

## SIP, SIP, SIP... and other ways to get through your first 30 days

Working up to your fluid goal of **64 ounces per day** can be difficult at first but it can be done. Focus on drinking about **4 ounces every hour for 16 hours** and you will get in 64 ounces! To break it down further, try drinking 1 ounce every 15 minutes. Use a timer, your phone alarm, or even a 1 ounce shot glass to measure your fluids. While you are on the pureed/liquid diet for the first month, the most important goal is for you to stay hydrated! Focus on drinking more than eating, and try some high protein liquids to get both fluid and protein in.

### Here are some examples of low calorie, non-carbonated fluids to drink:

- WATER!!! (use lemon, lime, or orange to give some flavor)
- Crystal Light
- Wyler's Light
- Sugar free Kool-Aid
- Unsweetened tea
- Herbal tea
- Decaffeinated coffee
- Fruit<sub>2</sub>O
- Propel Fitness Water
- Sugar free popsicles
- Diet Snapple
- Minute Maid Light
- 100% fruit juice (remember to dilute 50/50 with water and only 8 oz juice per day)
- Light Juices with reduced calories
- PowerAde Zero (no calorie electrolyte replacement sport drink)
- Diet V8 Splash
- Metromint flavored water
- Low sodium chicken, beef, or vegetable broth (this has no protein in it unless you add a jar of blended meat)
- V8 vegetable juice or tomato juice (counts as a veggie!)
- Smart water (comes in a 32oz bottle, so 2 gets you to your goal)
- Diet Jell-O



#### Fluid Conversions

1 ounce = 2 Tbsp =  $\frac{1}{8}$  cup = 30 mL

2 ounces = 4 Tbsp =  $\frac{1}{4}$  cup = 60 mL

4 ounces = 8 Tbsp =  $\frac{1}{2}$  cup = 120 mL

### Try these protein liquids:

- Skim/nonfat milk
- Nonfat dried milk powder (1/3 cup added to water or skim milk)
- Nonfat Lactaid milk
- Unsweetened Light soy milk
- No sugar added carnation instant breakfast (added to skim milk)
- Protein shakes (no added sugars)
  - Some examples include: Isopure, Nectar, Glucerna, Slim Fast Optima, Atkins Advantage, Muscle Milk Light, New Whey Protein bullet, Click, Syntha 6, Matrix, EAS Myoplex Lite or AdvantEDGE carb control, whey or soy isolate protein powders
  - Unjury and BariCare are available at ART Pharmacy

## Try these pureed, blended foods during your first month:

- Pureed meats (cooked, then blended with broth or water- try adding to 4-8 oz of broth)
  - lean/skinless turkey, chicken, beef, fish, tuna, veal, venison
- Strained, plain baby food meats (use any seasonings except sugar to flavor)
- Egg, egg substitute, or egg whites pureed
- Melted low-fat or fat-free cheese
  - Try soft cheese like *Laughing Cow* Light or *Friendship* Farmer Cheese
  - Shredded low-fat or fat-free mozzarella or cheddar mixed into blended meats or on top of mashed beans
- Low-fat or Nonfat Cottage Cheese
- Low-fat or Fat-Free Ricotta cheese
- Fat-Free Refried beans (from the grocery store) or mashed limas, pintos, black beans or black-eyed peas
  - Melt some low-fat cheese and add hot sauce
- Silken tofu
  - Add to make broth-based soups creamy, or to give smoothies a thicker texture
- Soups (low-fat veggie, bean, lentil, or meat-based soups without noodles/rice)
  - Blend chunky soups in the blender and try adding some pureed meats while blending
- Creamy, natural peanut butter (no added sugars) off the spoon or in a homemade shake
- Hummus (blended chickpeas)
- Fat-free, No Added Sugar Yogurts
  - *Dannon* Light and Fit, *Activia* Light, *Light n' Fit* Carb Control, *Low Fat Plain Stonyfield Farms* plain or light, *Blue Bunny* Light no sugar added, *Breyer's* Light
- Nonfat Greek Strained Yogurt, 0% (most have 2-3 times the protein of regular yogurt- use plain, others have added sugars)
  - Try *Fage*, *Oikos*, or *Chobani* brands
- Oatmeal (made with milk, or nonfat dried milk powder)
- Jell-O sugar-free pudding (made with your own skim milk)

## Occasionally... after your protein and fluid needs are met...

- Blended cooked veggies or baby food veggies
- Blended fruits (fresh, frozen, or canned in water), unsweetened applesauce
- Blended starchy vegetables (potatoes, squash, limas, peas, sweet potatoes)
  - Limit added fats like butter, margarine, oil, sour cream, or heavy cream
  - Instead try fat free sour cream, Greek yogurt, butter-spray, or skim milk to make mashed potatoes or mashed sweet potatoes
- Cooked cereals (cream of wheat or grits made with milk, or topped with low fat cheese)