

Stage 3: Soft

Diet upgrade after bariatric surgery

This resource is for people who have had bariatric surgery and completed Stage 2: Puree diet. This sheet explains **Stage 3: Soft diet**.

Now that you have completed two weeks of a puree diet, you may be ready to slowly introduce foods with a little more texture.

Stage 3: Soft

- Foods no longer need to be pureed, but they must be **soft and moist**.
 - Soft foods can be cut with a fork and easily form a puree consistency when chewed.
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How long and how much?







- You will need to remain on soft, moist foods for at least the next **two weeks**.
 - Remember to try one new food at a time.
 - Keep portions to **no more than ½-1 cup of food** (eg: ½ cup free vegetables + 50-100g protein + 1 tbsp rice/pasta/potato).
 - Eat **slowly** and chew food well. Allow 30 minutes to eat your meal.
 - Stop eating as soon as you feel satisfied. Eating too much or too fast can cause **pain and vomiting**.
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Important points

- Aim to have **5 small meals every day** (3 meals + 1-2 healthy snacks).
- Serve your meals on a small plate (e.g. bread and butter plate, or child's plate).
- Use small utensils to slow down your eating rate.
- Don't forget to **keep taking your multivitamins** (and any extra supplements given to you).

What kinds of foods can I have?

Include some foods from ALL food groups in the allowed column **EVERY** day. Also choose high protein foods from the shaded boxes **EVERY** day:

Food Group	Foods Allowed	Foods to Avoid
Grains 	<ul style="list-style-type: none"> Weetbix™ or Vitabrits™ softened with milk Porridge, Sago, tapioca, couscous Other cereals (except with dried fruit, coconut or nuts) softened with milk Soft, cooked pasta, spaghetti, noodles, macaroni, rice with a sauce (preferably a tomato-based sauce) 	<ul style="list-style-type: none"> All bread Muesli or cereals that contain nuts, dried fruit or coconut Rice or pasta that is NOT bound by a sauce (eg fried rice or sushi)
Fruit 	<ul style="list-style-type: none"> Stewed or tinned fruit (except pineapple) tinned in water or natural juice Soft fresh fruit (e.g. banana, paw paw, rockmelon) 	<ul style="list-style-type: none"> Fresh fruit that is not soft Dried fruit Pineapple, oranges, mandarins, apples
Vegetables 	<ul style="list-style-type: none"> Well cooked vegetables (soft enough to be cut with a fork) Mashed potato or sweet potato Vegetable soup 	<ul style="list-style-type: none"> Peas and corn Salad and raw vegetables
Meat and meat alternatives 	<ul style="list-style-type: none"> Casseroled (slow cooked) lean meats Steamed or poached, boneless fish with a sauce Tinned fish (e.g. tuna/salmon) Minced meat (with a sauce) Eggs (scrambled, boiled, poached, omelette) Cooked baked beans, chickpeas, kidney beans, tofu Sliced lean delicatessen meats 	<ul style="list-style-type: none"> Any meat that needs a lot of chewing (eg. grilled steak, chops, chicken breast) Pies, sausage rolls, pastries Nuts
Dairy 	<ul style="list-style-type: none"> Low fat milk Low fat yoghurts, custard, fruche Rice pudding Low fat cheese (40g/day max) 	<ul style="list-style-type: none"> Cheese with dried fruit or nuts
Fluid (1.5-2L a day) 	<ul style="list-style-type: none"> Water Tea Coffee Infused tea (no sugar) Low sugar cordial eg diet cordial 	General health advice is to limit these choices: <ul style="list-style-type: none"> Fruit juice Sweet cordials Soft drink/energy drinks Flavoured milk/milkshake Alcoholic drinks Sports drinks
Other		Coconut, nuts, cakes, biscuits, chocolate, lollies

Sample meal plan

Below is a sample meal plan that shows what your diet could look like on a soft diet.

Soft Diet – Sample meal plan 1		Soft Diet – Sample meal plan 2	
Breakfast:	1 Weetbix™/Vitabrit™ + 0.5 cup milk + 1tbsp protein powder	Breakfast:	1 sachet instant porridge + 0.5 cup milk + 1tbsp protein powder
Morning snack:	Soft fruit (ie ½ banana)	Morning snack:	150-170g high protein yogurt
Lunch:	50-100g soft fish + 1tbsp potato +1-2tbsp soft vegetables	Lunch:	Omelette (1 egg) + 1-2tbsp soft vegetables + 2tsp grated cheese
Afternoon snack:	150-170g high protein yoghurt	Afternoon snack:	1 cup fruit salad
Dinner:	50-100g minced meat in Bolognese sauce + 1 tbsp cooked pasta	Dinner:	½ cup lamb casserole (50-100g lamb per service) + 1 tbsp mashed potato
Fluids:	Drink plenty of fluids between meals	Fluids:	Drink plenty of fluids between meals
Total protein = 60-70g		Total protein = 60g	

Meal Ideas

- Minced chicken and vegetables in teriyaki sauce with rice
- Meat and vegetable soup
- Bolognese served on zucchini noodles
- Soft flaked fish with white sauce and vegetables
- Frittata with vegetables
- Slow cooked meat and vegetable casserole

Suggested Snacks

- 250ml glass of low-fat milk or fruit smoothie
- 150-170g high protein yoghurt
- ¼ cup baked beans or tinned fish

What about drinks?

- Hydration is important, **aim for 1.5-2L fluids a day.**
 - **Drink between meals.** Only drink fluids 30 minutes before or after meals. This is to avoid a 'flush through' which will leave you hungry, or overfill the stomach, and may cause vomiting.
 - To **sip slowly** through the day, you can carry a water bottle with you.
 - **Do not have sugary drinks** such as fruit juice, cordial, soft drink other fizzy drinks.
 - Drink sugar free fluids such as water, tea, coffee and diet cordial as your main drinks.
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Where to from here?

Continue with this soft diet for two weeks. After this, your Dietitian will to help you move onto the final stage – Stage 4: Healthy eating.

Take home messages



Over the next **two weeks**, you can slowly introduce soft, moist foods.



Aim for **5 small meals a day** (3 main meals and 1-2 healthy snacks).



Eat slowly over 30 mins. Have **NO MORE** than **½-1 cup of food or fluid** at a time.



Drink between meals only.



Have at least **60g of protein a day**.



Take your **multivitamins** every day.

For further information contact your Dietitian or Nutritionist: _____