

Phase 3: Pureed

In this phase you will re-introduce foods into your diet. You will need to puree fruits, vegetables and meats in a blender to make it easier to digest these foods. If foods are too hard, they may block the outlet of the stomach pouch and cause vomiting. Most fruits, vegetables and meats can be pureed. Avoid fruits and vegetables that are raw or contain seeds and skins. Try tender cuts of meat — such as beef tenderloin, pork tenderloin or chicken — and bananas, canned fruits, cooked carrots and cooked green beans.

At first, you will only be able to eat 1 to 2 tablespoons of food, increasing your food amounts gradually. In addition, limit your food choices to those on the list. Eating other foods may cause vomiting, diarrhea or stretch your stomach pouch.

Tips

- Eat protein foods first
- Stop eating when you feel satisfied, not full
- Add dry milk powder to liquids or foods listed below to increase protein content (with your surgeon's recommendation)

The pureed diet should be followed 2 weeks to 1 month after surgery (or at your surgeon's discretion).

Choose from these foods:

- ▶ Oatmeal
- ▶ Cottage cheese (low-fat, small curd)
- ▶ Pureed banana
- ▶ Pureed fruits and vegetables, cooked or canned (without seeds or skins)
- ▶ Thin, mashed potatoes
- ▶ Pureed chicken
- ▶ Meat pureed with broth or cream soup

Amount: 2 to 8 tablespoons (maximum amount = ½ cup per meal); at least 8 cups or 64 oz. of fluids per day

The following is an example of how you could use the allowed foods for the pureed phase to create meals. Gradually work your way up to the maximum amounts.

Breakfast 2 to 4 tablespoons oatmeal (prepared with skim milk)

Lunch 2 to 4 tablespoons pureed meat
 2 to 4 tablespoons pureed pears

Dinner 2 to 4 tablespoons pureed chicken
 2 to 4 tablespoons mashed potatoes (thin, without lumps)