



## POST OPERATIVE DIET PHASE III

### PUREED SOLIDS

(7 days - 3 weeks after surgery)

After successfully tolerating clear/full liquids, the next phase of the diet provides foods that are thicker in consistency but require little or no chewing. Foods should be blended with added liquids such as skim milk, broth, fat free gravy or juice, to the desired consistency. If the food needs to be chewed, it is not in a pureed consistency.

Adhere to the recommended portion size. The thicker the food, the longer it will stay in your pouch and the less it takes to fill your pouch. This causes you to feel full sooner and longer.

### THE GOALS OF THIS PHASE

- Consume 4-6 oz or ½ to ¾ cup of food total at each meal.
- Eat protein source of your meal first.
- Between meal liquids should be taken at least 45 minutes to one hour after meals. This gives the pouch time to empty some of its contents, preventing overfilling. Remember- you fluid goal for the day is 64 oz of Calorie Free Beverages per day.
- Remember that the opening from the pouch is only the size of a dime, so it is important to chew all foods thoroughly to avoid blockage or nausea.
- All beverages should be sugar free; the only beverage with calories that you should be consuming is milk or protein beverages. Sugar substitutes are fine.

The foods listed below may be the easiest to tolerate, although tolerance may vary from one person to another. Commercial baby food may be used.

#### Protein

- ✓ Meats all types-blenderized or chopped
- ✓ No sugar added yogurt without fruit pieces
- ✓ No sugar added pudding or custard
- ✓ Cottage Cheese
- ✓ Milk- Regular, 1% or skim
- ✓ Eggs –poached, soft scrambled eggs or egg substitute
- ✓ Regular or Low fat cheese - cottage, alpine lace, Laughing cow or Farmer's Cheese
- ✓ smooth egg salad with lite mayo
- ✓ Smooth peanut butter
- ✓ Ensure or Boost

#### Beverages

- ✓ Water
- ✓ Crystal Light
- ✓ Diet Kool-Aid
- ✓ Sugar-free hot chocolate
- ✓ Vegetable juice
- ✓ Broth (beef, chicken, turkey)
- ✓ Sugar free gelatin
- ✓ Sugar free ice popsicles
- ✓ 100% frozen juice bars
- ✓ Sugar-Free decaffeinated coffee or tea
- ✓ Caffeine in moderation
- ✗ **AVOID**
  - Fruit flavored drinks
  - Sport drinks
  - Soda
  - Milkshakes
  - Alcohol

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### Fruits

- ✓ Applesauce
- ✓ mashed fruits without the seeds such as – banana, pears, peaches, melon or apricots
- ✓ Blenderized fruit added to light/nonfat yogurt
- ✗ **AVOID DRIED FRUITS**

### Starch

- ✓ Cooked cereals thinned with milk - grits, cream of wheat, cream of rice, oatmeal
- ✓ Mashed potatoes
- ✗ **AVOID ALL PASTA AND RICE**

### Vegetables

- ✓ Soft cooked, mashed, or blended – green beans, spinach, peas, sweet potatoes, carrots, beets or squash
- ✗ **AVOID VEGETABLES WITH SKINS AND STRINGY VEGETABLES SUCH AS CELERY.**

### Sample Menu for PHASE III: Pureed- Mechanical Soft

<b>Breakfast</b>	8:00 am - 8:30 am	¼ cup (4 Tablespoons) Egg Substitute <b>OR</b> ¼ cup scrambled eggs ¼ cup (4 Tablespoons) Cream of wheat ¼ cup (4 tablespoons) Mashed banana
<b>Mid Morning</b>	9:30 am - 12:30 am	Sip on approximately 10-16 oz water or calorie free beverage
<b>Lunch</b>	1:00 pm - 1:30 pm	¼ cup (4 tbsp) Yogurt ¼ cup Pureed soup- Low Fat Cream of Broccoli ¼ cup (4 tbsp) Pureed fruit
<b>Mid Afternoon</b>	2:30 pm - 5:30 pm	Sip on 10-16 oz Sugar Free Beverage
<b>Dinner</b>	6 :00 pm - 6:30 pm	¼ cup (4 tbsp) Baked chicken breast, finely chopped with 2 tbsp fat free gravy ¼ cup (4 tbsp) Pureed vegetable ¼ cup (4 tbsp) Mashed potatoes
<b>Evening</b>	7:30 pm	Sip on 10-16 oz water or calorie free beverage