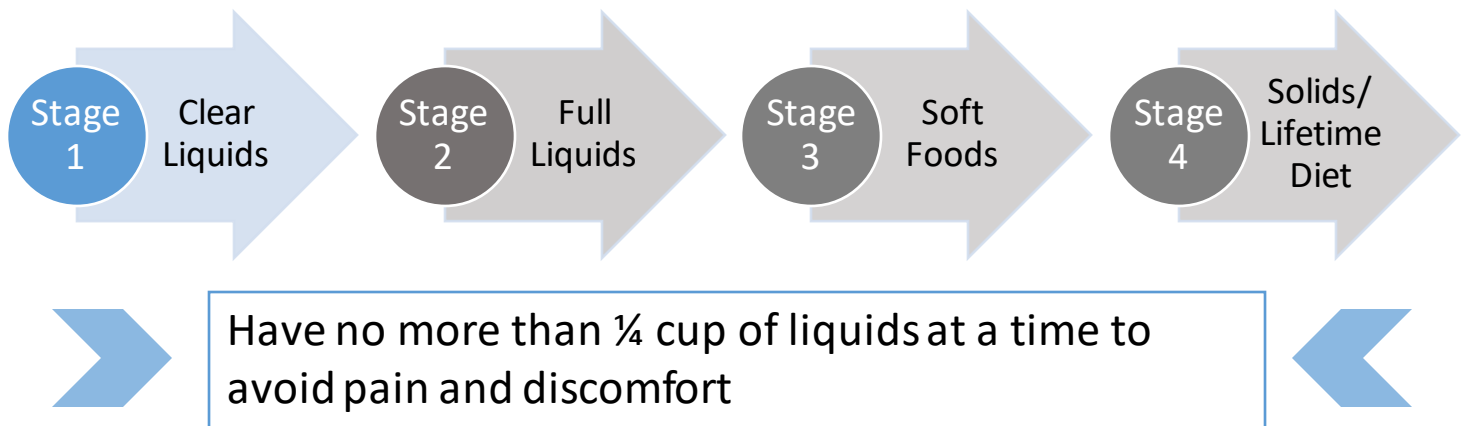


Bariatric Diet Phase 1: Clear Liquid Menu

This is the first stage of a diet in a series of four stages to promote healing after bariatric surgery and minimize complications. Stage 1 includes clear liquids for 1-2 days after surgery.



Choose from:

Chicken Broth
Vegetable Broth

Diet Jello

Diet Cranberry Juice
Herbal Tea
Decaf Coffee
Water

Salt
Pepper
Mrs. Dash

Tip: Sip fluids throughout the day to stay hydrated