

# 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**

# Post Op Liquid Diet

Presurgery to Stage 2 or Day 0-14

## Full Liquids Protocol (when you return home)

- Begin your B complex vitamin when you return from the hospital (you can stop taking this when you begin the multivitamin).
- Drink liquids in no more than 1-ounce portions every 15 minutes.
- Drink about 1 ounce of protein-fortified liquids each hour. During the rest of the hour, sip on non-protein fortified liquids every 15 minutes (see long-term clear liquids list).
- Aim to drink 2-4 ounces of fluid every hour. (see full protein liquids list)
- Opt for shakes with 15-30g of protein, <5g of sugar, and <5g of fat per serving
- Strained cream soups

\* Whey protein isolate and soy protein isolate are the highest-quality protein supplements

### Be aware, signs of dehydration include:

- Signs of dehydration include reduced frequency of urination, darker colors of urine, headaches, dry mouth, feelings of thirst, and dry skin.
- Monitor your urine frequency and color. Aim for pale yellow urine to assure proper hydration.

### Did you know?

- Sugar can be hidden in food labels such as: honey, agave, sucrose, dextrose, lactose, corn syrup or high fructose corn syrup, molasses, caramel, fruit juice or fruit juice concentrate, sorghum syrup, sucanat, maple syrup, barley malt or malt syrup, brown rice syrup, maltose, fructose, d-ribose, galactose, and sugar alcohols (xylitol, erythritol, sorbitol, maltitol, mannitol, and isomalt)



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