audit, energy levels, muscle strength, hair and skin health

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Month 3 – Normal Bariatric Diet & Weight Loss Phase

Solid food reintroduction, portion behaviour training, long-term weight-loss foods, eating-out bariatric-safe guide, final 3-month progress report.



Emotional Eating Support

Mindful eating, craving correction, stress-eating reduction, body image counselling

6-Month Advanced Bariatric & Metabolic Health Programme

Ideal for major weight loss goals, revision surgery, or patients with diabetes, thyroid issues, or PCOD. This extended programme provides comprehensive support through every stage of your transformation journey.



Phase 1 (Months 1–2): Stabilise & Heal

Liquid to soft progression, protein initiation, micronutrient correction, severe hunger control, dumping prevention protocols



Phase 2 (Months 3–4): Weight Loss Acceleration

Metabolic-boosting bariatric meals, anti-inflammatory foods, insulin resistance correction, structured exercise nutrition, emotional eating correction



Phase 3 (Months 5–6): Long-Term Maintenance

Sustainable bariatric diet, high-protein lean body plan, gut health repair, skin and hair nourishment, comprehensive 6-month progress report, long-term maintenance guide

Programme Benefits

- Metabolic health optimisation
- Diabetes and thyroid management
- PCOD symptom improvement
- Comprehensive blood work monitoring
- Advanced body composition analysis
- Psychological nutrition support



Why Choose CCN Bariatric Nutrition Programme

Our doctor-led bariatric nutrition programme combines clinical expertise with cultural understanding, delivering personalised care that fits your lifestyle and ensures lasting success.



Doctor-Led Expertise

Stage-wise personalised diet plans based on clinical protocols and ASMBS guidelines



Complete Optimisation

Protein, vitamin, and mineral management with regular monitoring



Indian Home-Friendly

Bariatric meals adapted to Indian tastes and ingredients

Dumping & Reflux Management

Evidence-based protocols to prevent and manage post-surgical complications

Weight-Loss Strategy

Scientifically designed plans for safe, sustainable weight reduction

Long-Term Habit Building

Psychological and emotional nutrition support for lasting lifestyle change

Prevents Complications & Deficiencies

Our comprehensive approach ensures you avoid common post-bariatric challenges including nutrient deficiencies, hair loss, muscle wasting, and regain. With daily WhatsApp guidance and regular monitoring, you're never alone on your journey to better health.

[Start Your Bariatric Nutrition Journey](#)

[Schedule a Consultation](#)