

## SOFT

(14 days) Starting: \_\_\_\_\_

Welcome to the final stage before you start introducing full foods. In this stage you can gradually start the introduction of "soft food".

"Soft Foods" can be mashed or pulled with a fork and able to be easily chewed whilst having a moist (if not wet) consistency, e.g. mince, slow cooker style meals and stew/casseroles (pulled meat).

### 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)

**Sweet and fatty foods should be avoided** - Usually low in nutritional value/ need to make mouthfuls count

**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 really 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
- ✓ Boiled eggs at work

**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**

**SAMPLE SOFT MENU**

Breakfast	Lunch	Dinner
Soft cereals such as oats, Weet-bix, All Bran OR sloppy scrambled eggs/ soft boiled or soft poached+/- avocado (roughly forked)  MT- milk drink/yoghurt, cottage cheese (chive available)	Leftover dinner -Casseroles, curry, chunky soups, and egg dishes (e.g. soft poached eggs, crustless quiche, frittata), tinned fish or forked out piece of fish & cottage cheese or avocado (fork mash)  AT- yoghurt + soft fruits	Stews, curry on cauliflower rice, casserole/ slow cooker, fish, mashed vegetables, shepherd’s pie, mince dishes (bolognaise on zoodles ). Try adding grated vegetables or spinach to meals to meet your vegetable requirement.  S -milk if need the protein or just water or tea

**Now is a great time to start using your Portion Perfection Bari-Prepper dish**

Here are some meal / mid-meal ideas for you to try during the week of soft phase.

- ✓ High protein yogurt with stewed fruit / frozen berries
- ✓ Eggs (boiled, mashed or poached)
- ✓ Tinned tuna (tomato & onion, Mexican flavoured)
- ✓ Shakes, milk coffee (with a scoop of protein added) smoothies
- ✓ Baked beans / Coles Chilli bean and add natural yogurt and guacamole
- ✓ Ricotta bake
- ✓ Crustless quiches & Zucchini slice
- ✓ Sloppy/moist rissoles, salmon/tuna patties (veggie loaded with grated vegetable)
- ✓ Overnight Oats

Notes:

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## TEXTURE – SOFT FOODS (14 DAYS)

You are now progressing on to your final stage before you start adding 'full food' into your diet.

This food texture includes soft moist food, which are either naturally soft or require minimal cutting. The addition of sauce or gravy may be required to increase the moisture content. Food should be easily broken into pieces no bigger than 1cm x 1cm and must be able to be mashed with a fork. It is important that texture modified diets are well balanced. Choose a variety of foods for your meals. This will ensure that your body is getting all the nutrients it needs.

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

	RECOMMENDED FOODS	FOODS TO AVOID
<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 can be mashed with a fork and in small pieces (1cm x 1cm max)</li> <li>✓ Fish dishes that are moist or with sauce (Easily broken up with the edge of a fork)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tough, gristly or dry meats</li> <li>✓ Dry fish or fish with bones</li> </ul>
<b>Meat Alternatives</b>	<ul style="list-style-type: none"> <li>✓ Eggs (all types except fried) i.e. poached/scrambled</li> <li>✓ Well-cooked legumes i.e. baked beans</li> <li>✓ Soft tofu e.g. crumbled</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fried eggs</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) i.e. brown rice</li> <li>✓ Soft pasta and noodles (small amounts), quinoa</li> <li>✓ Remember carbohydrates are only ¼ of meal i.e. 1-2 tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Dry or crusty breads</li> <li>✓ Sandwiches that are not thoroughly moist</li> <li>✓ Bread with seeds or dried fruit</li> <li>✓ Toast, crackers, pizza</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> <li>✓ Berries with small seeds i.e. strawberries, kiwi fruit</li> </ul>	<ul style="list-style-type: none"> <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>