

Learning Check: Your Bariatric Liquid Diet

*Use these questions to study and learn about your post-op liquid diet requirements.
A dietitian will go over this handout with you while you are in the hospital.*

1. To keep from getting dehydrated after surgery, I need to take small sips of at least 60 ounces of hydrating liquids that do not contain protein or caffeine each day.
☐ True ☐ False
2. I must slowly sip on ½ cup (4 ounces) over 30 minutes of either hydrating liquids or protein liquids to feel well.
☐ True ☐ False
3. I need to give my new stomach a 30-minute break between sipping hydrating liquids and sipping protein liquids.
☐ True ☐ False
4. I start the Bariatric Liquid Protein diet:
☐ 1 week after surgery.
☐ 2 weeks after surgery. I stay on this diet until I can easily eat a soft diet.
☐ 1 to 2 days after surgery, and I stay on this diet until my first clinic visit.
5. When I come home from the hospital, I will be on this type of diet texture only:
☐ Smooth-blended high-protein liquid foods (protein shakes, thin blended soft foods and soups, plain Greek yogurt, silken tofu)
☐ Clear liquids only (water, juice, Jell-O, broth)
☐ Soft foods (eggs, bread, rice, lunch meat, hamburger)
☐ Regular (salad, steak, pizza, fresh fruit and vegetables)
6. For the next few weeks, I need at least:
☐ 40 grams of protein a day
☐ 60 grams of protein a day
☐ 100 to 120 grams of protein a day
☐ 150 grams of protein a day



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digital copy of
this handout.*

7. I can also sip these high-protein liquids during the first few weeks after surgery (choose all that apply):
- ☐ Jell-O
 - ☐ Plain Greek yogurt or blended cottage cheese
 - ☐ Applesauce
 - ☐ Silken tofu blended with soy milk
8. I wait until I am given the ok, to start my bariatric vitamins.
- ☐ True ☐ False
9. It is NOT safe to change my diet texture to soft foods before I return for my follow-up visit after surgery.
- ☐ True ☐ False

Questions?
