

Pureed

(Stage 3)

Start: Post op day 14.

End: Through post op day 27.

GOAL: *HYDRATION: aim for 64 or more ounces fluids, MEETING ESTIMATED PROTEIN NEEDS: continue protein supplement, 1/4 cup food or more as tolerated 3 or more TIMES A DAY.*

Description

- ✦ Consists of all of the foods found in Bariatric Clear Liquid (Stage 1), PLUS
- ✦ All of the foods found in the Bariatric Modified Full Liquid (Stage 2) PLUS
- ✦ Foods at that are blended or very mushy and require no chewing.
- ✦ This stage permits a gradual transition to more solid foods.
- ✦ Continue to sip water and other clear liquids between meals, aim for 64 ounces a day. Do not be overly concerned if you take less than this amount, the goal is to prevent dehydration.

SAMPLE MENU BARIATRIC PUREE (STAGE3)

BREAKFAST	Between meals	LUNCH	Between meals	DINNER
1/4 cup pureed cottage cheese	Protein supplement	1/4 cup strained cream soup	Protein supplement	1/4 cup strained cream soup
1/4 cup yogurt	(25-30 grams protein)	1/4 cup unsweetened applesauce	(25-30 grams protein)	1/4 cup sugar-free pudding
Sugar substitute				



KAISER PERMANENTE.

Suggested List of Bariatric Puree (Stage 3) Foods

FOOD CHOICES	SUGGESTED FOODS
Protein (can use water, broth, soymilk or milk for thinner consistency)	Protein Drink (between meals), pureed cottage cheese, pureed ricotta cheese, pureed silken/soft tofu, strained baby food meat (chicken, turkey, ham), well cooked pureed beans/lentils, hummus
Beverages	Water, decaffeinated coffee or tea, other sugar-free beverages, soy milk, crystal light, diet Snapple, plus, all of Stage 1 fluids
Fruit /Vegetables (use strainer for fibrous foods)	No sugar added applesauce (not chunky), pureed baby/canned fruit in natural juices (apple, banana, pear). Any fruit flavored juice, but it must be diluted (1 part juice to 3 parts water). Fruit juice is to be avoided in later stages of your diet. Pureed baby/canned/cooked vegetables (carrots, green beans, peas, sweet potato, potato, onions)
Dairy	Lower-carbohydrate yogurt/Greek yogurt (15-18 grams of total carbohydrate and smooth consistency), Lactaid milk, calcium-enriched soy milk, sugar free pudding, sugar free custard
Soup	Strained cream soup, broth, bullion, consommé. Pureed homemade vegetable soup, pureed homemade bean soup (avoid using rice or pasta)
Sugar substitutes	Sugar substitute (Splenda, Equal, Sweet n Low, etc), Sugar free popsicles
Miscellaneous	Cream of rice or cream of wheat Salt, flavorings, mild herbs