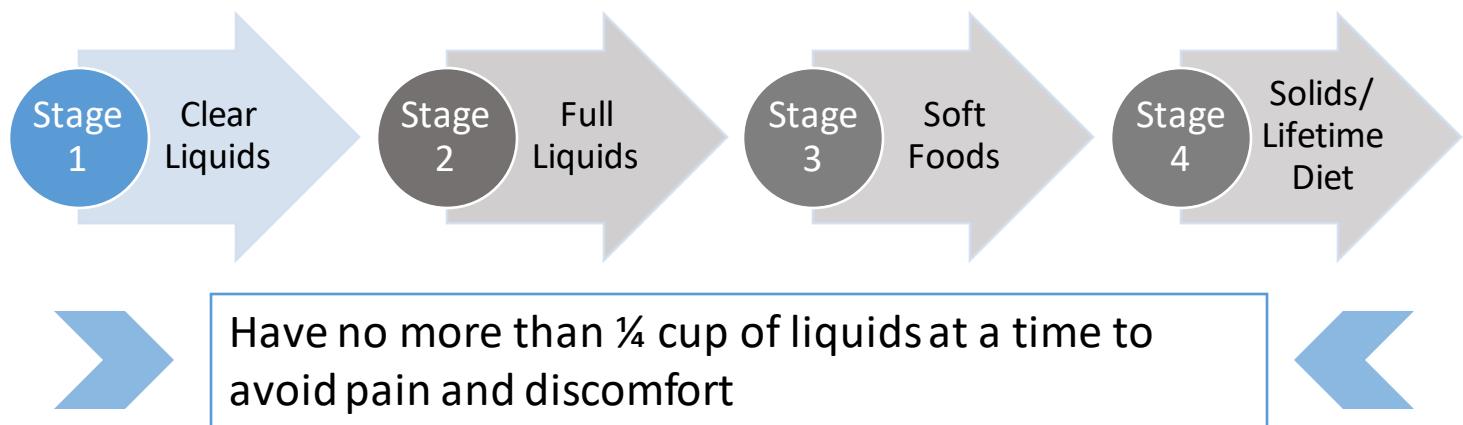


Bariatric Diet Phase 1: Clear Liquid Menu

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

Diet Cranberry Juice

Vegetable Broth

Herbal Tea

Diet Jello

Decaf Coffee

Water

Salt

Tip: Sip fluids throughout the day to stay hydrated

Pepper

Mrs. Dash