

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.

