

## Phase 2: Full Liquids

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The goal in this phase is to introduce more protein in your diet. Choose your fluids wisely. You do not want to eat or drink more calories than your body needs, sabotaging your efforts to lose weight. Avoid liquids containing sugar.

### Tips

- Sip liquids slowly
- Drink fluids throughout the day to prevent dehydration
- Avoid high-calorie liquids
- Sip on skim milk, soy milk (if lactose intolerant) or sugar-free Carnation® Instant Breakfast® between meals to provide more protein
- Try adding dry skim milk or alternative protein powder to liquids if recommended by your surgeon or dietitian
- Monitor and measure the amount of food and beverage you eat and drink. Your stomach will only be able to hold 1 to 2 tablespoons of food initially. Use the following key to help guide your portions: *3 teaspoons = 1 tablespoon, 2 tablespoons = 1 ounce, 2 oz. = ¼ cup, 4 oz. = ½ cup*

**The full liquid diet should be followed 4 days to 3 weeks after surgery. However, your surgeon may choose to advance you at a different pace.**

### Choose from these foods:

- ▶ Skim milk or soy milk
- ▶ Sugar-free Carnation® Instant Breakfast®
- ▶ Strained cream soup
- ▶ Light yogurt (without chunks, e.g., Dannon® Light ‘n Fit®, creamy)
- ▶ Cream of Wheat®
- ▶ Sugar-free pudding
- ▶ High-protein drink (low-calorie)

**Amount:** No more than 1 cup or 8 oz. per hour; at least 8 cups or 64 oz. of fluids per day

The following is an example of how you could use the allowed foods for the full liquid phase to create meals. Gradually work your way up to the maximum amount listed.

**Breakfast**      2 to 4 tablespoons Cream of Wheat® with skim milk (make runny)

**Lunch**            2 to 4 tablespoons light vanilla yogurt

**Dinner**            2 to 3 tablespoons cream soup  
                          1 to 2 tablespoons sugar-free pudding