

**CENTRAL VALLEY BARIATRICS' DIET GUIDELINES (DOC-07)
HOSPITAL NUTRITION**

Allowable food items DURING HOSPITAL STAY you may also be discharge from the hospital on one of the following diets. Do not vary from your discharge diet until progressed by your surgeon. Nothing red until your drains are removed. **FIY hospital uses Isopure protein product.**

CLEAR LIQUID DIET:(BARIATRIC I)

(2-3 ITEMS PER MEAL)
GATORADE (1) PER DAY
APPLE JUICE (1) ONLY EA. MEAL
POPSICLE-SUGAR FREE (1) ONLY EA. MEAL (NOT RED)
TEA AND COFFEE
BROTH
JELLO (NOT RED)
DIET SNAPPLE
CRYSTAL LITE DRINKS
BOTTLE WATER IF REQUESTED

FULL LIQUID DIET: (BARIATRIC II)

(2-3 ITEMS PER MEAL)
LOW FAT YOGURT (NO FRUIT CHUNKS)
CREAMY SOUPS (NO MILK)
SMALL AMOUNT OF CRAKERS IF NAUSEATED
OATMEAL
CREAM OF WHEAT
MALT-O-MEAL
APPLESAUCE
PROTEIN SUPPLEMENT
ALL ABOVE ITEMS FROM CLEAR LIQUID LIST

SOFT DIET: (2-3 ITEMS PER MEAL)

EGGS, SOFT BOILED OR SCRAMBLED
MASHED POTATOES/LOW FAT GRAVY
RICE/PLAIN OR WITH LOW FAT GRAVY
SOUPS/LOWFAT CREAMY
NO BREAD
APPLESAUCE

RESTRICTIONS

**SMALL PORTIONS ONLY / NOTHING RED COLORED PLEASE
NO CARBONATED BEVERAGES
NO CHUNKY, CRISPY OR FRIED FOODS
NO LACTOSE OR MILK PRODUCTS
NO EXCEPTIONS UNLESS ORDERED
BY DR. KESHISHIAN OR DR. ZAHRIYA**