

Sleeve/Gastric Bypass/SIPS/ESG/Band - Puree Diet

Duration: _____

Protein/Protein Foods 5-6 Servings per Day	Carbohydrates 4-5 Servings per Day	Fats 4-5 Servings per Day
<p>1 serving of meat/seafood = 2 ounces = 16 grams of protein</p>	<p>1 serving of a carbohydrate = 5-15 grams of net carbohydrates</p>	<p>1 serving of fat = 5 grams</p>
Food Items	Food Items	Food Items
<p>Meats/Seafood: (1/4 cup)</p> <ul style="list-style-type: none"> ● pureed chicken or turkey (no skin) ● pureed fish, water packed tuna ● pureed soft fish (haddock, tilapia, cod, and salmon) ● pureed canned chicken ● pureed meatballs ● stage 2 baby food meat (no dinners) <p>Plant Proteins: (1/4 cup)</p> <ul style="list-style-type: none"> ● pureed Tofu ● refried Beans (thinned) ● reduced sugar soy milk ● unsweetened almond milk ● pureed bean or lentil soup ● pureed vegetarian chili <p>Dairy: (1/2 - 1 cup)</p> <ul style="list-style-type: none"> ● milk (1% or skim) ● Carbmater milk ● Fairlife milk ● unsweetened almond milk ● unsweetened soy milk ● yogurt (low carb, low fat) ● cottage cheese (1%-2%) ● scrambled eggs/egg substitute ● cream soups made with skim milk <ul style="list-style-type: none"> ● avoid tomato, potato, or pea soups) <p>Protein Supplements:(1/2-1 cup) as tolerated. Refer to protein supplement handout.</p> <p>FOCUS ON PROTEIN AT ALL MEALS AND SNACKS!!!</p>	<p>Vegetables: (1/4 cup)</p> <ul style="list-style-type: none"> ● pureed canned or steamed vegetables (no hulls) ● stage 1 and 2 baby food vegetables ● vegetable Juice ● puree Vegetable Soup <p>Grains/Cereals: (1/4 cup)</p> <ul style="list-style-type: none"> ● Journeylite oatmeal 	<p>Unsaturated Fats:</p> <ul style="list-style-type: none"> ● oils (olive, avocado) ● salad dressing (oil and vinegar base) <p>Saturated Fats: (Use sparingly)</p> <ul style="list-style-type: none"> ● butter ● mayonnaise ● cream cheese ● sour cream

Fluids

Your goal for fluid intake is 6-8 cups sugar free/non-carbonated beverages throughout the day.

<ul style="list-style-type: none">● water● Crystal Light● decaf tea or Coffee	<ul style="list-style-type: none">● sugar free Kool-Aid● Propel Fitness Water● sugar Free popsicles	<ul style="list-style-type: none">● Fruit 2 O● Powerade Zero● sugar free Jello
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Tips For Preparing Puree Foods

Cut foods into small pieces, then put into a food processor or blender. A little liquid makes it easier to blend, and can also add protein to your foods. You can use 1% or skim milk, reduced fat sour cream, fat free gravy, broths, juices. **Avoid using water to thin the foods.** Water will take from the flavor and make the foods quite bland. Blend foods until desired consistency. After blending, strain foods to remove any chunks.

You can also freeze individual portions for re-using. Pour leftover portions into ice cube trays. Once frozen you can remove from trays and place in a freezer bag for more convenient storage. Always thaw the cubes in the refrigerator. A lot of patients have found it convenient to puree leftovers from meals prior to their surgery. Then after surgery you only have to worry about thawing them out.

Foods To Avoid

- soft bread, doughnuts, pastries.
- salads and all other raw vegetables
- sugar and sweets (table sugar, cakes, cookies, pies)
- high fat meats (bacon, sausage, ham, salami)
- steak, roast beef, pork, lamb, veal, venison
- high fat foods (whole milk, ice cream, creamy salad)
- fibrous vegetables (whole broccoli, brussels sprouts, corn, cabbage, salad greens, asparagus).
- fresh fruits except bananas
- rice, bread and pasta
- nuts, seeds, coconut, raisins, popcorn, dried fruits

Important Tips To Remember!

- **All food choices on the puree stage should be the consistency of applesauce!!!**
- **Do not use your mouth as a blender. Please puree all foods in a blender.**
- **Foods like rice, pasta, bread, raw fruits and vegetables do not blend well. These foods can swell up and can cause discomfort. Avoid using these products.**
- Eat a protein source every time you eat, and make sure to make protein your priority.
- Eat 5-6 mini meals a day.
- **Portions at each meal are up to 1/3 cup for dense foods (eg: pureed chicken salad, egg salad, tuna salad, etc) and up to 1/2 cup for full liquid proteins (eg: protein shakes, yogurt, cream soups, etc)**

- Make sure to stop eating when you are full.
- Avoid drinking 5-10 minutes before and 20-30 minutes after meals and also avoid drinking during a meal.
- Avoid skipping meals, we recommend spacing meals/supplements about every 2.5-3 hours.
- Avoid eating anything 3 hours prior to bed.

Puree Diet Sample Menu

- Meal 1:** ¼ - ½ cup carb master yogurt
- Meal 2:** ½ cup protein supplement (remember to sip slowly!)
- Meal 3:** ⅓ cup pureed chicken salad
¼ cup No sugar added applesauce
- Meal 4:** ¼ cup pureed cottage cheese
¼ cup baby food peaches (stage 1 or 2 only)
- Meal 5:** ⅓ cup pureed turkey
¼ cup pureed sweet potatoes
- Meal 6:** ½ cup sugar-free pudding

***You may NOT be able to consume these portions, especially at the beginning so it is important to stop eating when you feel a comfortable fullness.**

****Your last meal should not be within 3 hours of going to bed!!!**

Quick Puree Recipes

Easy Egg Salad

3 hard boiled eggs

2 Tbsp mayo

1 Tbsp sugar free pickle relish

1½ tsp yellow mustard

Season with salt, pepper and onion powder (optional) to taste. Blend until smooth.

Yields 6 ⅓ cup servings

****Can substitute canned tuna or chicken to vary choices.**

Pesto Chicken Puree

3 oz cooked or canned chicken breast

¾ cup ricotta cheese

2-3 Tbsp prepared pesto sauce

First cut chicken into small pieces then blend chicken until finely minced. Add other ingredients and blend until smooth.

Yields 6 (⅓ cup serving)

Chicken and Mushrooms

3 oz cooked or canned chicken breast

½ cup mashed potatoes

¾ cup mushroom gravy or soup

First cut chicken into small pieces then blend chicken until finely minced. Add other ingredients and blend until smooth.

Yields 6 (⅓ cup) servings

Saucy Meatballs

4 (1oz) meatballs (cooked)

½ - ¾ cup spaghetti sauce

½ tsp Parmesan cheese

Quarter meatballs and add to food processor with other ingredients. Can season with salt, pepper, and garlic powder. Blend until smooth.

Yields 4 (⅓ c servings)