



Bariatric Stage 3 – Puree-Soft Diet

During this stage you will gradually increase the consistency of your diet. This will help you establish a regular meal pattern and practice positive eating behaviours and habits.

You will require measuring cups and a blender during this stage. Foods will be blended to a smooth puree consistency in the first week, gradually increasing to a soft consistency in the final week. A soft consistency is food that is soft, tender and moist throughout. The protein should be easily separated with a fork (mashed almost) and it should have a gravy, sauce or dressing to lubricate it so it is easy to tolerate.

In the first week of this stage you will start your alternative protein shake. In the second week you will **stop** Berocca / BariLife powder (your liquid multivitamin) and will move onto your multivitamin tablet/chew/capsule (details over page).

Recommendations

- This stage must be followed for 3 weeks, increasing the consistency of your food each week
- **Week 1:** smooth puree consistency
- **Week 2:** mixture of smooth and soft
- **Week 3:** soft consistency.
- Choose **high protein foods** only.
- Serve a total of $\frac{1}{4}$ cup per meal and limit to 3 meals per day.
- Separate food and fluids by 30 minutes (leave a “gap” of 30 minutes between eating and drinking).
- Drink at least 2 litres per day.
- Continue to include **60g protein from protein shakes per day** (included in your 2 litres fluid per day).
- Do not snack between meals.

How to eat

- Prioritise meal times and get into a routine of sitting down for 3 meals per day, even if not hungry.
- Relax at meal times by sitting at a table and limiting distractions (phone/television/computer).
- Use a timer to keep your eating times within 20-30 minutes.
- Use a teaspoon to help slow your eating.
- Use measuring cups to keep portion sizes restricted.
- Always use a gravy, sauce (white/bolognaise/low fat curry/low sugar/fat jarred) or dressing (small serve of low fat mayo/hummus/low fat cream cheese/cottage cheese/avocado) as this will help you tolerate the food better.

Recommended Fluids

- Protein shakes x 2-3 per day (protein shakes to provide 60g protein per day).
- Water with/without lemon juice or sugar free cordial or herbal tea bags.
- High protein milk (look at the nutrition panel: per 100mls the protein should have around 6g protein).
- Decaffeinated coffee and tea.
- Flavoured water diluted 1:2 with water.
- Fruit or vegetable juices always diluted 1:5 with water.
- Diet jelly (limit your intake as it can have a laxative effect).
- Clear soup, broth or miso (stock cube or powder and hot water).

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Multivitamins

- Duodenal Switch patients must take 8 BariLife tablets daily unless advised otherwise by the team.
 - Taken: 2 tablets morning, 3 tablets afternoon and 3 tablets evening
- All Bypass and Sleeve patients should continue taking Berocca Performance until the end of **Week 1** of this stage and then **stop** taking it completely.
- All Bypass and Sleeve patients must then take one of the following products:
 - **BNMulti*** purchase online: www.bnmulti.co.nz
 - **NutriChew*** purchase online: www.bandbuddies.co.nz or Waitematā Specialist Centre, Shea Terrace
 - **BariLife “Just One”*** purchase online: www.barilife.co.nz
 - **Clinicians Multivitamin & Mineral Boost** purchase from a pharmacy
 - **Centrum 50+ Women’s** purchase from a pharmacy or supermarket.
(Bariatric specific multivitamins are marked *)
- All Mr Booth and Mr Robertson Bypass and Sleeve patients must take two of their chosen multivitamins per day (except BariLife “Just One” once daily).
- Mr Hammodat Sleeve patients must take one of their chosen multivitamins per day per day (including BariLife “Just One” once daily).

General Recommendations

- Avoid drinking with straws and having carbonated drinks for the first 3 months.
- Water is best tolerated when something is added to it.
- Always dilute fruit and vegetable juices: 1 part juice to 5 parts water.
- Your surgeon requires you to avoid caffeine life long.
- You must avoid alcohol for at least the first year post-surgery as it is high in energy and can stimulate appetite. There are no safe drink driving limits for post-surgery patients.
- You must continue to include protein shakes: 60g protein fluids per day.
- When selecting meals from the table below, keep breakfast foods for breakfast only due to their lower protein content.

Stop Optifast

- To reduce the risk of becoming intolerant to all protein shakes, we advise you to stop Optifast completely once you start the puree diet.
- You must replace the protein provided by 3 Optifast = **60g protein per day from fluids**.
- Aim for a protein shake that provides 20g protein per serve. If it is less protein per serve, use high protein milk to meet the deficit:
 - For example: protein powder (15g protein) + 100mls high protein milk (6g protein) = 21g per serve
In this example you would need 3 serves made up like this per day = 60g protein
- If your protein shake is over 20g per serve, you can use high protein milk to increase the protein per serve and have less shakes:
 - For example: protein powder (23g protein) + 125mls high protein milk (7g protein) = 30g per serve
In this example you would need 2 serves per day to = 60g protein

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Meal	Food	Total Serve
Breakfast	• Porridge <u>made</u> with high protein milk and extra milk added to loosen it (avoid eating it when it is thick)	¼ cup
	• Weetbix with high protein milk (serve soggy)	¼ cup
	• High protein yoghurt (>8g protein per 100mls)	¼ cup
	• 1 Egg – loosely scrambled	¼ cup
	• 1 Egg – lightly poached	¼ cup
	• Homemade protein smoothie: 1 serve protein powder, ½ cup high protein milk, ½ cup high protein yoghurt, ¼ cup fruit and 1 tbsp oats chia seeds/raw nuts	1 cup (drink over at least 1 hour)
Lunch	• Tuna / Salmon / Chicken tinned or cooked (use a flavoured variety or ensure it is mixed with a small amount of light mayo / cottage or cream cheese / hummus to help blend it)	¼ cup
	• Leftover dinner from below	¼ cup
	• Homemade protein-based soup – must be mostly protein with only a little bit of vegetables	¼ cup
Dinner	• Mince (any) with gravy or bolognaise sauce	¼ cup
	• Chicken thigh with gravy (cook the chicken pieces in the gravy)	¼ cup
	• Casserole/stew/crock-pot using any meat/fish/chicken	¼ cup
	• Fish in white sauce	¼ cup
	• Seafood in white sauce or light coconut milk	¼ cup
	• Tofu with a low-sugar sauce	¼ cup
	• Vegetarian protein with a sauce or gravy	¼ cup
Only fluids between meals	<ul style="list-style-type: none"> • Protein shakes providing 60g protein per day • Milky decaffeinated coffee or tea • Water with or without flavourings • Diluted fruit or vegetable juices • Homemade smoothie: ½ cup high protein milk, ½ cup high protein yoghurt, ¼ cup fruit and 1 tbsp oats chia seeds/raw nuts 	2-3 per day Diluted 1:5 water Limit 2 per week between meals

Reminders

- Use this time to work on positive eating behaviours:
 - Sitting down at a table to eat
 - Use measuring cups to keep portions controlled
 - Separate your serve into quarters and spend 5 minutes on each quarter
 - Use a teaspoon to help slow your eating
 - Avoid skipping meals
 - Avoid snacking, picking or grazing between meals.
- The more you practice these behaviours, the longer you will be in control of your eating.
- Batch blend your protein food by adding high protein milk or extra sauce or gravy and blend to get a smooth puree consistency.
- Plan your meals ahead to help limit opportunities for negative eating behaviours.
- Review our written advice regularly.

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Bariatric Surgery Stage 3 - Puree-Soft Diet

Sample 7 Day Meal Plan (you can adjust this to suit your own preferences)

Times	Day 1 Breakfast	Day 2 Breakfast	Day 3 Breakfast	Day 4 Breakfast	Day 5 Breakfast	Day 6 Breakfast	Day 7 Breakfast
<i>Write in your own times</i>	¼ cup Porridge made with high protein milk (smooth puree week 1)	¼ cup Weet-bix and high protein milk	¼ cup High protein yoghurt	1 cup homemade protein smoothie (recipe above)	Poached egg	¼ cup Porridge made with high protein milk (smooth puree week 1)	1 scrambled egg made with egg and high protein milk serve loosely scrambled
<i>Breakfast:</i>							
.....							
<i>Gap</i>	Fluids ONLY between meals: 30 minutes after Breakfast until 30 minutes before Lunch						
<i>Fluids</i>	Aim to drink at least 800mls between breakfast and lunch In this 800mls should be your protein shake as well as other fluids – drink slowly, sipping consistently during this time						
.....							
<i>Gap</i>							
<i>Lunch:</i>	¼ cup Chicken and cottage cheese + chives	¼ cup Leftover beef stew with plenty of gravy	¼ cup Tuna with low fat cottage cheese	¼ cup Mince and gravy	¼ cup Salmon and cottage or cream cheese	¼ cup Leftover chicken casserole	¼ cup Homemade soup: chicken and vegetable
.....							
<i>Gap</i>							
<i>Fluids</i>	Fluids ONLY between meals: 30 minutes after Lunch until 30 minutes before Dinner						
<i>Gap</i>	Aim to drink at least 800mls between lunch and dinner In this 800mls should be your protein shake as well as other fluids – drink slowly, sipping consistently during this time						
.....							
<i>Dinner:</i>	¼ cup Beef stew	¼ cup Chicken with gravy	¼ cup Seafood in light coconut milk	¼ cup Chicken casserole	¼ cup Tofu curry (low fat, tomato based sauce)	¼ cup Salmon in a white sauce	¼ cup Mince in bolognese sauce
.....							
<i>Gap</i>							
<i>Fluids</i>	Fluids ONLY after Dinner: 30 minutes after Dinner until bedtime						
.....	After dinner aim to have around 400mls This should be a protein shake and a small drink of other fluids from your allowed list						

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