

# Stage 3 (Soft Food Diet)

- Aim for 48-64 ounces of fluid per day + 1 protein shake
- Start with **1 tbsp of food per meal 4-5 times per day**. Increase meal size as tolerated. Stop at 1/4 cup per meal.
- Take **small pea-sized bites** and spend about **15-20 minutes** with each meal.
- **Avoid drinking with meals**. Wait 15 minutes before and 30 minutes after.

## Food Choices:



### Protein:

- Blend with low-fat creamed soups/sauces or lite mayo
  - Chicken (ground, skinless breast, canned, or frozen)
  - Turkey (ground)
  - Fish (shredded or ground)
- Vegetarian Sources:
  - Tofu/Veggie Crumbles
  - Scrambled egg whites
  - Fat-free refried beans
    - Black, Kidney, Pinto, Garbanzo
  - Cottage cheese (low-fat, small curds)
  - Ricotta cheese, low-fat
  - Greek yogurt (non-fat vanilla or plain)
  - Sugar-free pudding + protein powder
  - Strained Cream soups + protein powder

### Vegetables:

Must be steamed, boiled, or cooked in a microwave until soft.

#### **\*NO raw vegetables or salads\***

- Broccoli
- Carrots
- Green Beans
- Cauliflower
- Squash or Zucchini (peeled)
- Spinach
- Leafy Greens

### Fruits

- Canned fruits (No sugar added); Rinsed and drained
  - mandarin oranges,
  - peaches
  - pears
- Mashed bananas
- Applesauce (unsweetened)

## Don't push it!

As soon as you feel a pressure below your breast bone, that is your body letting you know you are full!





# Seasonings



- Condiments to add in:
  - Low-fat Mayo
  - Hot Sauce (Frank's hot sauce, Tabasco, Sriacha)
  - Mustard
  - Light/Low-sodium Soy Sauce
  - Sugar-free BBQ Sauce
  - Chicken/Beef/Vegetable Broth or Bouillon
  - Worchester Sauce
  - Pesto
  - Salsa
  - Hummus
- NO MORE THAN 2 TEASPOONS PER DAY
  - Low-fat cheese (Mozeralla, Cheddar Cheese)
  - Avocado



# Beverages

- Water
- Decaffeinated beverages
  - Decaf Coffee
  - Decaf Tea
    - No Chamomile, ginger, ginkgo, ginseng, saw palmetto, or green tea
- 5 calories or less per 1 cup
- No carbonation



## **AVOID**



- Foods that swell
  - Pasta, Bread/tortillas, Cereals, Oatmeal, Cream of Wheat, Grits, Rice, Chips, Crackers
- High sugary foods
  - Juices, Ice cream, Sorbert
- Red Meats: Beef, Pork
- No Sweet Potatoes/Potatoes

# Vitamins Start Now!

## Regimen Options

Option 1:

- 1 dose of a Bariatric multivitamin daily

2 hours later:

- 2 tablets of Citracal daily

Option 2:

- 1 dose of an Adult Multivitamin daily
- 1 dose of Vitamin B-50 complex daily
- 500 mcg of Vitamin B12 daily

2 hours later

- 2 tablets of Citracal daily

Bariatric Multivitamin:

- Procare Health Bariatric multivitamin
- Celebrate Bariatric Multivitamins



Bariatric vitamins can be purchased at:

- Amazon
- BSWH Outpatient Pharmacy
  - CDM- Temple
  - College Station
  - Round Rock
  - Waco



# Bariatric Recipe Ideas

## Bariatric Ricotta Bake

### Ingredients:

- Olive Oil Spray
- 15- ounce Part-skim ricotta
- 1/3 cup parmesan cheese
- 1/8 tsp basil
- 1/8 tsp garlic powder
- Pinch of Salt and pepper
- Optional top with marinara sauce smooth, not chunky

### Instructions

- Preheat oven to 350 degrees F.
- Spray 5 ramekins with olive oil and place on a baking sheet.
- In a medium bowl combine ricotta cheese, parmesan cheese, basil, garlic powder, salt, and pepper.
- Stir ricotta mixture to fully combine.
- Place 1/4-1/2 cup of the ricotta mixture into the prepared ramekins.
- Top with 1 tablespoon of smooth marinara sauce.
- Bake for 20 minutes.
- Serve warm.



## Mango Recipe

### Ingredients:

- 3 Ripe Mangoes (washed, peeled, and pits removed)
- 1 to 2 Tablespoons of Water, optional

### Instructions:

- Place the mango pieces into a food processor, and pulse until smooth.
- If the puree is too thick, add the optional water to thin it out a bit.
- Use the mango puree immediately, or store it in a sealed container in the refrigerator for up to 3 days. It can also be frozen in ice cube trays for easy use in smoothies or other recipes.

