

## MINCED AND MASHED

**(7 days) Starting:\_\_\_\_\_**

Welcome to MINCED AND MASHED- GREAT TO BE OFF PUREED FOODS!!

**Minced foods-** include Bolognese and dishes that have been blitzed in your food processor to resemble Bolognese – DISHES NEED TO BE WET or a LITTLE SLOPPY

**Minced foods** should be wet and a little sloppy or have a gravy or sauce. Try sandwich tuna/ chicken ( or blitz your own) . Include Bolognese ( no pasta) and dishes that have been blitzed in your food processor to resemble Bolognese

**Mashed foods-** should be soft enough to be easily mashed with a potato masher and again be moist or have a gravy or sauce.Eg: mashed vegetables, mashed fresh fruits, curried eggs ( soft boiled & mashed with high protein cottage cheese ) or sandwich style egg ( no bread)

**Foods should be this texture “on the fork” ie; before you put into your mouth**

**Don't bite into foods -they need to be mashed up and eaten with teaspoon or tiny fork.**

### **REMEMBER**

#### **GO SLOW-now is the time to start chewing and putting into place MINDFUL EATING**

- ✓ Concentrate, and chew thoroughly, put down your utensils between mouthfuls, & finish your mouthful before starting the next
- ✓ Use small utensils & crockery, e.g., move from using a teaspoon to a baby fork / teaspoon for meals.
- ✓ Take 20 minutes + to eat
- ✓ Allow sufficient time to eat – avoid eating on the run
- ✓ Eat mindfully – when you eat, eat with no distractions. Focus on your meal, the flavours and textures.

## **Eat small serves regularly –**

- ✓ 3 meals – breakfast, lunch, dinner
- ✓ Mid-meals are necessary for energy and nutrition including protein. They also help control hunger
- ✓ Volume should be **1/2 a cup** – this will vary individually

**Separate Foods & Fluids** – finish drinking 15 minutes before your meal, and then don't drink until 30 minutes afterwards Do NOT drink with meals

- ❖ **Fizzy drinks** - the gas causes severe discomfort and possible pain by placing too much pressure on your new stomach
- ❖ **High Calorie liquids** - e.g.: alcohol, juices, cordial, iced teas. These provide lots of calories with little nutritional benefit and can make you nauseous or cause dumping syndrome

**Constant sipping between meals** – Be deliberate with your sipping – set reminders, if necessary, carry a water bottle with you to remind you to drink. Choose Lo- calorie drinks like water +/- squeeze of juice, non-fizzy diet drinks, tea/coffee (hot or cold)

**Be Prepared / Plan meals** – Take appropriate food with you for meals & mid-meals when you leave the house. Ensure you have portioned prepared meals frozen for quick snacks work - portioning leftovers works well.

You could try the following.

- ✓ Leave non-perishables (tinned fish/tuna/chicken) in the cupboard at work or ready to grab on the go
- ✓ High protein yogurt in the fridge
- ✓ Take soft mashed fruit for snacks

**Daily Vitamins** - small tablets or capsules are now ok. We recommend taking bariatric specific multi-vitamin and calcium + D twice a day.

**Please speak to your dietitian who will prescribe the best vitamins and dosage for you.**

**I will be taking:**

\_\_\_\_\_ **multi-vitamin** \_\_\_\_\_ **per day** recommended time  
\_\_\_\_\_ **calcium +D** \_\_\_\_\_ **per day** recommended time

**Dulcolax** is useful should you need to deal with constipation.

Benefibre - 2 heaped teaspoons in water is ideal daily - just be sure you are drinking sufficient water!( 1.2-1.5litres)

**Daily Protein Requirements** \_\_\_\_\_ **g per day**

**Protein from food sources is important**

**make sure you include food protein at each meal and snack**

**then use protein powder or drink to TOP up and meet your needs**

- Whey protein, \_\_\_\_\_ protein water or WPI shake
- Collagen protein (tasteless) \_\_\_\_\_ Scoops - added to :

**REMEMBER TO INCLUDE PROTEIN IN EVERY MEAL AND TO EAT YOUR PROTEIN FIRST**

<b>SAMPLE MINCED/ MASH MENU</b>		
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Soft cereals such as oats, Weet-bix, All Bran  OR Sandwich style egg or curried egg (mash with cottage cheese or philli light)  OR mashed baked beans+/- high protein cottage cheese or philli light  MT- milk drink/yoghurt	Leftover dinner  OR sandwich tuna/ chicken and cottage cheese  OR Refried beans + guacamole + HP natural yoghurt ( as sour cream)  AT- yoghurt + mashed fruits or high protein cottage cheese (chive available)	Stews, curry ,poached, fish– blitzed to look like Bolognese OR sandwich tuna OR sandwich chicken + mashed vegetables eg: cauli mash +/ - high protein cottage cheese/ ricotta/ Light cream cheese  (Try adding grated vegetables or spinach to meals to meet your vegetable requirement.)

**Tasteless Protein can be added to meal/mid meals**

**Here are some meal / mid-meal ideas for you to try during minced/ mash. Recipes from "Your Complete Guide to Nutrition For Weight Loss Surgery"**

**Pg 96 Shepherd's Pie OR Creamy nutmeg vegetables**

**Pg 98 Italian Style chicken or Fish & sweet Potato**

- ✓ High protein yogurt with stewed fruit / soft canned fruit in natural juice with juice poured off (mashed)/ frozen berries
- ✓ Overnight oats + Protein powder
- ✓ Eggs -curried egg or sandwich style egg
- ✓ Tinned tuna (tomato & onion, Mexican flavoured)
- ✓ Shakes, milk coffee (with a scoop of protein added), smoothies
- ✓ Heat and mash baked beans / Coles/ Heinz Chilli bean and add natural yogurt and guacamole

**Notes:**

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## TEXTURE – MINCED MASHED 7 days

You are now progressing on to foods that are less liquid and more formed

**Minced foods** should be wet and a little sloppy or have a gravy or sauce

**Mashed foods**- should be easily mashed with a fork and again be moist or have a gravy or sauce

*\*Remember meal serve size is ½ cup at a time\**

	<b>RECOMMENDED FOODS</b>	<b>FOODS TO AVOID</b>
<b>Meat Chicken Fish</b>	<ul style="list-style-type: none"> <li>✓ Mince dishes -&gt; savoury mince bolognaises, rissoles with gravy</li> <li>✓ Casseroles and stews – 4 – 5 hour slow cooked that have been processed to look like Bolognese</li> <li>✓ Fish that has been poached (Easily broken up with the edge of a fork) or tinned tuna in a sauce</li> </ul>	<ul style="list-style-type: none"> <li>✓ Anything NOT processed to resemble Bolognese</li> </ul>
<b>Meat Alternatives</b>	<ul style="list-style-type: none"> <li>✓ Eggs -poached/scrambled</li> <li>✓ baked beans- smashed</li> <li>✓ Soft tofu e.g. crumbled</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fried eggs, quiche</li> <li>✓ Dishes with nuts</li> <li>✓ Hard or fibrous legumes</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>✓ Well cooked, non-fibrous vegetables soft enough to be easily mashed with a fork i.e. pumpkin, broccoli, sweet potato, zucchini, cauliflower</li> <li>✓ Soft canned vegetables</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hard, fibrous or stringy vegetables e.g. corn, broccoli stalks</li> <li>✓ All raw vegetables (Including chopped and shredded)</li> </ul>
<b>Soup</b>	<ul style="list-style-type: none"> <li>✓ Soups with protein, i.e. meat, chicken, legumes.</li> <li>✓ i.e. not just pumpkin soup</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soups that have large pieces of meat or vegetables</li> <li>✓ Soups with pieces of corn</li> </ul>
<b>Breakfast Cereals</b>	<ul style="list-style-type: none"> <li>✓ All well moistened cereals i.e. all bran, high fibre weetbix</li> </ul>	<ul style="list-style-type: none"> <li>✓ Course or dry cereals without milk or being softened</li> <li>✓ Cereals with nuts or dried fruit</li> </ul>
<b>Other Cereals</b>	<ul style="list-style-type: none"> <li>✓ Rice -well-cooked and served in a sauce</li> <li>✓ Soft THIN pasta and noodles in a sauce, quinoa</li> <li>✓ Remember carbohydrates are only ¼ of meal i.e. 1-2 tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Rice that is NOT in a sauce</li> <li>✓ Breads toast or crackers</li> <li>✓ Sandwiches</li> </ul>
<b>Fresh Fruit</b>	<ul style="list-style-type: none"> <li>✓ Soft/Mashed fresh fruit i.e. pear, berries, melons, kiwi fruit</li> <li>✓ All stewed or canned fruit in small pieces i.e. apple</li> </ul>	<ul style="list-style-type: none"> <li>✓ Any fruit that has not been mashed</li> <li>✓ Dried fruit, fruit leather, fruit peel</li> <li>✓ Stringy fruit e.g. pineapple</li> <li>✓ Large/round pieces of fruit i.e. grapes</li> </ul>
<b>Dairy Foods</b>	<ul style="list-style-type: none"> <li>✓ Yoghurt, cottage cheese, ricotta, homemade smoothie</li> </ul>	<ul style="list-style-type: none"> <li>✓ Yoghurt with nuts, seeds or hard pieces</li> <li>✓ Hard cheese or crispy cooked cheese</li> </ul>