

Bariatric Liquid Diet Summary

This handout explains how to follow a liquid diet after weight loss surgery by slowly sipping 4 to 5 small protein meals and 8 cups of water daily. To heal safely, keep your food and drinks separate by waiting 30 minutes before and after eating, and do not take vitamins until your next doctor's visit.

Liquid Protein Meals

Slowly sip 4 to 5 liquid protein meals each day. Each meal is $\frac{1}{2}$ cup of smooth blended protein, sipped over 30 minutes. The liquid should be thin and smooth like milk.

Try:

- Blended chicken, fish, or cottage cheese
- Blended silken tofu made with added protein powder
- Plain yogurt with no fruit pieces
- 4-5 ounces of a smooth protein shake.
 - Your shake should have 15-30 grams of protein and less than 7 grams total carbohydrate.



Your liquid meals should pour like milk.

Hydrating Liquids

- Do **not** drink anything for **30 minutes before and after** each meal.
- **Drink at least 1 cup** (8 ounces) of hydrating liquids each hour, between meals.
 - Try flavored water, diet Jell-O, diet popsicles, water infusion, and alkaline water.
 - Drinks with protein or caffeine drinks are **not** hydrating liquids.

Example of 1 Cycle

Repeat this cycle every 3-4 hours during the day:

- **9 to 9:30 a.m** ----- 4 ounces ($\frac{1}{2}$ cup) blended cottage cheese (15 grams protein)
- **9:30 to 10 a.m** ----- Do not eat or drink anything for 30 minutes
- **10 to 11:30 a.m** ----- 8 to 12 ounces ($1\frac{1}{2}$ cup) hydrating liquids – sip 2 ounces every 15 minutes
- **11:30 a.m. to 12 noon** ----- Do not eat or drink anything for 30 minutes



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this handout.

Daily Goals

- Slowly sip a total of 60 ounces (8 cups, or a daily total of 4 bottles of 16.9 ounces flavored water) between liquid meals.
- Slowly sip 15 grams of protein at each meal. Your goal is at least 60 grams of protein each day.

Until Your Follow-up Visit

- Do **NOT** take vitamins or minerals.
- Do **NOT** move on to the next diet texture.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **Center for Weight Loss and Metabolic Surgery:** 206.598.2274