

PUREED

(7 Days) Starting: _____

Now you've moved to the pureed stage. **All foods need to be smooth pureed, progressing from yoghurt like, containing no lumps and able to run off a spoon to " baby food "texture.**

It is important to remain on this pureed diet as **eating solids before this time may increase the risk of a leak.**

Your dietitian will take you up to the next phase at your next consultation.

Keep a list of questions that can be answered at your next appointment with your dietitian.

REMEMBER

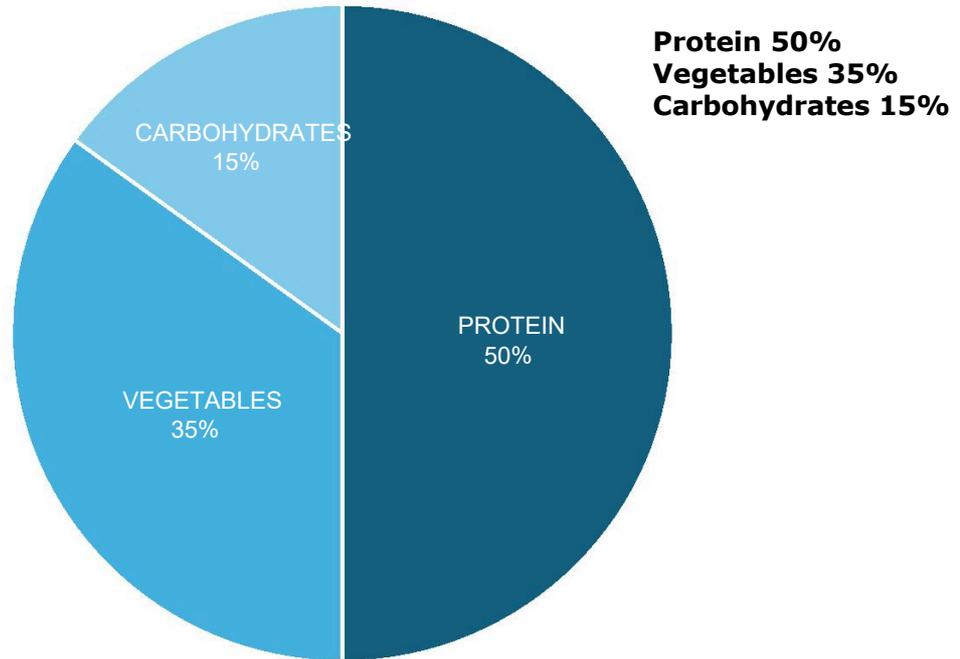
- ✓ **Volume - 5 x ½ cups daily – Breakfast, Morning Tea, Lunch, Afternoon Tea, Dinner** – Try to eat 5 times over the day, **even if you are not hungry**, as you will need this for energy and nutrition.
- ✓ **Protein foods – Think protein when planning your meals** - include at each meal e.g.: meat, chicken, fish, egg, milk, yogurt or protein powder if your meal has no protein.
- ✓ **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 can fill you up, provide lots of calories with little nutritional benefit and can make you nauseous or cause dumping syndrome
- ✓ **Constant sipping between meals to achieve 1- 1.5L/ day**- Now you have the challenge of keeping food and fluids separate you will need to be deliberate with your sipping. Support yourself by setting reminders to sip every 20 minutes and carry a water bottle with you to remind you to drink. Choose Lo- calorie drinks like water +/- squeeze of juice, protein water, non-fizzy diet drinks, tea/ coffee (hot or cold)
- ✓ **Don't Rush** – Using your teaspoon ensure you take at least 20 minutes to eat the pureed meal
- ✓ **Be Prepared** – ensure you have portioned pre-prepared pureed foods in the freezer. When you go to work, or out for a meal, you can take these with you. Occasionally a meal replacement soup, or shake, could be used if more convenient, e.g. when travelling, or at work for lunch, or if rushed. There are useful containers such as Portion Perfection Bari prepper and snacker.
- ✓ **Sweet and fatty foods should be avoided** - usually low in nutritional value and may cause dumping syndrome.

FOOD INTAKE

Plan your meals around protein- meat chicken fish, eggs, legumes and

snacks around dairy - milk or yoghurt and pureed fruit

- ✓ **Include protein at each meal/snack - ½ shake can be a good mid meal snack**
- ✓ **Eat your protein first - limit carbohydrates; but this is NOT a no carb plan.**
- ✓ Wholegrains are an important source of fibre, B Vitamins and it is important to try to include some each day e.g.: ¼ cup cereal, 1 teaspoon of brown rice
- ✓ V8 juice (Original) is a great way to include veggies as is cooking them in your casserole soup or curry



✓

SAMPLE PUREED MENU PLAN				
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner
Shake Or All Bran Pureed Oats Soggy Weet-Bix milk + Protein powder	Small milk coffee(P) Or Cereal + protein powder	Pureed Meal containing protein e.g. 60 grams fish, eggs, lean meat, chicken	Pureed Prunes & Yoghurt(P) Or shake or milk coffee + Protein powder	Pureed Meal - slow cooked casserole, stew, curry containing protein e.g. 60 grams fish, eggs, lean meat,(P) chicken

Menu Tips

- ✓ Cook a **variety of dishes so you do not get sick of the same flavours** (stews, casseroles, curry) especially as the texture is all the same. There is no limit on spice or chili or flavour so make it interesting!
- ✓ Recipes from "Your Complete Guide to Nutrition For Weight Loss Surgery"
Pg 56-58
Pg 72-74
try salmon mousse
- ✓ Puree protein-based soups or add protein powder
- ✓ Puree casseroles, stews, roasts or curries – to puree smoothly you may need extra stock!
- ✓ Pureed Fruits with pouch or drinking high protein yogurt – Tubs are too thick at this stage
- ✓ Cruskits **are not suitable** for puree stage

Daily Nutritional Requirements

Meeting daily protein requirements in puree phase –
By the end of week 1 pureed you should be working towards-

- ✓ 1 high protein yogurt (Yo Pro, Chobani FIT or 15g high protein yoghurt in the pouch)
- ✓ 1 cup of milk e.g., Milk coffee or smoothie
- ✓ 1 serve of grains – cereal, brown rice, quinoa (1/4 – 1/3 cup)
- ✓ 1 serve of fruit – V8 juice or pureed fruit – great to add to yogurt
- ✓ ½ cup of veg – can be incorporated in soup/casseroles/curry or grated into these dishes
- ✓ 60g pureed meat/chicken/fish, i.e. 2 serves of 1/3 cup.

Useful points

- ✓ Your new FULL feeling feels like a slight pressure mid chest (very different to the old feeling) learn to listen to your new small stomach!
Hiccups or pain can mean you are eating or drinking too fast

Vitamins

Multivitamin: 1x Fit For Me (multivitamin) chew & Ferro (iron)- commence Ferro if you have not already.

Best tolerated **not on an empty stomach** .Swallow the tiny Ferro tablet on a mouthful of food mid -way through a meal or 20-30min after a meal when can take with sip of water.

OR 2x BN multivitamin chews (contains iron so no need to take ferro)

Calcium + D – Calcium (2 per day) can be started from day 5 as well.

(Do not take at the same time as your multivitamin as they interfere)

It's important to establish a good routine. You need to separate your Multi and Calcium by 2 hours. Try the following-

Suggested Schedule:

Multivitamin + Ferro at Dinner (if 2 x multi- take 2nd at lunch)

Calcium at breakfast and morning tea

- ✓ **Dulcolax** can be continued if need be you may also start **BENEFIBRE** 2 heaped teaspoons in water each morning -ensure you are drinking over 1 litre of water daily
- ✓ Dining out and social functions can be difficult – Morning or afternoon tea is easiest. For a function, call the caterers & request soup or pureed meal
- ✓ Carry a shake with you –great if caught out with no meal or for a snack
- ✓ Remember you can pop into the supermarket and pick up high protein yogurt
- ✓ If you are out for morning tea – have a small milk coffee or for lunch grab a single serve of yoghurt from the supermarket.

TEXTURE- PUREED FOODS (7 Days)

MEETING PROTEIN NEEDS ON PUREED DIET G IS TARGET

SHAKES/DAY _____

SCOOPS TASTLESS PROTEIN _____

SCOOPS WHEY PROTEIN OR ½ -1 BOTTLE BODIEZ WATER OR RECOVER PROTEIN SERVE

TEXTURE – PUREED FOODS (7 DAYS)

Congratulations on successfully making it through the fluid stage. You are now changing from a liquid diet to a puree diet as part of the recommended progression post-bariatric surgery. It is important to follow the correct diet texture as your stomach is still healing. Not following the correct texture can **put a strain on the stomach and may cause leaking, increasing the risk of infections and fill you too quickly**. This can lead to nutritional inadequacy.

The pureed food texture includes foods **which are smooth and lump free**, but they may have a grainy quality. They should be moist and cohesive enough to hold their shape on a spoon.

A blender, vitamiser or food processor will be required to produce foods in this texture. The texture should resemble smooth yoghurt.

It is important that texture modified diets are well balanced. Choose a variety of foods for your meals.

	RECOMMENDED FOODS	FOODS TO AVOID
Meat Chicken Fish	<ul style="list-style-type: none"> ✓ Meat/ chicken/ fish dishes blended with gravy or sauce. Serve with extra gravy or sauce i.e., casseroles/slow cooked meats/meat sauces – puree well 	<ul style="list-style-type: none"> ✓ Whole or minced meats that have not been pureed in a blender
Meat Alternatives	<ul style="list-style-type: none"> ✓ Pureed baked beans, lentils, or other cooked beans. ✓ Tinned refried beans or hummus. ✓ Souffles and mousses e.g., Salmon mousse ✓ Pureed scrambled eggs-or runny poached. ✓ Eggs blended into soups (prior to cooking) or runny poached (not scrambled) 	<ul style="list-style-type: none"> ✓ Lentils or legumes that are not pureed or well mashed to a smooth paste. ✓ Fried, poached, and hard-boiled egg or scrambled egg that is not pureed. ✓ Sticky or cohesive foods e.g., peanut butter
Vegetables	<ul style="list-style-type: none"> ✓ Pureed or well mashed vegetables without chunks, lumps, pulp, or seeds i.e., pumpkin, sweet potato, zucchini, broccoli, cauliflower 	<ul style="list-style-type: none"> ✓ Vegetables that have not been pureed or well mashed
Soup	<ul style="list-style-type: none"> ✓ Homemade or canned soups that have been pureed in a blender and strained. Ensure they contain protein – chicken/fish/pork i.e., never just have pumpkin soup 	<ul style="list-style-type: none"> ✓ Soups that have chunks or lumps
Breakfast Cereals	<ul style="list-style-type: none"> ✓ Smooth lump free cereals e.g., Pureed porridge, All Bran, Weet Bix-hi bran 	<ul style="list-style-type: none"> ✓ All other breakfast cereals ✓ Cooked cereals with lumps
Other Cereals	<ul style="list-style-type: none"> ✓ Well cooked pasta, noodles or rice that has been pureed in a blender with added sauce. Remember, have only 1-2 teaspoons of carbohydrates at one time (1/4 of your meal) 	<ul style="list-style-type: none"> ✓ Pasta & rice that has not been blended. ✓ All breads, biscuits, cakes, and muffins
Fresh Fruit	<ul style="list-style-type: none"> ✓ Stewed or canned fruit that has been pureed in a blender i.e., melon, pear, paw paw. ✓ Fruit packs labelled 'puree'. Goulburn Valley brand has some good options 	<ul style="list-style-type: none"> ✓ Whole fruits (Fresh, frozen, canned, dried) or fruit pieces ✓ Coarsely mashed fruits with lumps

Dairy Foods	<ul style="list-style-type: none">✓ Milk, homemade fruit smoothies (add protein powder)✓ Natural low-fat yogurt✓ Smooth low-fat ricotta or cottage cheese	<ul style="list-style-type: none">✓ Course or textured puddings (e.g., Rice pudding)✓ Yoghurt with fruit or nuts✓ Solid or semi solid cheeses
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*******Remember meal serve size is 1/2 cup at a time**