



Bariatric Soft

(Stage 4)

Start: Post op day 28.

End: Post op day 41.

GOAL: *INCREASE FLUIDS TO 64 OZ A DAY. Approximately ¼ cup or more soft protein based meals 3 TIMES A DAY.*

Description

- ◆ SOFT SOLID foods.
- ◆ Be aware of portion sizes, eat slowly, and always stop eating when you feel comfortably full.
- ◆ Eat three meals a day with NO snacks.
- ◆ BEGIN each meal with protein-rich foods to ensure your protein needs are met.
- ◆ Start WEANING OFF your protein supplement as you tolerate more protein rich foods.
- ◆ Add one new food at a time to assess tolerance. Don't try any new food for the first time while eating out. If you become sick or feel discomfort after trying a new food, you can always return to Stage 1 for a day to rest your stomach.
- ◆ Avoid fluids with meals to prevent rapid emptying of the pouch and weight regain.
- ◆ After post op day 42, you may begin to try other, more complex foods (such as chicken breast, beans and raw vegetables).

During the recovery period you may experience occasional diarrhea, cramping, or vomiting after eating. These problems should resolve if you continue to follow the dietary guidelines. If these symptoms persist, contact your primary care provider.



KAISER PERMANENTE.

Suggested Food List for Bariatric Soft (Stage 4):

FOOD CHOICES	SUGGESTED FOODS
Beverages	Water, decaffeinated coffee and tea, other sugar-free beverages
Dairy*	Lower-carbohydrate yogurt (15-18 grams of total carbohydrate), low fat or non-fat soy milk, low-fat or non-fat Lactaid milk, sugar free pudding, sugar free custard
Eggs	Scrambled, soft cooked, poached, hard boiled or egg substitute
Fats (use sparingly as these are high in calories)	Cooking spray, olive oil, canola oil, or vegetable oil, butter, trans fat-free margarine, low-fat mayonnaise.
Fruits	No Sugar Added apple sauce, banana, all fruits (peel the tough skins), canned fruits (Extra Lite variety only, pour out juice in the can and rinse).
Vegetables	All cooked and pureed vegetables, carrots, green beans, zucchini, eggplant, broccoli, etc.
Protein	Steamed or poached fish, cottage cheese, soft low-fat cheeses, tofu, thinly sliced or moist turkey or chicken, lunch meat, protein powder
Starch/Carbohydrate	Mashed potato without skin or instant mashed potatoes, saltine crackers, well-toasted bread
Soup	Cream soup made with pureed vegetables, broth, bullion, consommé
Sugar substitutes	Sugar substitutes (Splenda, Sweet n Low, Equal, etc.), sugar free popsicles
Miscellaneous	Salt, flavoring extracts, mild herbs and seasonings, lemon or lime juice

* Many people become lactose intolerant after surgery



SAMPLE MENU, BARIATRIC SOFT (STAGE 4)

BREAKFAST	LUNCH	DINNER
¼ - ½ cup cottage cheese 1-2 small slices pear (no skin)	1-2 oz tuna (with low fat mayonnaise) 2 saltine crackers	1-2 oz deli sliced meat 1 oz cheese 1-2 tsp low fat cream cheese 1-2 crackers

BREAKFAST	LUNCH	DINNER
1 poached egg 1-2 Tbsp cheese ¼ small banana	¼ - ½ cup cottage cheese 1-2 slices peach	1-2 oz fish 1/8 cup cooked vegetables

*** Eat until you feel comfortably full, but do not feel that you have to eat all of the portions listed above. Most patients are only able to eat 1-2 ounces (7-14 grams) of protein at a meal. **Continue using a protein supplement (30 to 40 grams) at end of the day until you are able to eat 3-4 oz of protein (20-25 grams) per meal.**

Vitamin and Mineral Supplements:

Continue all your vitamin and mineral supplements. You will need to take these FOR THE REST OF YOUR LIFE.