



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.

Date 1/1/19

Time	HYDRATING Liquids	Amount
7 to 7:30 a.m.	Flavored water	4 oz.
9 to 10 a.m.	Flavored water	8 oz.
10 to 10:30 a.m.	Propel	4 oz.
12 to 1 p.m.	Propel	8 oz.
1 to 1:30 p.m.	Sugar-free Jell-O	½ cup
3 to 4 p.m.	Flavored water	8 oz.
4 to 4:30 p.m.	Powerade Zero	4 oz.
6 to 7:30 p.m.	Propel	12 oz.
9 to 10:30 p.m.	Powerade Zero	12 oz.
	Day total	64 oz.

Time	PROTEIN Liquids	Amount	Grams protein
8 to 8:30 a.m.	Protein shake	4 oz.	11
11 to 11:30 a.m.	Plain Greek yogurt	½ cup	10
2 to 2:30 p.m.	Protein shake	½	15
5 to 5:30 p.m.	Protein shake	½	15
8 to 8:30 p.m.	Protein powder added to lentil soup	½ cup	10
	Day total		61

