

Stage 2 Diet – Full Liquids

Start: 1 day after surgery

Duration: 7 days

Diet Instructions: Drink beverages listed in stage I diet, and add protein shakes. Start a chewable, powdered, or liquid multivitamin with iron as instructed by your Dietitian.

Fluid Goal: 4-6 oz/hour for minimum of 48oz/day
12oz or more of sugar free electrolyte beverage

Protein Goal: 60-90g/day from protein shakes.

Protein Shake Guidelines Mix or dilute in unsweetened almond milk, soy milk or skim milk as needed

Protein Powder:	Ready-to-drink protein shake
No more than 60 calories for every 10g of protein	No more than 75 calories for every 10g of protein

Vitamins: Take 1 chewable multivitamin with iron twice a day. Select from options provided in your guidelines packet only.

Beverage options:

- Water
- Crystal Light
- Fat-free broth
- Protein shake
- Sugar-free electrolyte beverage
- Herbal tea (decaf)
- Sugar-free popsicles
- Sugar-free gelatin

Tips:

- Take small slow sips and stop sipping as soon as you feel full
- Avoid guzzling or gulping
- Trial different brands and flavors if you find yourself not liking or tolerating your original protein drink
- Contact the dietitian if you have questions about your diet or supplements
ECWLDietitian@emersonhosp.org