



POST OPERATIVE DIET PHASE II

FULL LIQUIDS

(48hrs-7 days after surgery)

This phase provides foods that are liquid in nature and should be thin enough to pass through a straw. Semi-liquids need to be thin or runny at this stage. You will start with small amounts of these liquids because you will feel full quickly.

THE GOALS OF THIS PHASE

- Eat 3-4 ounces or 1/2 cup of semi-liquid food at each meal.
- Remember, It is important to keep well hydrated. Sip fluids throughout the day; attempt to consume 48 to 64 ounces per day. Optimum intake is 6-8 ounces every hour.
- Start taking your Chewable vitamin supplement with minerals.

Protein Source

- ✓ Pureed egg substitute or scrambled eggs only
- ✓ Milk - skim or 1% Milk, Lactaid milk
- ✓ Sugar Free carnation instant breakfast
- ✓ Ensure or Boost
- ✓ Yogurt
- ✓ Refried beans
- ✗ **AVOID ALL OTHER OPTIONS**

Soup

- ✓ Pureed, strained -smooth soups made with added milk (may add non-fat dry milk)
- ✓ Egg drop soup
- ✓ Reduced fat strained cream soups Broth or bouillon
- ✗ **AVOID ALL OTHERS**

Other Beverages

- ✓ All beverage choices from Phase I
- ✓ Sugar-free hot chocolate
- ✓ Vegetable juice
- ✓ Regular or decaffeinated coffee, tea
- ✓ Sugar substitutes may be added
- ✓ Caffeine in moderation

✗ AVOID

- **Fruit drinks**
- **Sport drinks**
- **Soda**
- **Milkshakes**
- **Alcohol**

Cereals

- ✓ Smooth, refined cereal like oatmeal or cream of wheat- thinned with milk
- ✗ **AVOID ALL OTHERS**

Sample Menu for PHASE II:

Full Liquids

Breakfast	8:00 am - 8:30 am	¼ cup cream of wheat ¼ cup milk
Mid Morning	9:30 am - 12:30 am	Sip on approximately 10-16 oz water or calorie free beverage
Lunch	1:00 pm - 1:30 pm	¼ cup V8 juice ¼ cup strained low fat cream of chicken soup
Mid Afternoon	2:30 pm - 5:30 pm	Sip on approximately 10-16 oz water or calorie free beverage
Dinner	6 :00 pm - 6:30 pm	¼ cup sugar free flavored beverage (Crystal Lite)
Evening	7:30 pm	¼ cup scrambled egg with cheese One hour after dinner sip on 10-16 oz water or calorie free beverage

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