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.

Tip: Sip fluids throughout the day to stay hydrated

Have no more than ¼ cup of liquids at a time to avoid pain and discomfort

Choose from:

- Beef Broth
- Chicken Broth
- Vegetable Broth
- Diet Jello
- Salt
- Pepper
- Mrs. Dash
- Diet Cranberry Juice
- Herbal Tea
- Decaf Coffee
- Zero Sugar Gatorade
- Water