



# **Bariatric Soft Food Diet**

## *3 Weeks After Surgery*

If questions, please call 516-321-8282

# Soft Food Diet: follow for 8 weeks, starting after the 3rd week post-op

**Goals:** 64 oz. water and 60-80g protein daily

**Calorie Goal:** work towards increasing your calories to goal of 1,000-1,200 daily.

## Diet Protocol:

- Focus on foods that are high in protein from the approved food list
- Meals/snacks should be every 3 - 4 hours, for a total of 3 small meals with 3 supplemental snacks.
- Portions at meals/snacks size should be ~ 2 - 4 ounces or ¼ - ½ cup with a minimum of 2 ounces from a high protein source (always eat your protein first!)
- Meals should take about 20 - 30 minutes to complete.
  - Chew food very well and eat slowly to avoid over eating.
  - Sit up straight when eating and put utensil down between bites.
  - Use small utensils and dinnerware.
  - Stop eating if you feel like you might be full - one extra bite can make the difference!
- Introduce one new food at a time. If you experience a food intolerance, allow a few days to pass before trying that food again.
- Caffeine is now allowed, ~ 1 cup daily, however this cannot be counted towards your total daily fluid goal.
- Avoid foods that are greasy, high in saturated/trans fats, sugar, or fiber.
- **Keep a food log daily! Not consuming adequate calories and protein can slow down and eventually stall your weight loss.**
- Make a schedule for yourself. Example:
  - 7:00am: wake up
  - 7:00am - 8:00am (sip water until breakfast)
  - 8:00am - 8:30am: breakfast (30 minutes to eat)  
(wait 30 minutes before drinking)
  - 9:00am - 10:30am: drink water
  - 10:30am - 11:00am: snack (30 minutes to eat)  
(wait 30 minutes before drinking)
  - 11:30am - 1:00pm: drink water

## What to avoid:

- Do not drink and eat meals at the same time - you can drink liquids up to mealtime and then wait 30 minutes after you have completed your meal before drinking.
- Avoid skipping meals or snacks, even if you are not hungry. This can cause you to fall behind on your calorie/protein intake. Try setting alarms on your phone to remind you when to eat.
- Do not sip through straws. This can cause you to suck in extra air and/or drink liquids too quickly which can cause discomfort.
- Do not consume alcoholic beverages or carbonated beverages
- Do not read or watch T.V. while eating (mindless eating)

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## Protein Sources (minimum 2oz. per meal)

- Eggs or egg beaters cooked with minimal fat
- 2% or Total Greek yogurt
- 2% or 4% cottage cheese
- 2% cheeses (cheese stick or shredded)
- Low-fat/low-sodium deli meats (thinly sliced turkey, chicken breast, roast beef)
- Soft fish - salmon, white fish, tuna
- Tuna/chicken/egg salad made with olive oil mayonnaise
- Small or baby shrimp
- Minced clams
- Bean and lentil soups (high in fiber; reintroduce slowly)
- Fat-free refried beans (high in fiber; reintroduce slowly)
- Protein shakes
- Tofu (soy) mixed in soup or vegetables
- Tender cooked or ground poultry, beef or pork
- Natural peanut butter

**\*\*Items should be soft enough to cut with a plastic fork, wet and moist \*\***

## Other Acceptable Foods

(these foods do not contain adequate sources of protein and must be consumed with along side a protein source)

- Oatmeal or cream of wheat
- Cooked, soft/mushy vegetables
- Overripe skinless fruits or fruits canned in juice (drained)
- Sweet potatoes, well cooked
- Lettuce (1-2 pieces for creating a lettuce wrap with low sodium cold cuts, tuna salad, etc.)
- Whole wheat crackers (Triscuits) or pretzels, chewed well
- Unsweetened apple sauce
- Very dry whole wheat toast (max. 1 slice/meal)

## Foods to Avoid

- Sticky foods (ex: fresh bread, rice, pasta, mac & cheese)
- High-fat foods or high-sugar foods
- Raw vegetables
- Crunchy foods (chips, popcorn, nuts and seeds)
- Tough, rubbery meats (steak, pork chops, ham & hot dogs)
- Junk food

## Sample Days

<b>Breakfast</b>	Scrambled egg with 2 Tbsp. chopped spinach
<b>AM Snack</b>	1/4 cup cottage cheese with 2 Tbsp. applesauce
<b>Lunch</b>	2 oz. salmon and 2-4 Tbsp. mashed carrots
<b>PM Snack</b>	3oz. 2% plain Greek yogurt
<b>Dinner</b>	2 oz. turkey meatloaf with 2 Tbsp. mashed sweet potato
<b>Evening Snack</b>	1 Tbsp. peanut butter with 1/2 mashed banana

<b>Breakfast</b>	1/2 cup oatmeal cooked with skim milk and 1 Tbsp. peanut butter
<b>AM Snack</b>	1 laughing cow cheese wedge with 3 Triscuits
<b>Lunch</b>	3 oz. chicken salad rolled in a lettuce leaf
<b>PM Snack</b>	1 Tbsp. peanut butter on 1/2 slice whole wheat toast
<b>Dinner</b>	2 oz. white fish with 2 Tbsp. cooked soft broccoli with olive oil drizzled
<b>Evening Snack</b>	Triple zero Greek yogurt

## Protein Sources

**Meat, Fish, Poultry & Eggs**

Food (cooked)	Serving Size	Calories	Protein (g)
Chicken breast, skinless	3 oz.	141	28
Turkey breast	3 oz.	135	25
Pork	3 oz.	122	22
Egg	1 egg	71	6
Turkey or chicken breast, cold cuts (low sodium)	3 oz.	90	18
Ham, cold cuts (low sodium)	3 oz.	90	15
Salmon	3 oz.	155	22
Cod or other white fish	3 oz.	70	15
Tuna	3 oz.	99	22
Shrimp	3 oz.	101	20

**Nuts, Beans, Lentils & Legumes**

Beans and lentils	1/2 cup	~100	7-10
Almonds	1 oz.	163	6
Peanuts	1 oz.	166	7
Pistachios	1 oz.	161	6
Walnuts	1 oz.	185	4
Cashews	1 oz.	162	4
Flax seeds	1 oz.	140	6
Pumpkin seeds	1 oz.	159	9
Peanut butter (natural)	2 Tbsp.	190	8
Almond butter	2 Tbsp.	210	7

**Dairy Products**

0% plain Greek yogurt	1/2 cup	70	12
2% plain Greek yogurt	1/2 cup	85	12
Total (full fat) plain Greek yogurt	1/2 cup	110	10
1% plain cottage cheese	4 oz.	76	10
2% plain cottage cheese	4 oz.	90	10
4% plain cottage cheese	4 oz.	115	11
Skim milk	1 cup	80	8
Fairlife brand skim milk	1 cup	80	13
1% milk	1 cup	100	8
2% milk	1 cup	122	8
Cheese, mozzarella (part-skim)	1 oz.	72	7
Cheese, string cheese (fat free)	1 piece	50	6
Cheese, string cheese (regular)	1 piece	80	8
Cheese, ricotta cheese (part skim)	1/2 cup	140	12

# Easy Ways to Boost Calorie Intake

After surgery it is important to slowly increase calories until you reach your goal of **1,000 - 1,200 calories daily**.

Consuming too little calories can cause your body to conserve energy, preventing you from losing weight.

Here are a few simple tips on ways to boost your calorie intake:

- Switch from using fat free dairy products to using 2% or full fat cheeses, cottage cheese, Greek yogurt, etc.
  - Once you are consistently able to consume 1,000 – 1,200 calories you can switch back to lower fat options.
- Add olive oil when cooking proteins or veggies; ½ Tbsp. = 60 calories.
- Add natural peanut butter or almond butter to snacks.
- Use olive oil mayonnaise
- Try adding a slice of avocado or guacamole when having low sodium cold cuts.