



POST OPERATIVE DIET PHASE IV

SOFT SOLIDS

(3 weeks-2 months after surgery)

During PHASE IV, you will begin eating more solid foods. It is extremely important to follow the correct eating procedures, which, by now should be becoming a habit.

THE GOALS OF THIS PHASE

- Chew, Chew, Chew all food to a pureed consistency.
- Eat protein portion of meal first.
- Take one small bite of solid food, put your utensil down and chew until mushy consistency. Then slowly begin again.
- Pay attention to taste, enjoying each bite to the fullest.
- When you feel full, stop eating. Don't exceed your stomach capacity.
- Never eat or drink for 45 minutes to 1 hour after meals.
- Each meal should consist of at least 3 items totaling 8oz or one cup- 2 oz protein, ¼ cup vegetable, ¼ cup fruit, and ¼ cup starch
- Continue taking your multivitamin (capsule or chewable)

Meat and protein

- ✓ Tender moist meats with gravy
- ✓ ground meat
- ✓ chili
- ✓ Poultry- chopped chicken or sliced turkey breast
- ✓ Tuna fish
- ✓ white fish
- ✓ Eggs hard boiled or poached
- ✓ Regular or lite cheese
- ✓ Refried beans
- ✓ No sugar added yogurt
- ✓ No sugar added pudding or custard
- ✓ Ensure or Boost
- ✗ **AVOID ALL OTHERS**

Starch

- ✓ Cooked, refined cereals (grits cream of wheat, cream of rice, oatmeal)
- ✓ cold cereal soaked in milk
- ✓ mashed potatoes
- ✓ baked potatoes
- ✓ toast or crackers
- ✓ Casseroles- such as macaroni & cheese or tuna
- ✗ **AVOID CHIPS AND POPCORN**

Soup

- ✓ No longer required to be pureed or strained.
- ✓ Choose tomato or stock based soups.
- ✓ Soups made with heavy cream

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 (Sugar substitutes are fine)
- ✓ Caffeine in moderation
- ✗ **AVOID**
 - **Fruit flavored drinks**
 - **Sport drinks**
 - **Soda**
 - **Milkshakes**
 - **Alcohol**

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LONE STAR
SURGICAL



POST OPERATIVE DIET PHASE IV

Fruits

- ✓ Fresh, unsweetened cooked or canned fruits without seeds or skins
- ✓ Citrus membrane- O.K.
- ✗ **AVOID ALL OTHERS**

Vegetables

- ✓ Soft cooked vegetables
- ✗ **AVOID ALL OTHERS**

Sample Menu for PHASE IV: Soft

Breakfast	8:00 am - 8:30 am	1 egg or ¼ cup low fat cottage cheese ½ cup oatmeal ¼ cup soft fruit
Mid Morning	9:30 am - 12:30 am	Sip on 10-16 oz water or calorie free beverage
Lunch	1:00 pm - 1:30 pm	2 oz low fat stewed chicken ½ cup mashed potato ¼ cup lite peaches
Mid Afternoon	2:30 pm - 5:30 pm	Sip on 10-16 oz water or calorie free beverage
Dinner	6 :00 pm - 6:30 pm	2 oz soft baked fish ¼ soft cooked pasta ¼ cup cooked vegetables ¼ cup pear slices
Evening	7:30 pm	Sip on 10-16 oz water or calorie free beverage