

The Blended and Pureed Diet Stage

3-4 weeks following surgery

Protein goals: 80-120g per day

Fluid goals: 64oz. per day

Nutrition Tips and Guidelines:

- Pureed foods should have no lumps or bumps. They should be easily swallowed without chewing.
 - Examples are provided below in the table of recommended foods.
- Eat 4-6 small meals per day. Plan to eat every 3 hours.
 - Meal size should be no bigger than $\frac{1}{4}$ cup
- Do not skip meals. Even if you are not hungry, eat at specific times.
 - Sometimes it is helpful to set an alarm for mealtimes so that you do not forget to eat.
- Track your protein and your fluid intake. This is very important! If your urine is dark, you are not drinking enough fluid.
- Eat slowly and take small bites. If you feel full, stop eating.
- Do not eat and drink at the same time. Wait 30 minutes before and after eating your meal to drink small amounts of liquids. Do not use a straw or gulp. Take small sips.
- Begin your vitamin supplements in this stage.
 - Stop taking your B complex at this time.

This eating plan will help you avoid the side effects of surgery and keep you feeling full and healthy!

Follow these Guidelines for Meals, Liquids, Supplements, and Safety:



Eating Meals

- Controlling portion size is very important. Overeating can result in feelings of nausea and/or vomiting.
- Prioritize protein foods. Follow this order when eating your meals:
 - First: protein foods
 - Next: vegetables
 - Last: fruits, grains and starches
- You can add protein powder to pureed or blended foods to increase your protein intake. This includes foods like strained soups and pureed vegetables and fruits.
- Use the provided table of recommended and not recommended foods to make your food choices.
- Caloric intake will be around 500 calories per day for this stage.



Drinking Beverages

NEED TO AVOID: carbonation, sugar, caffeine, alcohol, straws, and gum

- Drink 64 ounces of low-fat, low-sugar liquids every day.
- Learn to recognize the signs and symptoms of dehydration. These include dry mouth, feelings of thirst, decreased urine output, dark colored urine and headaches.
- Try sipping 1-2 ounces every 15 minutes to drink this much.
 - Using a 1-2 ounce medicine cup can be helpful with this.
- Drinking and eating at the same time can cause your stomach to stretch. This can interfere with weight loss and put you at risk of regaining weight later.
- Divide your daily fluid intake between liquids high in protein (32 ounces daily) and other recommended liquids (32 ounces daily).
 - High protein liquids include your previously approved protein shakes or protein powders mixed in unsweetened almond or soy milk
 - Other approved/recommended liquids include any sugar-free, non-carbonated beverages. Examples include water, decaffeinated coffee or tea without sugar, True Lemon, low calorie juice (less than 15 calories per 8 oz. serving), sugar-free gelatin (1/4 cup), sugar-free popsicles, and broth.



Taking Vitamin and Mineral Supplements

- You will need to take vitamin and mineral supplements to maintain adequate levels of micronutrients in your body. To avoid deficiencies, this will be necessary for the rest of your life.
- Your RD and/or surgeon will give you a list of recommended supplements based on your surgical procedure.
 - All supplements should be chewable or in liquid form for the first 30 days after surgery.
 - These supplements will include a B complex, multivitamin, calcium, iron, and vitamin D.
 - Stop taking the B complex after 2 weeks. Do not take the B complex and multivitamin at the same time.



Avoiding Dumping Syndrome

- Dumping syndrome can happen when food moves rapidly from the stomach to the small intestine.
- Symptoms can include feeling weak or dizzy, headaches, flushed skin, diarrhea, nausea, and/or rapidly dropping blood sugar levels.
- To avoid dumping, follow these strategies:
 - Limit sugar intake, especially sugar-sweetened beverages
 - Do not drink liquids while eating or within 30 minutes before and after a meal
 - Eat slowly and chew food well
 - Eat small amounts of food more frequently
 - Avoid greasy and high-fat foods

Table of Recommended and Not Recommended Foods

Food Group	Recommended Foods	Foods to Avoid
Protein	<ul style="list-style-type: none"> • Pureed ground beef, chicken or turkey • Canned tuna or mashed/moist tuna salad • Tilapia or other soft/thin, white fish • Soft-scrambled/pureed eggs • Low Fat Refried beans or pureed beans • Pureed lentil soup or chili • Soft tofu or TVP crumbles 	<ul style="list-style-type: none"> • Whole pieces of meats • Tough, stringy, or high-fat meats • Full-fat refried beans
Dairy	<ul style="list-style-type: none"> • Low-fat or fat free yogurt, without chunks of fruit or nuts • Skim milk, unsweetened soy or unsweetened/high-protein almond milk • Mashed or blended low-fat cottage cheese, ricotta cheese or shredded cheese • Sugar free & low fat or fat free pudding with added protein powder 	<ul style="list-style-type: none"> • High-fat yogurt or yogurt with pieces or fruit or chunks • Whole milk • Whole milk cottage cheese
Vegetables	<ul style="list-style-type: none"> • Tomato juice, tomato sauce • Pureed spinach, carrots, peas, zucchini, green beans, etc. • Small amounts of guacamole or avocado 	<ul style="list-style-type: none"> • Tough or stringy vegetables
Fruits	<ul style="list-style-type: none"> • Pureed berries (except blackberries) 	<ul style="list-style-type: none"> • Whole pieces of fruit • Fruits canned in sweetened syrup • Applesauce • Mashed banana
Grains/ Starch		<ul style="list-style-type: none"> • Avoid grains • Mashed potatoes • Oatmeal

Sample One Day Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
¼ cup of soft-scrambled eggs	3 tablespoons of cottage cheese 1 tablespoon of pureed peaches	¼ cup of pureed tuna or chicken salad	¼ cup of Greek yogurt	2 tablespoons of pureed chicken breast 2 tablespoons of pureed carrots

Remember to prioritize protein foods when following the sample meal plan.