



Surgical Transition Diet | Eating Fit

The [post-surgical transition diet](#) includes liquids and easily tolerated soft solid foods. During the soft diet, continue to: Incorporate high protein foods into your diet plan and consume them first at meals.



Eating FitTM
Nutrition | Fitness | Mindset

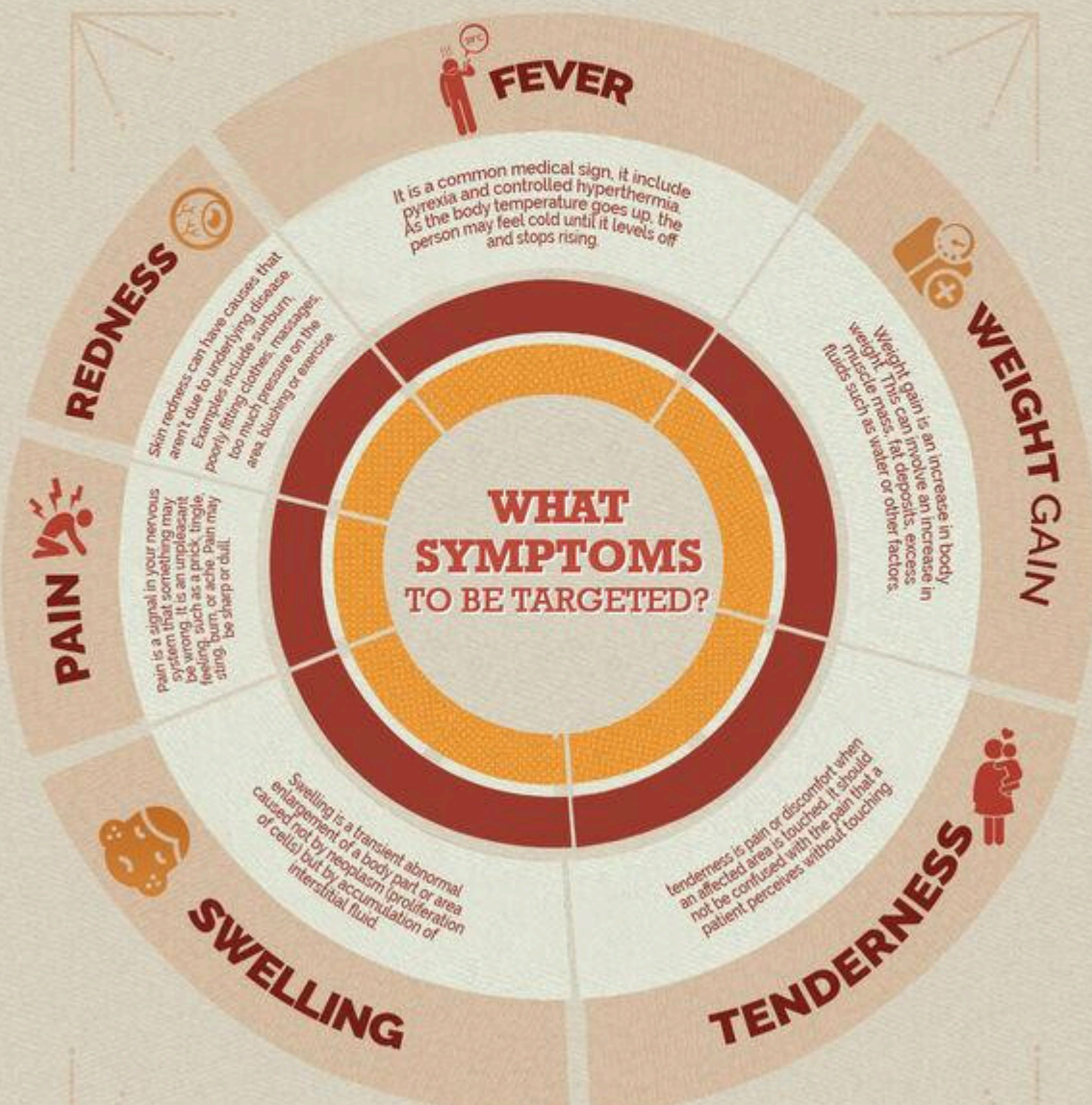


Surgical Transition Diet

HOW'S DIET HELPS YOU?



Diet helps you what you choose to eat, and what you choose not to eat, are factors in warding off many leading illnesses and diseases. **Food choices** make a huge impact on how you feel today, tomorrow and what the future holds in terms of promoting and maintaining good health.



What Probable results you will get?

- Helps in take care of body weight
- Decrease health issues
- Enhanced immunity and metabolism



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