

Phase 4: Soft Foods

In this phase you can start eating soft foods. Remember, although foods are soft, you need to make sure foods are chewed thoroughly before swallowing. Failure to chew foods thoroughly can lead to vomiting, diarrhea and possible blockage of the stomach pouch. Take time to eat your meals slowly. You will need to spend at least 20 minutes eating at each meal.

Tips

- Aim for a balance of nutrients, making protein your first priority
- Stop eating after you feel satisfied

The soft diet should be followed 1 month to 6 to 8 weeks after surgery (or at your surgeon's discretion).

Choose from these foods:

- ▶ Phase 3 foods
- ▶ Tuna, salmon
- ▶ Well-cooked fruits and vegetables without skins or seeds
- ▶ Cheese (low-fat, melted)
- ▶ Beans, e.g., kidney (mashed)
- ▶ Poached eggs
- ▶ Bananas
- ▶ Peanut butter
- ▶ Tofu

Amount: 2 to 8 tablespoons per meal (maximum amount = ½ cup); 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 soft phase to create meals. Gradually work your way up to the maximum amount listed.

Breakfast 1 poached egg with 1 tablespoon melted mozzarella cheese
 2 to 4 tablespoons canned pears

Lunch ¼ to ½ cup cottage cheese (low-fat, small curd) with light peaches

Dinner 2 to 4 tablespoons finely sliced deli meat
 2 to 4 tablespoons green beans