



KAISER PERMANENTE.

Modified Full Liquid (Stage 2)

Start: Post op day 4.

End: Through post op day 13.

GOAL: *HYDRATION: aim for 64 or more ounces fluids, INCREASING PROTEIN INTAKE: begin your protein supplement, ¼ cup food or more as tolerated 3 or more TIMES A DAY.*

Description

- Consists of all of the foods found in Bariatric Clear Liquid (Stage 1), PLUS
- LIQUIDS you can not see through, are smooth and thinner than a milkshake. It is best to add one new food at a time to assess tolerance.
- Begin your PROTEIN SUPPLEMENT(see below). You may experience taste changes and sample several varieties of protein supplements.
- Continue to sip water and other clear liquids between meals, aim for 64 ounces a day. Do not be overly concerned if you take less than this amount, the goal is to prevent dehydration.

SAMPLE MENU BARIATRIC FULL LIQUIDS (STAGE 2)

BREAKFAST	Between meals	LUNCH	Between meals	DINNER
¼ - ½ cup sugar free jello	Protein supplement (25-30 grams protein)	¼ - ½ cup strained cream soup <i>lowfat</i>	Protein supplement (25-30 grams protein)	¼ - ½ cup strained pureed tomato soup



KAISER PERMANENTE.

Suggested List of Bariatric Modified Full Liquid (Stage 2) foods

FOOD CHOICES	SUGGESTED FOODS
Protein (can use water, broth, soymilk or milk for thinner consistency)	Protein Drink (between meals).
Beverages	Water, decaffeinated coffee or tea, other sugar-free beverages, soy milk, crystal light, diet Snapple, plus, all of Stage 1 fluids
Fruit /Vegetables (use strainer for fibrous foods)	No sugar added applesauce (not chunky). Any fruit flavored juice, but it must be diluted (1 part juice to 3 parts water). Fruit juice is to be avoided in later stages of your diet. <i>lighter? yes :)</i>
Dairy	Lower-carbohydrate yogurt/Greek yogurt (15-18 grams of total carbohydrate and smooth consistency), Lactaid milk, calcium-enriched soy milk, sugar free pudding, sugar free custard
Soup	Strained cream soup, broth, bullion, consommé.
Sugar substitutes	Sugar substitute (Splenda, Equal, Sweet n Low, etc), Sugar free popsicles
Miscellaneous	Cream of rice or cream of wheat (thin, runny consistency) Salt, flavorings, mild herbs

Meal Serving Size

Remember that the size of your new stomach is 1 ounce (the size of your thumb) that can expand up to 2 to 3 ounces. It is difficult to tell you exactly how much you can expect to eat at this point. Some feel full after only 2-3 bites of food, while others can eat 7-8 bites of food. The most important thing to remember is to eat slowly and to **stop** eating when you feel comfortably full.

If your pouch has problems adjusting return to Bariatric Clear Liquid Diet (Stage 1)

The clear liquid foods of the Bariatric Clear Liquid Diet (Stage 1) are NOT nutritionally adequate and therefore you should not follow the Bariatric Clear Liquid Diet (Stage 1) for more than one to two days at a time.



KAISER PERMANENTE.

Protein Supplement

The Bariatric Modified Full Liquid (Stage 2) foods are not typically rich in protein. The Bariatric Modified Full Liquid (Stage 2) foods alone will not supply you with the protein you need for wound healing after surgery. In our experience, individuals who do not drink the recommended amount of protein supplement often complain of feeling weak, tired, and hungry. Therefore, during Bariatric Modified Full Liquid (Stage 2) and Bariatric Puree (Stage 3) meal plan, **you will use a protein supplement between meals.** The solid protein foods you will eat during Bariatric Soft Foods (Stage 4) will meet your protein needs, however, you may not be able to eat 70-80 grams of protein. You may need to use protein supplements at the end of the day until you can eat enough protein in your meals. Protein supplements are not to be used as meal replacements.

How To Select A Protein Supplement:

There are literally dozens and dozens of protein drinks on the market. Whey based protein supplements are preferred. Some are better than others. Here's a guide to select an appropriate protein powder:

Per 2-3 serving size scoops, the powder should have

- ✦ 50 to 55 grams of protein, AND
- ✦ 5 grams of sugar or less AND
- ✦ 5 grams of fat or less.

Directions:

Mix 2-3 scoops with water, soymilk or Lactaid milk (8 ounces or per instructions per label). Mix in Blender. Add ice (optional). During Stage 3 (Bariatric Puree) you may add a small piece of fruit (optional) such as 3-4 frozen strawberries or ¼ banana.

AVOID Slim Fast, Atkins, Carnation Instant Breakfast, Boost, Ensure. These often have too much fat, sugar and/or calories.

Flavored Vs. Unflavored Protein Supplements:

Most of the protein supplements available have a flavor (chocolate, vanilla, berry, etc). Some, however, are specifically made to be flavorless so you can add them to other foods such as soup, apple sauce, yogurt, etc. Both kinds are fine to take after surgery, just remember, if you are using a flavorless protein supplement to take in enough scoops to reach the 50 to 55 grams of protein you need each day. **Your taste may change after surgery, so you may want to have samples of several types of protein supplements available (powder, ready to drink, different flavors).** Vitalady.com is a popular on line site to buy protein samples. The table on the next page lists common protein supplements used by patients in our clinic.



KAISER PERMANENTE.

Protein Supplement Goals: (Per 2-3 scoops or containers) 55 or more grams protein, 5-10 grams of sugar or less, 3-5 grams of fat or less

Walmart	GNC	Costco	Vitamin Shoppe	Trader Joe's
Six Star Professional Strength (powder) Per scoop: 130 cal 23 grams pro	Optimum Procomplex (4.4 lb powder) Per scoop: 120 cal 22 grams pro	EAS Premium Protein (6 lb powder) Per scoop: 150 cal, 27 grams pro	Gold Standard 100% Whey (5 lb powder) Per scoop: 120 cal, 24 grams pro	Worldwide Pure Protein (11 oz can) 170 cal, 35 grams pro
EAS 100% Whey (powder) Per scoop: 120 cal, 23 grams pro	Nature's Best Isopure (3 lb powder) Per scoop: 105 cal, 30 grams pro	Whey Protein Isolate (3lb powder) Per ounce: 110 cal, 20 grams pro	Syntrax Nectar (2.2 lb powder) Per scoop: 90 calories, 23 grams pro	Designer Whey (2.1 lb powder) Per scoop: 100 cal, 18.5 grams pro
Body Fortress 100% Premium Whey (powder) Per scoop: 110cal, 23 grams pro	Nature's Best Isopure Zero Carb (20 oz clear liquid bottle) \$ 3.99 per bottle 160 cal, 40 grams pro	Welllements Premium Pro-rated (6 lb powder) Per scoop: 170 cal, 25 grams pro	Nature's Best Isopure (3 lb powder) Per scoop: 105 cal, 30 grams pro	Met Rx (2 lb powder) Per scoop: 110 cal, 23 grams pro
EAS Advantage Carb Control (11oz liquid) Per can: 119 cal , 17 grams pro	Gold Standard 100% Whey (5 lb powder) Per scoop: 120 cal 24 grams pro	Premier Nutrition (11oz shake) Per shake: 160 cal, 30 grams pro	Nature's Best Isopure Zero Carb (20 oz clear liquid bottle, 160 cal, 40 grams pro	
	GNC Pro Performance (6lb powder) Per scoop: 130 cal, 20grams pro	Whey Protein Fruit Splash (by Weider) Per scoop: 90 cal, 20 grams pro	Designer Whey (2.1 lb powder) Per scoop: 100 cal, 18.5 grams pro	
	Worldwide Protein (11oz liquid can) Per can: 170 cal, 35 grams pro		Cytomax Protein Pure Performance drink (20 oz bottle) Per bottle: 160 cal, 40 grams pro	

Online Resources for Protein Supplements/Samples:

www.vitalady.com, www.bariatric.eating.com, www.bariatricadvantage.com, www.bariatrix.com, www.bodybuilders.com, www.bbvitamins.com, www.gnc.com,
www.BariatricChoice.com, www.obesity.com, www.asbs.org, www.bariatricdiet.com, www.affordablesupplements.com, www.cheapvitamins.com,
www.vitaminshoppe.com, www.unjury.com, www.welllements.com/prorated.asp, www.optimumnutrition.com, www.nature'sbest.com, www.allthewhey.com,
www.eas.com, www.designerwhey.com, www.resource.walgreens.com, www.globalhp.com,



KAISER PERMANENTE®

Shopping List for Bariatric Clear Liquid (Stage 1) & Bariatric Modified Full Liquid (Stage 2)

Tools for Success

Food Scale to measure meat/protein	Strainer (to strain chunky soups)
Measuring Cups	Non-stick pots and pans
Small plate, bowl, fork and spoon	Food timer
Counter-top grill	
Blender and/or food processor (for mixing protein drinks and pureeing foods during Stages 1 through 3)	Ice cube tray (pour soup in ice cube tray and freeze it. You'll have pre-portioned serving sizes)

Groceries For Bariatric Clear Liquid (Stage 1) & Bariatric Modified Full Liquid (Stage 2)

- * Protein Supplement *
- * Broth soups (any kind) *
- * Creamy soups (any kind, but blend it or strain out the larger chunks of food)
- * Low-fat or fat-free soy milk
- * Low-fat or fat-free Lactaid milk
- * No sugar added applesauce
- * Yogurt (Dannon Light N' Fit, any flavor, nonfat/ low fat Greek Yogurt)
- * Sugar-free Jell-O *
- * Low-sugar custard
- * Sugar-free pudding
- * Sugar-free popsicles
- * Decaf tea
- * Decaf coffee
- * Low-sugar/calorie beverages (Diet Snapple, Crystal Light, SOBE Lean, Propel, etc).
- * Water
- * Flavor enhancers (for protein supplement or other foods)
 - o Splenda, Equal, NUltra Sweet
 - o Torani sugar-free syrups
 - o Salt/Pepper, Herbs/Seasonings (as long as it is of a soft consistency)

* water drops ✓