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# Bariatric nutrition plan

## Staged Nutrition Plan

- Stage 1 — Clear liquids (first days): sip water, clear broth, and sugar-free fluids slowly throughout the day.
- Stage 2 — Full liquids: add protein shakes, strained soups, and low-fat milk as advised.
- Stage 3 — Pureed foods: smooth, blended high-protein foods in small portions.
- Stage 4 — Soft foods: tender, moist foods that are easy to chew, prioritizing protein.
- Stage 5 — Regular healthy meals: balanced meals with protein first, fluids between meals, and daily vitamins as recommended.

## Helpful Tips

- Eat slowly and stop when you feel full.
- Take recommended vitamin and mineral supplements for life.
- Stay hydrated between meals rather than during them.

This guide is for general information only and does not replace personal medical advice.