



BROWN SURGICAL ASSOCIATES
BROWN PHYSICIANS, INC.

Bariatric Soft Food Diet

3 Weeks After Surgery

If questions, please call 401-270-7710



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Soft Food Diet

You will start this diet after the 3rd week post-op and follow for 8 weeks.

Goals: 64 oz. water and 60-80g protein daily

Calorie Goal: work towards increasing your calories to goal of 1,000-1,200 daily

Diet Protocol:

- Focus on foods that are high in protein from the approved food list
- Meals/snacks should be every 3 - 4 hours for a total of 3 small meals with 3 supplemental snacks
- Portions at meals/snacks size should be about 2 - 4 ounces or ¼ - ½ cup with a minimum of 2 ounces from a high protein source (always eat your protein first!)
- Meals should take about 20-30 minutes to complete.
- Chew food very well and eat slowly to avoid overeating.
- Sit up straight when eating
- Use small utensils and dinnerware. Put utensil down between bites.
- Stop eating if you feel like you might be full - one extra bite can make the difference!
- Introduce one new food at a time. If you experience a food intolerance, allow a few days to pass before trying that food again.
- Caffeine is now allowed, approximately 1 cup daily. The caffeinated fluid cannot be counted towards your total daily fluid goal.
- Avoid foods that are greasy, high in saturated/trans fats, sugar, or fiber.
- Keep a food log daily! Not consuming adequate calories and protein can slow down and eventually stall your weight loss.
- Make a schedule for yourself. Example:
 - 7:00am: wake up
 - 7:00am - 8:00am (sip water until breakfast)
 - 8:00am - 8:30am: breakfast (30 minutes to eat)
 - (wait 30 minutes before drinking)
 - 9:00am - 10:30am: drink water
 - 10:30am - 11:00am: snack (30 minutes to eat)
 - (wait 30 minutes before drinking)
 - 11:30am - 1:00pm: drink water



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What to avoid:

- Do not drink and eat meals at the same time. You can drink liquids up to mealtime. You will wait 30 minutes after you have completed your meal before drinking.
- Avoid skipping meals or snacks, even if you are not hungry. This can cause you to fall behind on your calorie/protein intake. Try setting alarms on your phone to remind you when to eat.
- Do not sip through straws. This can cause you to suck in extra air and/or drink liquids too quickly which can cause discomfort.
- Do not consume alcoholic beverages or carbonated beverages
- Do not read or watch T.V. while eating (mindless eating)

Protein Sources: consume a minimum of 2 ounces per meal. These items should be soft enough to cut with a plastic fork, wet and moist

- Eggs or egg beaters cooked with minimal fat
- 2% or Total Greek yogurt
- 2% or 4% cottage cheese
- 2% cheeses: cheese stick or shredded
- Low-fat/low-sodium deli meats: thinly sliced turkey, chicken breast, roast beef
- Soft fish: salmon, white fish, tuna
- Tuna/chicken/egg salad made with olive oil mayonnaise
- Small or baby shrimp
- Minced clams
- Bean and lentil soups: high in fiber; reintroduce slowly
- Fat-free refried beans: high in fiber; reintroduce slowly)
- Protein shakes
- Tofu (soy) mixed in soup or vegetables
- Tender cooked or ground poultry, beef or pork
- Natural peanut butter



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Other Acceptable Foods: These foods do not contain adequate sources of protein and must be consumed with a protein source

- Oatmeal or cream of wheat
- Cooked, soft/mushy vegetables
- Overripe skinless fruits or fruits canned in juice
- (drained)
- Sweet potatoes, well cooked
- Lettuce (1-2 pieces for creating a lettuce wrap with low sodium cold cuts, tuna salad, etc.)
- Whole wheat crackers (Triscuits) or pretzels, chewed well
- Unsweetened apple sauce
- Very dry whole wheat toast (max. 1 slice/meal)

Foods to Avoid

- Sticky foods (ex: fresh bread, rice, pasta, mac & cheese)
- High-fat foods or high-sugar foods
- Raw vegetables
- Crunchy foods (chips, popcorn, nuts and seeds)
- Tough, rubbery meats (steak, pork chops, ham & hot dogs)
- Junk food

Easy Ways to Boost Calorie Intake

- After surgery, it is important to slowly increase calories until you reach your goal of 1,000 to 1,200 calories daily
- Consuming too little calories can cause your body to conserve energy which can prevent you from losing weight
- Here are a few simple tips on ways to boost your calorie intake:
 - Switch from using fat free dairy products to using 2% or full fat cheeses, cottage cheese, Greek yogurt, etc
 - Once you are consistently able to consume 1,000 – 1,200 calories you can switch back to lower fat options
 - Add olive oil when cooking proteins or veggies. ½ Tbsp = 60 calories
 - Add natural peanut butter or almond butter to snacks
 - Use olive oil mayonnaise
 - Try adding a slice of avocado or guacamole when having low sodium cold cuts



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Sample Days			
Sample Day 1		Sample Day 2	
Breakfast	Scrambled egg with 2 Tbsp. chopped spinach	Breakfast	1/2 cup oatmeal cooked with skim milk and 1 Tbsp. peanut butter
AM Snack	1/4 cup cottage cheese with 2 Tbsp. applesauce	AM Snack	1 laughing cow cheese wedge with 3 Triscuits
Lunch	2 oz. salmon and 2-4 Tbsp. mashed carrots	Lunch	3 oz. chicken salad rolled in a lettuce leaf
PM Snack	3oz. 2% plain Greek yogurt	PM Snack	1 Tbsp. peanut butter on 1/2 slice whole wheat toast
Dinner	2 oz. turkey meatloaf with 2 Tbsp. mashed sweet potato	Dinner	2 oz. white fish with 2 Tbsp. cooked soft broccoli with olive oil drizzled
Evening Snack	1 Tbsp. peanut butter with 1/2 mashed banana	Evening Snack	Triple Zero Greek Yogurt