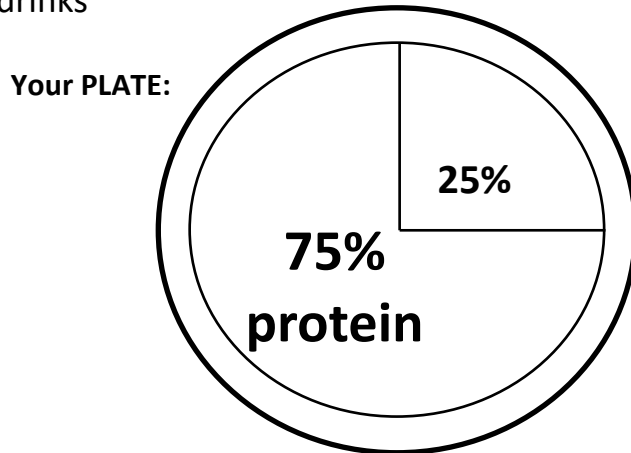


Approx. 2-4 Weeks After Surgery: Soft Diet

Allowed Foods

Choose moist, soft foods that can be mashed with a fork. Protein options include fish, tofu, MorningStar crumbles, yogurt, cottage cheese, and protein powders/drinks



There should be 3-6 “eating times” a day

- Start with eating 3 times per day. Increase as needed for hunger or to meet protein goals.
- Eat protein first. Limit all other foods until you are comfortably consuming at least 60g protein per day.
- Each meal should be no larger than ½ cup.
- Start separating fluid from meals and remember to sip on fluids between meals.
- Protein shakes will likely still be necessary to help you reach your protein goals.

⊘ FOODS TO <u>AVOID</u> ON THE SOFT DIET ⊘	
NO M.E.A.L.S	
<u>M</u>eat/poultry: chicken, beef, pork, turkey	Bread, rice, and pasta (they can easily get stuck and irritate the pouch)
<u>E</u>ggs	Nuts, popcorn, seeds, and peanut butter
<u>L</u>eftovers (too dry)	Anything with grease
Beans	Anything dry
Fruit or vegetables with tough skins	
Raw vegetables	

Nausea and vomiting

Swallowing a chunk of food may cause you to have pain, nausea, or vomiting. If the food stays down, the pain will persist until the chunk is able to pass through the stomach opening.

Take the following steps to avoid discomfort with eating:

Take Tiny Bites: Use baby or toddler-size utensils to help reduce the size of your bites; use the tip of spoon or fork

Chew Well: Chew foods to an applesauce consistency before swallowing. **Chew each bite 25-30 TIMES!**

Eat Slowly: Meals should take you 30-40 minutes to eat. Try putting your utensils down between bites.





Make sure to stop when you feel the first hint of fullness.

Do not take longer than 40 minutes to eat a meal because you could end up consuming more calories than needed.

Soft Foods – Approved Protein Sources

****DO NOT EAT OR DRINK ANY FOODS OR DRINKS NOT ON THIS LIST****

Ask your Dietitian any questions you have about allowed drinks and foods.





	Dairy	Serving	Protein
	Milk, skim or 1% (higher-protein: Fairlife)	1 cup	8g
	Low-fat/low sugar yogurt	6 oz	8g
	Low-fat/low sugar Greek yogurt	6 oz	12-16g
	Fat-free or low-fat cottage cheese	1/4	7g
	Fat-free or low-fat ricotta cheese	1/4 cup	7g
	Fat-free or low-fat shredded or other soft cheese	1/4 cup	7g
	Non-fat milk powder (add to sugar free liquids or soft foods)	1/3 cup	8g
	Unsweetened almond/cashew milk (higher-protein: Or-gain)	1 cup	1-10g
	Unsweetened Soy milk	1 cup	7g
	Protein Supplements	Serving	Protein
	Protein powders (20-40g protein, < 5 g sugar) **Whey protein isolate is best absorbed**	1	15-30g
	Ready-to-drink protein shakes (20-40 g protein, < 5 g sugar)	1	15-30g
	Premier Protein Clear, biPro Clear, Protein 2.0 Clear	1	20g
	Fish and Veggie Protein	Serving	Protein
	Fish (baked) **All fish should be moist (not dry or overcooked); NO shellfish (e.g shrimp)**	1 oz	7g
	Light Tuna (left in water or with light mayonnaise)	1/4 cup	10g
	Soy protein crumbles (e.g. Morningstar or Boca—in freezer section)	1/4 cup	5g
	Tofu	1/4 cup	5g
	Soups	Serving	Protein
	Broth, bouillon, consommé, broth-based soup, low-fat cream soups (thinned) Optional- add unflavored protein powder for protein soup **ONLY FISH and fork tender VEGETABLES allowed in soups**	Varies	Varies
	High-protein soup mixtures – Unjury, Proti DIET, Opti Source, Bariatric Choice, BariWise, Pantry Selections	Varies	Varies

Soft Foods– Continued

****DO NOT EAT OR DRINK ANY FOODS OR DRINKS NOT ON THIS LIST****

Ask your Dietitian any questions you have about allowed drinks and foods.

As long as you are consuming > _____ g total protein daily you may start adding small bites of non-starchy veggies, fruit, oatmeal, and grits.

	Vegetables In limited portions		Serving	Protein
	Non-starchy vegetables (<i>cooked soft—fork tender</i>)		¼ cup	< 1g
Avoid vegetables with tough skins, fried vegetables, vegetables in oil/butter and raw vegetables				
	Fruit in limited portions		Serving	Protein
	Unsweetened frozen or low sugar canned (<i>avoid pineapple</i>)		¼ cup	< 1g
	Peach (<i>no skin</i>), melons, mango, 1/2 banana		¼ cup	< 1g
	Diet fruit juice (<i>less than 1g sugar</i>)		8 oz	< 1g
Avoid regular fruit juice, fruit canned in syrup, dried fruits, hard fruits, and skins/peel of fruit				
	Grains/Starches in limited portions		Serving	Protein
	Oatmeal (<i>thinned</i>)		¼ cup	7g
	Grits or cream of wheat (<i>thinned</i>)		¼ cup	4g
	Potatoes (regular or sweet) cooked and mashed (<i>limit to ¼ cup per day</i>)		¼ cup	1g
Avoid breads, pasta, rice, beans, sugary cereals, granola, biscuits, cornbread, popcorn, and white potatoes				
	Other		Serving	Protein
	Sugar-free gelatin / Jell-O		½ cup	1g
	Sugar-free popsicles		1	0g
Sugar-free pudding (<i>thinned</i>)		½ cup	4g	
	Clear Liquid- Sugar-Free drink suggestions			
	Hint	Fruit 20	Lemonade Light	Diet Snapple
	Propel	Unsweetened-	Crystal Light Pure	Nestle Splash
	Bai	Decaf tea	Sugar-free Kool-Aid	Crystal Light
	Mio	Dasani Drops	Vitamin Water Zero	Powerade Zero
	Sobe Lean SF	Wylers Light	Propel Water	

Soft Foods – Sample Menus

Meals should be ¼ - ½ cup in size and protein foods are at least 75% of the meal.

Sample Menu 1		<i>Protein</i>
Breakfast	1 container low-fat/low-sugar Greek yogurt	15g
Lunch	4 oz (½ cup) tuna with low-fat mayo and few drops of lemon juice	20g
Dinner	½ cup Morningstar farms griller crumbles with 1-2 tablespoons low-fat shredded cheese	12g
Between Meals	1 protein drink of your choice mixed with 8 oz of fluid 56 oz sugar-free, decaf, calorie-free beverages	15-30g 0g
Sample Menu 2		<i>Protein</i>
Breakfast	½ cup low-fat cottage cheese 1-2 tablespoons chopped canned peaches (canned in own juice, not syrup)	14g 0g
Lunch	½ cup low-fat Ricotta cheese 1-2 tablespoons marinara sauce and grated parmesan cheese	13g 0g
Dinner	2-3 oz poached/steamed/baked tilapia ¼ cup soft-cooked vegetables (e.g. green beans, carrots)	14-21g <1g
Between Meals	1 protein drink of your choice mixed with 8 oz of fluid 56 oz sugar-free, decaf, calorie-free beverages	15-30g 0g
Sample Menu 3		<i>Protein</i>
Breakfast	½ cup higher-protein oatmeal made with skim milk plus ½ scoop vanilla or unflavored protein powder	17g
Lunch	½ cup low-fat cottage cheese 1-2 tablespoons low-fat shredded cheese	18g
Dinner	½ cup soy protein crumbles mixed with taco seasoning 1-2 tablespoons salsa or low-fat sour cream	9g 0g
Between Meals	1 protein drink of your choice mixed with 8 oz of fluid 56 oz sugar-free, decaf, calorie-free beverages	15-30g 0g

For maximum post-surgical weight loss, you may want to continue avoiding starch until 6 months post-op.