

Pureed and Soft Foods

During this stage you will be consuming pureed and semi-solid foods. This allows you to slowly reintroduce foods back into your system.

- It is important for you to eat all of the recommended dietary protein
- Eat only when you are hungry

START: Week 2

DURATION: 2 Weeks

DIET INSTRUCTIONS: Consume 3-4 small meals a day

FLUID GOALS: 64 ounces (8 cups) non-caloric, noncarbonated, non-caFFEinated liquid

- Water
- Fat-Free Chicken Broth
- Calorie-Free Tea
- Calorie Free Sports Drink



** Your doctor may recommend following a different plan. Follow what your dietitian or doctor recommend. These are just guidelines.*



RECOMMENDED SOFT FOODS:

- Dairy: yogurt - no sugar added
- Soup: bouillon, broth, low-fat cream soups
- Meat and Meat Substitutes: Fish, eggs, cottage cheese, finely diced cheese or lean meats
Vegetables: soft cooked vegetables
- Fruits: melons, bananas, no sugar added canned fruits, or citrus without the membrane
- **Note:** Generally 1/2 cup of whole food equals 1/4 cup pureed food

CALORIE GOAL: 800-1000 calories per day

VITAMINS:

- Take soft, chewable or liquid multivitamins or Bariatric multivitamin recommended by physician
- Calcium Supplement with Vitamin D 1200-1500mg (Maximum 500 mg per dose)
 - **DO NOT take the multivitamin and calcium at the same time. Taking it simultaneously may interfere with the absorption**
- B12 500mcg daily or 1000mcg IM daily

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Type of Food	Amount	Protein (g)	Fat (g)	Calories
STARCHES				
Mashed Sweet Potato	½ cup	2.0	4.4	111
Oatmeal	¾ cup	4.5	1.7	105
Farina	¾ cup	2.5	0.1	87
Cream of Wheat	¾ cup	3.3	0.4	115
FRUITS				
Green Beans (canned)	½ cup	0.2	0.1	13
Carrots (baby food)	2.5 oz (2 oz = ¼ cup)	0.0	0.0	30
Beets (canned)	¼ cup pureed	0.8	0.1	26
MILK				
Yogurt, nonfat	8 oz	8	0	90-120
Milk, skim or 1%	8 oz	8	0-3	80-110
MEAT				
Tuna, canned in water	1 oz (1 can = 6 oz)	7	1	40
Imitation crab meat	1 oz	3.5	<1	30
Cheese, low fat or fat free	1 oz	4	0-3	40-50
Cottage cheese, 1% or fat free	1 oz (4 oz = ½ cup)	3.5	<1	20
Egg, scrambled	1 oz	6	80	80
Chicken, pureed (dark meat)	1 oz	7	72	72
Baby Food	2.5 oz	8	90	90
FAT				
Butter	1 teaspoon	0	4.1	36
Olive oil	1 teaspoon	0	4.6	40

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Considerations

1

Do not fry your meats.

- Frying adds calories and can make foods hard to digest
- Some people may experience dumping with fatty foods

2

Stop eating when you are full.

- You may regurgitate your food, become nauseous or have pain if you overeat.

3

Continue with the recommended amount of fluid as indicated by your care team.

4

Continue with your chewable vitamin supplements.

5

Write down all the food you eat and the fluid you drink on your food record.
The food record at this stage is critical to ascertain that you are eating enough protein.

6

Avoid processed foods or foods with added sugars.

7

Do not drink liquids within 30 minutes of eating your food.

8

For lightheadedness or dizziness, try one cup of bouillon as part of your fluid intake.



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Example: Pureed and Soft Food Diet

***Or follow meal replacement diet recommended by care team**

Time	Food	Liquid	Protein (g)	Fat (g)	Calories
8am	1 egg-scrambled (1 meat)		6	6	80
	½ cup applesauce (1 fruit)		0.2	0.1	60
9am		8 oz coffee, decaf	0	0	0
10am		8 oz water	0	0	0
11am		8 oz skim mil	8		85
12 noon	2 oz tuna fish (1 protein soft/pureed)		14	2	80
	½ tsp light mayonnaise (1/2) fat		0	2.5	30
	¼ cup pureed vegetable		0-1	0-0.1	30
2pm		8 oz water			
3pm	8 oz non-fat yogurt (1 milk)		8	0	120
5pm	3 oz pureed chicken (equivalent protein)		21	13.5	300
	½ tsp butter (1/2 fat)		0	2	20
	¼ cup pureed vegetable		0-1	0 - 0.1	30
6pm		8 oz water			
7pm		8 oz water			
10pm		8 oz water			
		TOTAL	~58-64	~26-30	~800-1000

MEAL PLAN

800-1000 CALORIES/DAY

Starch 2 servings
 Fruit 2 servings
 Vegetable 2 servings

MEAL PLAN

800-1000 CALORIES/DAY

Milk 2 servings
 Meat 6 servings
 Fat 1 serving

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