

DIET - LIQUID ALTERNATIVES

ALTERNATIVE CHOICES FOR LIQUID PHASE

High protein Fluids include:

- Very low calorie diet shakes (VLCD's) such as Optifast™, Optislim™, Formulite™, Kickstart™
- Low calorie diet shakes (LCD's) such as Tony Ferguson™, Man shakes™ Aldi Slim and Trim™
- Nutritional supplements such as Sustagen™, Resource™, Ensure™, Fortisip™
- Commercial smoothies/shakes such as Aussie Bodies™, Rokeby Farm™, Up & Go Energize™
- Commercial protein powders such as whey based, soy based, pea based supplements, such as Boomers™, Natures Own™, Planet Food™, Beneprotein™
- High protein drinking yoghurts such as the Yo pro drinking yoghurt™
- High protein milk
- High protein waters such as Bodiez™, Tasteless protein flavoured™, Protein Perfection™
- Collagen protein such as Peptipro™ and Tasteless protein™
-

Other fluids that do not contribute as much protein but help meet your hydration needs include:

- Juice(no added sugar)
- Broth/ strained or vitamised soup
- Low fat/skim milk / skinny Latte / Up and Go / Soy milk / Almond milk
- Water / Herbal teas / diet cordial
- Tea/coffee
- Water, sparkling water, soda water

Plain water can be difficult initially after the surgery and you may need to experiment with the temperature of the water or add something to it to make it easier to drink such as diet cordial, flavoured protein sachets, protein water and herbal infusions.

Soft drink is poorly tolerated and non-nutritious and is not recommended post-surgery.