

Visit # 6 - Ask how changing diet habits are going, next habits they want to change

Complete	Topics to discuss	Education materials / Resources
	Discuss concerns	
	Review food diary	
	check supp. Clear/full liquids	Have pt explain and how they will use
	check vitamin and supplements	Have pt explain and how they will use
	PATIENT IS THE TEACHER	Education materials / Resources
	Review- pt to be able to explain general guidelines	Binder Materials; OVERVIEW SECTION, pg 2
	Review-pt to read label and detail a healthy choice	
	Discuss post op diet- clear liquid inpatient	Visit #6 folder- Refrigerator sheet
	Patient Homework	Education materials / Resources
	Food diary	Bring to Dr. Andrew's appointment

Bariatric Clear Liquid Diet

Sugar free liquids include: water, sugar-free Jello®, broth or bouillon, sugar-free popsicle, decaffeinated coffee or tea, low calorie or no sugar added juices (apple, grape, cranberry)- **limit ½ cup per day**, whey protein supplements (Isopure®, Syntrax-Nectar® or Unjury®) -mix with water or crystal light.

Consume 4 ounces every hour and add protein through the day in order to meet your daily protein goal.

+Clear Liquid Diet Sample Menu		
	Food items	Examples
	2 Tbsp. broth 4 Tbsp. no sugar added juice 2 Tbsp. sugar-free Jello®	0 0 1
	1 cup clear liquid protein supplement (Ex: Isopure®, Syntrax-Nectar®, Unjury®) mixed with water or Crystal Light®	~21-25
	1 cup other sugar-free clear liquids	0
	4 Tbsp. broth 2 Tbsp. no sugar added juice 2 Tbsp. sugar-free Jello®	0 0 1
	1 cup clear liquid protein supplement (Ex: Isopure®, Syntrax-Nectar®, Unjury®) mixed with water or Crystal Light®	~21-25
	1 cup other sugar-free clear liquids	0
	2 Tbsp. broth 2 Tbsp. No sugar added juice 4 Tbsp. sugar-free Jello®	0 0 1
	1 cup clear liquid protein supplement (Ex: Isopure®, Syntrax-Nectar®, Unjury®) mixed with water or Crystal Light®	~21-25
	1 cup other sugar-free clear liquids	0
	Total Protein	62-75

Postoperative Suggested Checklist

Equipment

- Blender or food processor
- Blender bottle
- Measuring cups
- Measuring utensils
- Food scale
- Baby spoon and fork or hors d'oeuvre spoon or fork (Remember you will be taking little bites of food)
- 1 ounce cups (to help you track fluid intake)
- Notebook (remember to keep a food journal)

Groceries

- Sugar free, non-carbonated, non-calorie beverages.
Examples: flavored water-Crystal Light®, fruit H2O, Mio® (or other generic brands that are comparable to crystal light or Mio®), Powerade® Zero, decaffeinated coffee or unsweetened decaffeinated tea.
- Apple juice (100% juice)
- Low calorie cranberry juice
- Grape juice (100% juice)
- V-8 juice or tomato juice
- Skim milk (or choose Lactaid® or lactose free option if you do not tolerate milk)
- Cream of wheat or Cream of Rice
- Pudding (no added sugar)- preferably dry mix (instant is fine)
- Smooth yogurt (no added sugar, "lite", low carbohydrate)
- Sugar free popsicles
- Jell-O® (no added sugar, no pre-made)
- Low-fat cream soup (such as Healthy Request)
- Broth, Bouillon, Consomme
- Clear liquid supplement-Nectar®, Matrix®, Unjury® (see protein supplement handout)
- Non-fat instant dry powdered milk

Supplements/Vitamins

- Multivitamin
- B12 vitamin
- Clear liquid supplement
- Full liquid supplement
- Protein foods