

The Liquid List

Presurgery to Stage 2 or Day 0-14

Protein goals: 80-120g per day

Fluid goals: 64oz. per day (in addition to protein shakes)

Clear Liquids (during your hospital stay)

IMPORTANT: Clear liquids are required in the hospital, you may transition to full liquids upon returning home.

Hydration

Recommended for Long Term Use:

- Water
- Chicken, beef, or vegetable broth
- Decaffeinated herbal teas (no sugar added)
- Decaffeinated coffee (no sugar added)
- Hint water/Dasani flavored water
- True Lemon flavor packets
- Protein water

* Choose drinks with less than 5 calories per serving and avoid sugar/sugar alcohols

Recommended for Short Term Use:

- MiO drops
- Sugar-free drink mix (such as Kool-Aid)
- Gatorade Zero or Powerade Zero
- Vitamin Water Zero
- Sugar-free gelatin or Jell-O (not pudding)
- Sugar-free popsicles
- Crystal Light
- Clear diet juice (such as cranberry)
 - Less than 5g of sugar/serving

* Artificial sweeteners are not recommended for long-term use

Protein (clear liquid)

- Premier protein clear
- Protein 20 (**Available in Office**)
- Protein 20 Plant Protein Water
- Syntrax Nectar protein powder
- Isopure liquid protein
- Healthwise high protein fruit drink
- Healthwise sugar-free protein drink
- Healthwise bouillon
- New Whey 42 liquid protein
- Bariatric Advantage Clearly Protein drink

Full Protein Liquids

- Bruce Bariatrics Protein Powder
- Premiere Protein Shake
- Fairlife Core Power Protein Shake
- Pure Protein Protein Shake
- Plant-Based Protein Powders
 - *please use Wonderslim



NEED TO AVOID: carbonation, sugar, caffeine, alcohol, straws, and gum