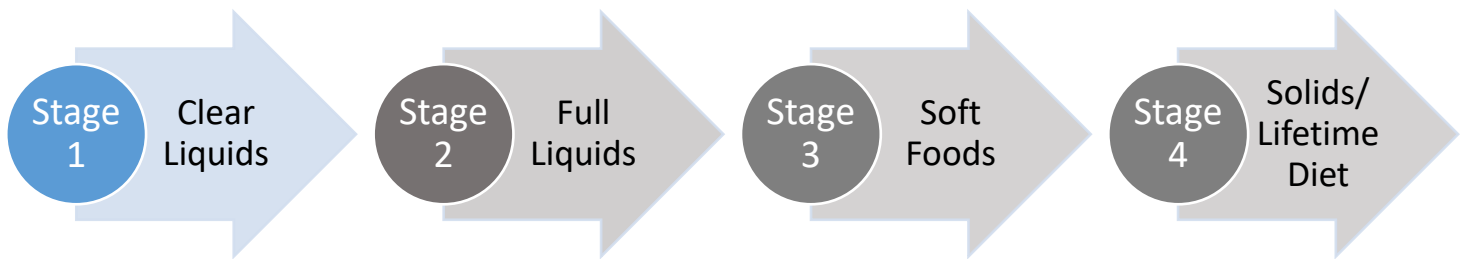


Bariatric Diet Phase 1: Clear Liquid Menu

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.



Have no more than $\frac{1}{4}$ 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

Tip: Sip fluids throughout the day to stay hydrated