

BARIATRICS

NUTRITION CLASS #2

FULL LIQUID DIET



Protein Shakes & Powders

- Many patients taste preferences change after surgery. Have several different brands and flavors on hand in case this happens to you.
- Chocolate, vanilla, unflavored protein powder, and chicken soup can be flavored to your liking.
- If you are lactose intolerant, choose a product made from soy, egg white, or plant based. You may be able to tolerate a whey protein isolate product. **READ THE LABELS.**

Greek Yogurts

- Greek yogurts come in a wide variety of flavors.
- No sugar added (<7 grams of sugar per serving)
- No added fruit/No chunks
- If you buy non-fat plain Greek yogurt (i.e., Fage, Oikos), try stirring in flavored protein powders (i.e., chocolate) SF syrups (i.e., DaVinci), stevia flavored drops (i.e., Sweet Leaf) to add variety of flavors.
- No regular yogurts. They are often high in sugar and low in protein.

Soups

- High protein soups (Brands: Unjury, Bariatric Advantage, BariWise, Bariatric Choice, WonderSlim)
- Liquid only soups (i.e., tomato, squash, carrot)
- Low-fat cream soups (i.e., chicken, mushroom, broccoli) strained not blended
- Add protein powder or nonfat plain Greek yogurt for extra protein

FULL LIQUID DIET GOALS

Habits	Target
Protein	80 grams a day
Meal consistency	Should be able to drink it (no chewing required & no blending or pureeing)
Number of mini-meals	4-6 per day (average 5/day) Allow 20-30 minutes for meals, no longer than 30 minutes.
Mindfulness	Small, pea-sized bites or sips
Fluids	64 oz a day, more if tolerated
Separate fluids from meals	Never drink with your meals. Wait 30+ minutes after your meals before drinking fluids again
Food records	Track protein grams and fluids throughout the day
Vitamins	Multivitamin (1 serving) Calcium Citrate with Vitamin D-1500 mg/day Vitamin D- 3000 IU Iron- 45 mg
Exercise	30 mins, 5 days per week

FULL LIQUID DIET MEAL PLAN

Time	Food/Beverages	Grams of Protein	Calories	Time (min)	Notes
8:00 am	11oz Premier Protein Shake	30	160	20-30	
8:25 am	10 oz water	0	0	30-60	
10:00 am	6 oz Oikos Triple Zero Yogurt-Cherry Flavor	15	100	20-30	
10:30 am	8 oz Premier Protein Water 8 oz water	10	45	30-60	
12:00 pm	11 oz Campbells Tomato soup with ½ scoop of Isopure protein powder (unflavored) 55 Cals, 12g	16	275	20-30	
12:40 pm	8 oz Premier Protein Water 8 oz water	15	45	30-60	
2:10 pm	6 oz Oikos Triple Zero Yogurt 4 oz Vitamin Water (sugar-free) 4 oz water	15	100	30-60	
3:00 pm	8 oz Kitchen Basics Bone Broth	10	50	20-30	
5:15 pm	8 oz Campbells Cream of Chicken with ½ scoop of Isopure protein powder (unflavored) 16 oz water	16	120	20-30	
7:00 pm	8 oz herbal tea	0	0	30-60	
Totals	Total Fluids: 124 oz	127	895		