

Bariatric Diet: Tracking Your Liquids

After weight loss surgery, you might not feel hungry or thirsty, but your body needs food and water to heal. The best way to stay on track is to write down everything you drink! This handout will show you how to track your liquids.

How to Use Your Tracking Charts

- **Your Daily Goals:** Your daily goal is 60 ounces of hydrating liquid and 60 grams of protein.
- **Choose how you want to track:** You can use the paper charts on the next page, make copies of them, or write records in a notebook. You can also use a phone app called **Baritastic** instead.
- **Write down your drinks every hour:** Every time you finish a drink, write down how many ounces (oz.) you had. If it was a protein meal, write down the grams (g) of protein, too. Look at the example chart below to see how to do it. Use the table on the **left side** for all water and hydrating liquids. Use the table on the **right side** for all protein liquids.
- **Bring your charts to the clinic:** Keep tracking your goals every day. Bring your completed charts or your phone app records with you to your first doctor's visit after surgery.

Example:

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.	Gatorade Zero	4 oz.
12 to 1 p.m.	Gatorade Zero	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.	Infused water	10 oz.
9 to 10:30 p.m.	Powerade Zero	10 oz.
Day Total		60 oz.

Time	Protein Liquids	Amount	Grams of Protein
8 to 8:30 a.m.	Protein shake	4 oz.	11 g
11 to 11:30 a.m.	Plain Greek yogurt	½ cup	10 g
2 to 2:30 p.m.	Protein shake	½ (5.5 oz)	15 g
5 to 5:30 p.m.	Protein shake	½	15 g
8 to 8:30 p.m.	Protein powder added to lentil soup	½ cup	10 g
Day Total		21.5 oz.	61 g



Scan for a
digital copy of
this handout.

Date: _____

Record hydrating liquids below:

Time	Hydrating Liquids	Amount
Day Total		

Record protein liquids below:

Time	Protein Liquids	Amount	Grams of Protein
Day Total			