

## Guide for eating after Bariatric Surgery

(Phase 3 onward)

### STAGE III- PUREE DIET – (1 week)

**(Foods that is soft, mashed, pureed or chewed easily)  
Don't use Baby Food Product**

Your Goals are:	Foods to eat:	Tips!
<ul style="list-style-type: none"> <li>Start using pureed foods</li> <li>Slowly eat 30-60ml of soft/puree protein foods with 30ml of soft/puree vegetables.</li> <li>Eat 5-6 small meals daily until you can stand ½ cup of food at one time -- then eat 3 small meals and 2 snacks.</li> <li>No liquids 15 minutes before meals and 30 minutes afterwards.</li> <li>Keep yourself Hydrated, Aim for 2 liter fluid daily</li> <li>Remember to eat protein first, minimum of 60-80 grams each day</li> </ul> <p><b>Take 20-30 minutes to eat each meal</b></p>	<p><u>Protein/Dairy</u></p> <ul style="list-style-type: none"> <li>Scrambled egg whites or egg substitutes</li> <li>Fat-free cottage cheese</li> <li>Sugar-free and non-fat yogurt</li> <li>Pureed meats</li> <li>Soft fish, Soft tofu</li> <li>Egg/chicken/tuna salad with low fat mayonnaise</li> <li>Low/nonfat refried beans</li> </ul> <p><u>Fruit/Vegetables</u></p> <ul style="list-style-type: none"> <li>Unsweetened applesauce</li> <li>Canned fruit in water</li> <li>Soft banana/Pureed fruit/veggies (non-fibrous)</li> <li>Well-cooked non-fibrous vegetables</li> <li>Creamy strained soups</li> </ul>	<ul style="list-style-type: none"> <li>All food will be blended to an apple sauce consistency.</li> <li>Add new food slowly&amp; only one at a time</li> <li>Continue to eat slowly and <b>chew (20-30 times)</b> food well to prevent blockage.</li> <li>Listen to your body. Stop when you are satisfied, <b>NOT</b> when you feel full.</li> <li>Each meal should be no more than ¾ cup (6oz) total and snacks should be ¼ - ½ cup (2 – 4oz).</li> <li>No gum ( can cause blockage)</li> <li>Wait ½ hour before and ½ hour after meals to drink fluids.</li> </ul>

**Note :** You can continue to include foods on the full liquid diet throughout this stage, Fat free or 1% milk can be included as part of your total fluid intake.

## PUREED MEAL PLAN (3 Meals + Rest from Liquid Diet Plan)

¼ cup – ½ cup total volume at each meal	ONLY ¼ cup at each meal
<b>A</b> <b>PROTEIN FOOD ITEMS</b>	<b>C</b> <b>OPTIONAL FOODS</b> (Add only after consuming protein and if space allows.)
<p><b>** 3 MEALS DAILY **</b></p> <ul style="list-style-type: none"> <li>➤ Puree chicken or turkey (no skin)</li> <li>➤ Puree Fish, water packed tuna</li> <li>➤ Soft Fish - haddock, tilapia, cod, And Salmon can be mashed with fork.</li> <li>➤ Puree Tofu</li> <li>➤ 2 scrambled egg whites or ¼ cup egg substitute</li> <li>➤ Canned tuna <b>mashed with fork</b></li> <li>➤ Canned Chicken <b>mashed with fork</b></li> <li>➤ Fat Free Refried beans (puree)</li> <li>➤ Cream soups made with low fat milk (98% fat free)</li> <li>➤ 1% cottage cheese, Part skim ricotta cheese</li> <li>➤ Sugar free, no sugar added low fat pudding.</li> <li>➤ Milk or <u>lactaid</u> ( skim (fat free) or 1% ) Soy milk (plain or vanilla)</li> <li>➤ Blended Light low fat yogurt- no chunks, made with artificial sweetener</li> </ul>	<ul style="list-style-type: none"> <li>- Natural No sugar added</li> <li>- applesauce</li> <li>- Mashed banana</li> <li>- Mashed potato</li> </ul> <p><b>Canned vegetables only</b></p> <ul style="list-style-type: none"> <li>- Puree peas</li> <li>- Puree carrots</li> <li>- Puree green beans</li> <li>- Puree beets</li> </ul> <ul style="list-style-type: none"> <li>- Puree acorn or butternut squash</li> <li>- Puree sweet potato</li> <li>- Cream of Wheat – made with skim milk or 1% milk</li> <li>- Oatmeal – made with skim milk or 1% milk</li> </ul>

## Stage 4 - Soft diet (1 WEEK)

Your Goals are:	Foods to eat:	Tips!
<ul style="list-style-type: none"> <li>• Introduce new foods one at a time to identify problem foods.</li> <li>• <b>PROTEIN FIRST.</b> Continue to consume 60-80 grams of protein daily.</li> <li>• Include at least 5 servings of fruits and vegetables.</li> <li>• Avoid liquids 15 minutes before a meal and 30 minutes after.</li> <li>• Drink 6 cups (1.5 litres) to 8 cups (2 litres) of calorie-free fluid each day.</li> </ul> <p><b>Spend 20-30 minutes to eat each meal!</b></p>	<p><u>Protein/Dairy</u></p> <ul style="list-style-type: none"> <li>• Lean meats including poultry and fish.</li> <li>• Low/non fat dairy foods including fat-free milk, low sugar, fat-free yogurt and low fat cheese.</li> </ul> <p><u>Fruit/Vegetables</u></p> <ul style="list-style-type: none"> <li>• Raw fruits and vegetables that can be chewed to a mushy consistency.</li> </ul> <p><u>Starch</u></p> <ul style="list-style-type: none"> <li>• Whole grain crackers, toasted whole wheat bread and whole-wheat cereal.</li> </ul>	<ul style="list-style-type: none"> <li>• If have problem with solid food, go back to pureed food for a few days.</li> <li>• Introduce one new food at a time.</li> <li>• Continue to eat <i>slowly</i> and <i>thoroughly</i> chew food to make sure each bite is liquid consistency in your mouth before swallowing.</li> <li>• Stop when you are satisfied, NOT when you feel full.</li> <li>• <b>After meeting protein goals</b>, you may have ½ cup of mashed potatoes made with skim milk, ½ cup cooked mashed vegetables. Limit this to one time per day.</li> </ul>

**Note:** Make sure your food is very moist; by adding fat free/sugar free condiments (gravy's, sauces, salad dressing, mayonnaises) Use moist methods of cooking, such as baking, roasting, steaming, or poaching.

## SOFT MEAL PLAN

<b>¼ cup – ½ cup total volume at each meal</b> <b>A</b> <b>FOOD ITEMS</b>	<b>¼- ½ Cup at each meal</b> <b>B</b> <b>OTHER SOFT FOOD CHOICES</b>	<b>C</b> <b>8 OUNCE FLUID</b>
<b>** 5-6 MEALS DAILY **</b> <ul style="list-style-type: none"> <li>➤ Cooked chicken or turkey (no skin)</li> <li>➤ Fish, water packed tuna</li> <li>➤ Tofu</li> <li>➤ 2 egg whites or ¼ cup egg substitute</li> <li>➤ Canned beans (kidney, lentil)</li> <li>➤ Reduced fat cheese</li> <li>➤ Cream soups made with low fat milk (98% fat free)</li> <li>➤ 1% cottage cheese, Part skim ricotta cheese</li> <li>➤ Sugar free, no sugar added low fat pudding.</li> <li>➤ Milk or lactaid ( skim (fat free) or 1% ) Soy milk (plain or vanilla)</li> <li>➤ Blended Light low fat yogurt- no chunks, made with artificial sweetener</li> </ul>	<b>Cooked cereal - cream of rice, oatmeal</b>  Cold unsweetened cereal soaked in milk  Ripe banana  Canned fruit (packed in natural juices)  Cooked tender <u>Vegetables without seed or skin</u>  Tomato sauce puree no seeds or skin (NO PASTA ALLOWED)	8 cups of non carbonated sugar free beverage  <u>Through out the Day</u> Water  Crystal light  Fruit Juice without added sugar  Unsweetened decaf ice tea  Decaf tea or coffee  Sugar free jello Broth

## Maintenance Diet (7 Week onward)

After the recovery process, you will need to adopt a healthy new way of eating.

You will need to drink 6 to 8 cups (cup size- 250 ml) of calorie fluid each day. You should aim to eat 60g to 80g of protein every day.

Portion of various food items at each meal- 50% protein, 25% vegetable/fruit, 25% carbohydrate & starch.

### SAMPLE MEAL PLAN

Time	Amount	Food
Breakfast	½ cup ½ cup	Low fat cottage cheese Canned "lite" pineapple
Liquid Between Meal	1 Cup 1 Cup	Water or low calorie Beverage Fat free milk
Lunch	¼ cup 1 slice ¼ cup	Can of water packed tuna (2oz) with 1 tsp lite mayo Wheat bread (toasted) Soft cooked green beans
Liquid Between Meal	2 Cup	Water or low calorie Beverage
Dinner	¼ cup ¼ cup ¼ cup	Baked Chicken Mashed Potatoes Soft cooked carrots
Liquid Between Meal	2 cup ½ Cup	Water or low calorie Beverage Sugar free vanilla pudding with fat free milk