

Your Guide to Fluid and Puree Stage

Week1 – Fluid

Thin, runny liquid - consistency of being able to drink through a straw

Start this stage on the day you return home from hospital. Stay on fluid stage until you see Dr Baxter at your post op appointment. He will advise you to start the next stage.

Examples of allowed liquids:

- Protein shakes (aim for 2-3 per day)- suggest making half at a time
- Protein water eg: Bodie'z (WPI), Muscle Nation (whey & Collagen), Feel Good (flavored/ tasteless/ whey) *These can be diluted and/ or frozen*
- Water
- Sugar free pouring custard (not encouraged)
- Sugar Free Powerade or Gatorade
- Hydralyte- icypole version is good for crunch & if having difficulty sipping
- Miso soup / bone broth / thin soups (add Tasteless) or try Bn Slim/ Formulite soups
- Peppermint or other herbal tea
- V8 juice (more vegetable-based variations) - strain if necessary

Experiment with temperature. Some people tolerate hot better than cold or vice-versa. Aim for 1.2 - 1.5L of fluid in total by day 4 or 5.

Week 2 – 3 Puree : consistency of thick soup progressing to baby food

Start this stage once you have seen Dr Baxter at your post-op appointment or otherwise cleared by Dr Baxter

Thick pureed soups eg chicken & vegetables or pea & ham- add protein powder

- High protein pouch yoghurt
- Fruit and vegetable smoothies (blended with no chunks) with added protein supplements *Note: fruit or veg from list*

Examples of allowed puree:

- High protein pouch yoghurt
- Pureed fruit & ricotta
- Puree casseroles, curry and slow cooked meals

Aim for 5 small portions a day - 1/2 cup maximum per serve.

Ensure you are keeping your fluids up. Remember protein waters.

Week 4 – Minced & "Mashed"

Mash - consistency of being mashed with a fork

This is the transition phase from puree to soft food. You will see your dietitian prior to starting this phase. Stay on this phase for 7 days (unless otherwise instructed)

Examples of allowed "mash":

- High protein tub yoghurt
- Curried eggs with mayo / high protein cottage cheese
- Soft boiled eggs or avocado mashed with cottage or ricotta cheese
- Baked beans pureed +/- high protein cottage cheese/ cream cheese
- Refried beans / chilli bean puree with natural yoghurt and guacamole
- Sandwich tuna/ chicken +/- mashed vegetables, high protein cottage cheese, guacamole texture avocado
- Slow cooked casseroles or curries blended/mashed with sauce

Aim for 5 small portions a day - 1/2 cup maximum per serve.

Ensure you are keeping your fluids up.

EXAMPLES

Week 1 – Fluid



Protein water, V8 Juice, high protein drinking yoghurt Siggis. Sugar free drinking chocolate such as Avalanche. Refer to the fluid diet recipes in "Your Complete Guide to Nutrition After Weight Loss Surgery" pp 52-54 & 60.

Week 2 – 3 - Puree



High protein pouch yoghurt such as Chobani, Siggis and Yopro. Refer to smoothie and soup recipes in "Your Complete Guide to Nutrition After Weight Loss Surgery" pp 56-58,72-74.

Week 4 – Minced and Mash



High protein yoghurt tubs such as Chobani, Siggis and Yopro. Refer to puree recipes in "Your Complete Guide to Nutrition After Weight Loss Surgery" pg 76-78.

*Please note, scrambled eggs and cottage pie is recommended for the soft food stage.