Bariatric Diet: Tracking Liquids

This handout gives instructions for tracking the liquids you drink until you return to the Weight Loss Management Center for your clinic visit.

How to Use the Tracking Charts

- In the table on the left side of the page, keep track of **ALL hydrating liquids** you finish.
- In the table on the right side of the page, keep track of **ALL protein liquids** you finish.
- Write down the ounces (oz.) of liquids you finish each hour. See the example below of how to record your intake.
- Bring your records to your first clinic visit after surgery.
- Blank tracking charts are on the next page. Make copies of the blank charts or create your own.
- Or, you can use the Baritastic app to track liquids and protein.

**Example**

Record **hydrating liquids** in the table on the left. Record **protein liquids** in the table on the right.

<table>
<thead>
<tr>
<th>Date</th>
<th>HYDRATING Liquids</th>
<th>Amount</th>
<th>PROTEIN Liquids</th>
<th>Amount</th>
<th>Grams protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 to 7:30 a.m.</td>
<td>Flavored water</td>
<td>4 oz.</td>
<td>Protein shake</td>
<td>4 oz.</td>
<td>11</td>
</tr>
<tr>
<td>9 to 10 a.m.</td>
<td>Flavored water</td>
<td>8 oz.</td>
<td>Plain Greek yogurt</td>
<td>½ cup</td>
<td>10</td>
</tr>
<tr>
<td>10 to 10:30 a.m.</td>
<td>Propel</td>
<td>4 oz.</td>
<td>Protein shake</td>
<td>½</td>
<td>15</td>
</tr>
<tr>
<td>12 to 1 p.m.</td>
<td>Propel</td>
<td>8 oz.</td>
<td>Protein shake</td>
<td>½</td>
<td>15</td>
</tr>
<tr>
<td>1 to 1:30 p.m.</td>
<td>Sugar-free Jell-O</td>
<td>½ cup</td>
<td>Protein powder added to lentil soup</td>
<td>½ cup</td>
<td>10</td>
</tr>
<tr>
<td>3 to 4 p.m.</td>
<td>Flavored water</td>
<td>8 oz.</td>
<td></td>
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<tr>
<td>4 to 4:30 p.m.</td>
<td>Powerade Zero</td>
<td>4 oz.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>6 to 7:30 p.m.</td>
<td>Propel</td>
<td>12 oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 to 10:30 p.m.</td>
<td>Powerade Zero</td>
<td>12 oz.</td>
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<tr>
<td>Day total</td>
<td></td>
<td>64 oz.</td>
<td></td>
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<tr>
<td>Day total</td>
<td></td>
<td>61</td>
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<td>Date</td>
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<tr>
<th>Time</th>
<th>HYDRATING Liquids</th>
<th>Amount</th>
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<th>Time</th>
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<th>Amount</th>
<th>Grams Protein</th>
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