

Post-test Class 3 stages 3 and 4 Post Surgery Date: _____

Name: _____ DOB: _____

1. Give three examples of soft food

2. How many grams of protein should you get in stage 3?

_____ Grams

3. How many days is stage 3? _____ days

4. How long should you wait after eating to have a beverage?

_____ minutes

5. What is your fluid goal a day? _____ oz

6. Can you have diet sodas after surgery? YES NO

7. What 3 supplements are required after surgery?

1 _____
2 _____
3 _____

8. How many ounces of food are you allowed to eat at each meal in stage 3?

_____ oz

9. How many ounces of food can you have in stage 4? _____ oz

10. Can you have Beef barley soup in stage 3? YES NO

Your weight today: _____