

Diet Progression After Weight Loss Surgery

PHASE 1: CLEAR LIQUIDS

Day 1 & Day 2

- Water, broth, clear protein drinks.

PHASE 2: FULL LIQUIDS

Days 3-13

- Blended Soups, yogurt, protein drinks and pudding.

PHASE 3: PUREED - MUSHY

Days 14-20

- Very Finely Chopped or spreadable solid foods
- Cottage cheese, tuna salad, chicken salad, egg salad, refried beans, tofu, mashed soft vegetables.

Tips for Preparing Puree Foods

- Use a blender or food processor
- Meats need to be tender (stewed, baked or broiled) before they can be pureed. Cook in a crock pot until very tender and then add low sodium broth, low fat gravy or low fat milk to add moisture when blending.
- Use light mayonnaise when blending tuna or egg.
- Add 1-2 Tbsp. of protein powder to foods to increase protein.
- Add seasonings and spices to your taste

PHASE 4: SOFT TEXTURES

Days 21-29

- Very soft moist foods.
- Dark chicken meat, fish, eggs, ground meat, and soft cooked vegetables.

PHASE 5: REGULAR TEXTURES

- Moist solid protein such as chicken, beef, pork, fish, and shrimp. Fruit and Vegetables as tolerated.

If you have any questions regarding the diet progression or experience trouble with the diet progression please contact: Marisa Wilfong, R.D. for assistance: 239-494-8777 or 954-966-8559, email Marisa@lapdcox.com.