

# The Adaptive Diet / Soft Foods Stage

4-8 weeks following surgery

**Protein goals: 80-120g per day**

**Fluid goals: 64oz. per day**

## Nutrition Tips and Guidelines:

- You can now start to eat cooked, soft-solid foods. Foods should be soft enough to cut easily with a fork.
- Take small bites and chew food thoroughly. Eating slowly will help you know when to stop so you don't overeat, as fullness will feel different now than it did prior to surgery.
- A meal should last about 20-30 minutes, this is how long it takes for your brain to realize that you are full and do not need to continue eating.
- Do not force yourself to eat more than you can tolerate.
- Keeping a food journal can help you to track your protein/fluid goals and tolerance of foods.
- Eat 4-6 times per day on a set schedule. Meals will be small ( $\frac{1}{4}$  -  $\frac{1}{2}$ ) cup.
- Eat protein-rich foods first. Vegetables second. Fruit and carbohydrates last (15g per meal).
- Protein shakes can continue to help you meet your protein goal.
- Remember to not drink while eating. When you drink, take small sips. Do not use a straw or gulp.
- Take your vitamins daily.
- Your body will adapt to different size meals and different textures at its own pace. Do not compare yourself to others and follow the advice of your RDN and/or surgeon.

## Good soft-solid protein choices include:

Food	Serving Size	Protein per Serving
Beans (black, pinto, navy, etc.)	$\frac{1}{2}$ cup	6-9g
Cheese (most types)	1 oz.	7g
Low-fat cottage and ricotta cheese	$\frac{1}{2}$ cup	14g
Deli meats (chicken, turkey, ham, roast beef)	1 oz.	7g
Edamame (soybeans), shelled	$\frac{1}{2}$ cup	14g
Eggs	1	6g
Fish and shellfish (shrimp, crab), cooked	1 oz.	7g
Meats (ground beef, turkey, chicken)	1 oz.	7g
Peanut butter	1 tablespoon	4g
Tofu	$\frac{1}{4}$ cup	5g

## Foods to Avoid:

- High carbohydrate foods such as bread crackers, cereal, potatoes, pasta, rice, chips, grits, and snack foods.
  - These foods are easy to overeat and can keep you from meeting your protein goal.
  - The high carbohydrate/sugar content can upset your stomach.
- Remember to prioritize protein, then vegetables, fruits, and finally grains.
- Be cautious with raw fruits and vegetables, nuts, and tough meats like steak and pork as they may get stuck.
- These foods can be difficult to digest and may get stuck, causing pain and discomfort.
  - Foods high in sugar and fat may cause dumping syndrome.

<b>Table of Recommended and Not Recommended Foods</b>		
<b>Food Group</b>	<b>Recommended Foods</b>	<b>Foods to Avoid</b>
Protein	<ul style="list-style-type: none"> <li>• Thin-sliced tender meat, poultry or fish without skin and moistened with gravy or sauce</li> <li>• Moist ground meat (meatballs, meatloaf, taco meat)</li> <li>• Lean deli meat (turkey, ham, roast beef, chicken, etc.)</li> <li>• Eggs</li> <li>• Casseroles with small chunks of meat</li> <li>• Creamy, low-sugar peanut butter</li> <li>• Tofu and/or edamame</li> <li>• Tempeh and seitan</li> <li>• Shrimp, salmon, lobster, crab</li> <li>• Veggie burgers (Boca/Morningstar)</li> <li>• Chili or other high protein soups</li> <li>• Cooked beans and lentils</li> <li>• Fat-free refried beans</li> <li>• Protein powder and protein shakes</li> </ul>	<ul style="list-style-type: none"> <li>• Dry meats and poultry</li> <li>• Dry fish and fish with bones</li> <li>• Any foods with nuts and/or seeds</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Skim milk or low-fat (1%) milk</li> <li>• Fortified non-dairy milks (low-fat pea, soy, or almond milks)</li> <li>• Sugar-free pudding</li> <li>• Low-fat frozen yogurt, low-carb yogurts (smooth, without nuts or whole pieces of fruit)</li> <li>• Low-fat cottage cheese</li> <li>• Low-fat or fat-free cheese (such as Babybel or string cheese)</li> </ul>	<ul style="list-style-type: none"> <li>• High-fat dairy products</li> <li>• Milk or yogurt sweetened with sugar</li> <li>• Yogurt with nuts or whole pieces of fruit</li> </ul>

<b>Food Group</b>	<b>Recommended Foods</b>	<b>Foods to Avoid</b>
Vegetables	<ul style="list-style-type: none"> <li>• All cooked, tender vegetables</li> <li>• Shredded iceberg lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• All raw vegetables (except shredded iceberg lettuce)</li> <li>• Cooked corn</li> <li>• Tough, fried potatoes, potato skins</li> <li>• Fibrous, tough or stringy cooked vegetables</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>• Cooked fruits</li> <li>• Soft, peeled, fresh fruits such as peaches, nectarines, kiwis, mangoes, cantaloupe, honeydew, and seedless watermelon</li> <li>• Soft berries (except blackberries)</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits that are difficult to chew, such as apples or pears</li> <li>• Stingy, high-pulp fruits such as papaya, mango, pineapple, or coconut</li> <li>• Fresh fruits with tough, edible peels or skins such as grapes</li> <li>• Uncooked dried fruits such as prunes and apricots</li> <li>• Fruit leather, fruit roll-ups, fruit snacks</li> </ul>
Grains/Starch	<ul style="list-style-type: none"> <li>• Mashed or baked sweet potatoes</li> <li>• Small amounts of brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Coarse, or dry cereals such as shredded wheat</li> <li>• Dry, soft/sticky breads</li> <li>• Cakes or cookies that are chewy, very dry, high in sugar or high in fat</li> </ul>
Fats and Oils	<ul style="list-style-type: none"> <li>• Limited amounts of high fat condiments such as mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• All fats with additives that are coarse, difficult to chew, or chunky (such as cream cheese spread containing nuts or pineapple)</li> </ul>

<b>Sample One Day Meal Plan</b>				
Breakfast	Snack	Lunch	Snack	Dinner
1 egg ¼ cup of oatmeal made with ½ cup of skim milk	1 container of Greek yogurt	½ cup of tuna salad ¼ cup of cooked peas	1 oz. of cheese	1-2 oz. of fish ¼ cup of broccoli