

## **Bariatric Liquid Diet**

### *Instructions to follow at home after bariatric surgery*

*Maintaining good nutrition is an important part of the healing process. This handout explains your food plan and daily routine until your first follow-up visit in the Weight Loss Management Center.*

#### **First 1 to 2 Days in the Hospital**

- Your nurse will encourage you to slowly sip water from a 1-ounce medicine cup over 15 minutes.
- Once you tolerate water, you will be advanced to the Bariatric Liquid Diet.



#### **Bariatric Liquid Diet**

##### **Starting Day 1 or Day 2**

- All food is blended until thin, perfectly smooth, and easy to pour.
- Most food choices should be high in protein or protein shakes.
- **You will stay on the Bariatric Liquid Diet until your first follow-up visit.**



#### **Your Daily Nutrition Goals At Home**

<p><b>64 oz. hydrating liquids</b> <i>This is your most important goal.</i></p>	<p>At least 8 oz., sipped between protein liquids. See “Bariatric Hydrating Liquids” handout.</p>
<p><b>60 grams liquid-type protein</b> <i>Please note that scales measure only the weight of the food portion, not the nutritional grams of protein.</i></p>	<p>At least 10 grams protein in each liquid meal. Use your calorie tracking app, if you have it.</p>



*Your blended proteins must be thin, smooth, and easy to pour.*

## Choosing and Preparing Foods

- **All** foods, except smooth yogurt, pudding, or cream of wheat, **must** be put in a blender or food processor.
  - If blended food is too thick, it can cause pain and make you feel very full quickly.
  - Add soft-cooked food to blender with milk or bone broth to make it easy to pour.
  - Add blended chicken, beef, ham, or turkey baby food to soup.
  - **No solid pieces or chunks.** Use a mesh strainer or cheesecloth to strain all solids out of the liquid.
- Choose blended proteins first, before choosing blended vegetables or blended fruits.
- Half of a protein shake makes a quick and easy meal.

## Amounts

- **Each meal is no more than 4 oz. (½ cup) total.**
- You may only be able to tolerate a very small amount at first. Go slow and increase as you can, to reach **your goal of ½ cup over ½ hour (30 minutes).**



*Sip 4 oz. (½ cup) high-protein liquids over 30 minutes, 4 to 6 times a day.*



*Use baby spoons to help you take small amounts.*

## High-protein Shakes and Powders

See the handout “Bariatric Protein Supplements” for more ideas.

## Examples of How to Reach 60 g Protein Each Day

- Eat 9 servings of the proteins listed below in your meals for the day.
- Sip  $\frac{1}{2}$  of a protein shake that contains 30 g protein, 4 times during the day. Your total for the day will be 2 shakes.
- Sip  $\frac{1}{2}$  of a protein shake that contains 30 g protein for 2 meals. For the other meals, try 4 servings from the list below.

To help keep track of how much protein you are eating:

- Use your calorie tracking app to add the numbers.
- Or, use the charts in the “Tracking Bariatric Liquids” handout.

## Food Servings That Provide 7 Grams of Protein

Here are some examples of food servings that contain 7 grams of protein:

<b>Food</b>	<b>Serving size with 7 grams of protein</b>
Blended water-packed tuna	$\frac{1}{8}$ cup (1 oz.)
Blended salmon or white fish (steamed or poached)	$\frac{1}{8}$ cup (1 oz.)
Blended cottage cheese	$\frac{1}{4}$ cup (2 oz.)
Blended soft cheese	$\frac{1}{8}$ cup (1 oz.)
“Strained” baby food meats: turkey, beef, or ham	$\frac{1}{4}$ cup (2 oz.) = 1 jar
Plain Greek yogurt (no fruit added)	$\frac{1}{2}$ cup (4 oz.)
Cream of wheat or cream of rice cereal, made with FairLife milk instead of water	$\frac{1}{2}$ cup (4 oz.)
Silken tofu	$\frac{1}{3}$ cup (3 oz.)
Blended and strained pea, lentil, or bean soup with added protein powder	$\frac{1}{2}$ cup (4 oz.)



*Use your day planner or phone to set up your daily plan.*

## Planning for the Day

- Use a day planner or your phone to set up a daily nutrition plan.
- Set timers or alarms on your phone or Baritastic app for meals every 3 hours.
- Schedule 5 to 6 liquid meals containing protein.
- Schedule at least 8 oz. hydrating liquids between each meal.

## Sample Plan for 1 Meal and Hydration Cycle

Repeat these steps every 3 hours over the course of the day:

<b>8 to 8:30 a.m.</b>	Meal #1
<b>8:30 to 9 a.m.</b>	Nothing to drink or eat
<b>9 to 10:30 a.m.</b>	Hydrating liquids
<b>10:30 to 11 a.m.</b>	Nothing to drink or eat

## Sample Day Menu for Home Blended Diet

<b>Meal #1</b>	4 oz. cream of wheat or cream of rice, made with added protein powder or part of a protein shake	
<b>Between Meals</b>	30 minutes	Nothing
	<b>1½ hours</b>	<b>12 oz. Propel or similar</b>
	30 minutes	Nothing
<b>Meal #2</b>	4 oz. protein shake	
Follow the same “Between Meals” pattern above for the rest of the day.		
<b>Meal #3</b>	4 oz. lentil soup (blended) with added protein powder	
<b>Meal #4</b>	4 oz. plain Greek yogurt	
<b>Meal #5</b>	2 oz. chicken, pork, or fish blended with bone broth or Fairlife milk until thin and easy to pour 1 oz. blended carrots or other vegetable	
<b>Meal #6</b>	4 oz. high-protein shake	

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management  
Center: 206.598.2274

### Important!

- Even if you feel good, **do not change your diet textures.** Your surgeon will tell you when it is safe to advance to the next stage of your diet.
- **Do not** take vitamins or minerals the first few weeks after surgery. Wait until your surgeon says it is OK at your first follow-up visit at the Weight Loss Management Center.