

Stage 2: Puree

Diet upgrade after bariatric surgery

This resource is for people who have had bariatric surgery and completed Stage 1: Fluid diet. This sheet explains **Stage 2: Puree diet**.

Now that you have completed Stage 1: Fluids, you may be ready to slowly increase the texture of your foods to a smooth puree diet (stage 2). It is very important that you **follow these instructions for your diet**.

How long should I have pureed foods?

For the next two weeks, you can slowly introduce smooth pureed foods to your liquid diet.

How much and when?

- Aim to take **30 minutes to eat ½ cup** of a pureed meal.
- Eat very slowly, stop eating if you feel full or if 30 minutes has passed.
- Have at least **60g of protein a day**.

Protein Guide: Use this as a guide to estimate your protein intake.

Food	Protein (g)	Food	Protein (g)
Lean beef, chicken, pork 80g (raw)	18	Low-fat Milk or Soy Milk 200mL	7
Fish 80g (raw)	16	Siggis High protein yoghurt, 150g	13.5
Small tin tuna, drained, 70g	17	Low fat yoghurt, 150g	8
Prawns, raw, peeled, 100g	18	Hard cheese, 30g	8
Eggs, 1 large, 50g	7	½ cup low fat cottage cheese or ricotta	14
½ Cup legumes (e.g. chickpeas, baked beans, kidney beans)	6	FeelGood™ Tasteless Collagen Protein Powder, 15g	14
Firm tofu, 80g	9.5	Whey protein powder, 35g	22
Peanut butter, 20g	4.5		







What kinds of foods can I have?

- Pureed foods should be **smooth and runny with no lumps**.
- Use a blender or food processor to puree your food.
- Choose **high protein** options from the shaded rows in the table on page 3 **every meal**.
- Also try to include a variety of foods from all the food groups every day. Because you can only have small amounts of food, it is important that the foods you choose are nutritious. See the table over the page for more details.

Tips for your puree diet

- Eat at regular mealtimes. **Aim for 3 small meals & 1-2 healthy snacks a day**.
- Keep your food **moist**. Add skim milk, stock, or soup to help with blending to a smooth, runny consistency.
- Try adding an unflavoured whey protein powder to boost your protein intake.
- If you have any **discomfort, nausea or vomiting** when introducing pureed foods, consider if you have eaten too quickly or too much. If symptoms continue, go back to only liquids and contact your bariatric surgery clinic.

Include foods from each of the food groups in the **allowed column** every day.

Food Group	Foods Allowed	Foods to Avoid
Grains 	Pureed porridge or semolina Pureed soggy cereal – Weet Bix™	Ready to eat breakfast cereals Bread, bread rolls, muffins, crumpets
Fruit 	Pureed tinned or stewed fruit Soft mashed fresh fruit i.e. banana	Fruit that is not pureed Dried fruit
Vegetables 	Pureed vegetables (remove skin before blending) Pureed vegetable soup Vegetable/tomato juice	Peas and corn Salad and raw vegetables Vegetables that have not been pureed Baked beans or lentils that have not been pureed
Meat and meat alternatives 	Pureed slow cooked meat or chicken (no fat or skin). Add stock or gravy to blend Pureed fish with sauce Scrambled egg (soft, puree) Pureed baked beans Pureed meat and vegetable soup Silken tofu	Any meat that has not been pureed or chunks remain (avoid gristle) Omelette, boiled, poached or fried eggs Pies, sausage rolls and other pastries Baked beans and lentils unless pureed Nuts
Dairy 	Low fat milk High protein yoghurts ie Chobani™, Yo Pro™ Low fat Custard or fruche™ Low fat ricotta or smooth cottage cheese, cheese sauce	Hard cheeses, cheese slices, cottage cheese Cheeses containing dried fruit and nuts Yoghurt with fruit pieces Ice cream with nuts or added bits (choc-chip, butterscotch)
Fluids (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 • Milk shakes • Alcoholic drinks • Sports drinks
Other		Coconut, nuts, cakes, biscuits, chocolate, lollies

Sample Meal Plans

Below are sample meal plans that show what your diet could look like on a puree diet.

Puree Diet – Sample meal plan 1

Breakfast: 1 pureed Weetbix + 0.5 cup low fat milk + 1tbsp protein powder

Snack: ¼ cup pureed baked beans

Lunch: 50g fish + 2 tbs white sauce + ¼ cup vegetables
(all pureed)

Snack: 150-170g high protein yoghurt

Dinner: 1 egg runny scrambled with 2tsp grated cheese

Total protein: 60g

Puree Diet – Sample meal plan 2

Breakfast: 160g high protein yoghurt

Snack: 250ml smoothie (150ml low fat milk, 50g low fat yogurt, 50g berries, 1tbsp protein powder)

Lunch: 1 cup pureed chicken and vegetable soup

Snack: ½ cup puree fruit

Dinner: 1 cup stew: lean beef chuck (80g) + carrot, peas, onion, liquid beef stock (all pureed)

Total protein: 70g

Don't forget your multivitamin

- After surgery you will not be able to get **enough vitamins & minerals** from your **diet alone**.
- It is important to take the **vitamin and mineral supplements** recommended by your dietitian or bariatric surgery doctor.
- Start to take **two multivitamins per day** when you go home from hospital, plus any additional vitamins prescribed by your doctor.
- You will need to continue vitamin and mineral supplements **long term** so it's good to get into the habit of doing it early!

What kinds of fluids are best?

- 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.
- Drink sugar free fluids such as water, tea, coffee and diet cordial as your main drinks.
- **Do not have sugary drinks** such as fruit juice, cordial, soft drink other fizzy drinks.

Where to from here?

At the end of this two-week puree stage, you can begin to introduce soft foods into your diet. See the information sheet "Stage 3: Soft" for more details.

Take home messages



Over the next **two weeks**, you can slowly introduce smooth pureed foods.



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



Eat slowly, aim to take **30 minutes to eat ½ cup** of a pureed meal.



Drink between meals only.



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



Take your **multivitamins** every day.

Notes:

For further information contact your Dietitian or Nutritionist: _____