

Soft foods: *pureed, blended, ground chopped, mashed, shredded*

Day 15-35 / Week 3-5



Avoid: chewy/ dry/ sticky foods, tough meats, whole nuts and seeds raw vegetables, dried/hard fruits

Protein

- Eggs - Soft scrambled, egg whites, poached
- Low-fat Greek yogurt
- Low-fat cottage cheese
- Meats – pureed (pate), moist ground poultry meats
- Blended soups
- Soft flaky fish – baked, poached
- Soft tofu
- Egg/chicken/tuna salad made with low fat plain Greek yogurt
- Beans - Low/nonfat vegetarian refried beans or homemade, pureed beans
- PB2 powder



Fruits & Vegetables

try adding ½ - 1 scoop of protein powder or a serving of PB2 powder to mashed / pureed fruits or vegetables

- Pureed or blended fruits – melon, strawberries, tomatoes
- Pureed or blended vegetables – juice or vegetable soup
- Soft, ripe fruits – banana, avocado, unsweetened apple sauce
- Soft cooked and mashed vegetables – carrots, squash, spinach, cauliflower
- Canned fruit in **water** – peach, pear, mandarin orange



Tips for transitioning to soft foods

- Introduce one new food item at a time
- Eat slowly, chew thoroughly
- Sip liquids between meals - no liquids 15 min before meals and 30 min after
- Discontinue the use of fruit juices
- Avoid soft, high-calorie food and drinks such as ice cream, which go down easily, but can halt weight loss
- Continue to get 40-60g protein from protein beverages
 - The rest you should get from food
 - Goal is a total of 80-100 grams protein / day
- NO MORE THAN:
 - 3/4 cup (6 oz) of food per meal
 - ½ cup (4 oz) of food per snack
- Avoid regular texture food until 6 weeks post-surgery!



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