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Meal ideas following bariatric surgery - pureed to solid food

Issued by Nutrition & Dietetics

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This leaflet is designed to provide you with ideas for what foods to include at each stage after surgery from pureed to solid foods. Use this alongside your 'eating plan' leaflet.

There are tips on how to prepare your food for each texture stage and how to incorporate foods that may be difficult to eat such as protein foods and fruit and vegetables.

We have also included meal suggestions at each stage. As you become more confident with eating you will expand your choices.

Food groups

Include foods from the following main food groups in your daily diet.

Fruit and vegetables – try to have some vegetables with each of your main meals and use fruit as a dessert or snack. Try chopping vegetables finely/grating and mixing into the sauce if you are having difficulty eating these.

Protein – required for growth, repair and wound healing. Try to include these at each meal. Higher amounts of protein are found in lean meats, poultry, fish, eggs, pulses, legumes and low-fat dairy products.

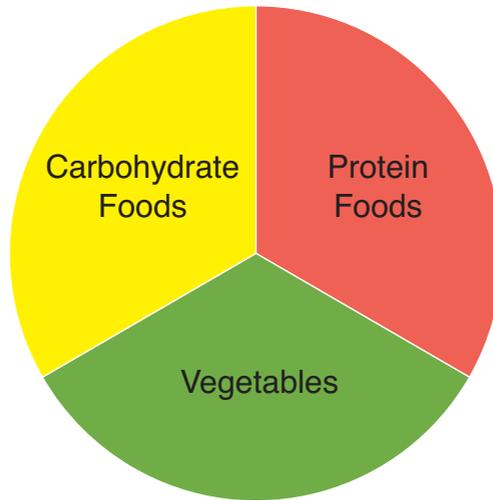
Carbohydrates – provides energy, vitamins & minerals and fibre. Includes potatoes, rice, pasta, cereals, porridge, pitta bread, wraps, crackers/crispbreads, cous cous – include these at each meal and snack.

Dairy – provides calcium and protein. Includes milk, cheese, yoghurts. 1 portion is equal to $\frac{1}{3}$ pint of semi-skimmed milk; 125g pot yoghurt; matchbox size piece of cheese. Choose low fat varieties. Aim to have 3 dairy containing foods per day.

Salt Try to limit the amount of salt used at the table and during cooking.

Planning your main meals

When planning your main meals - breakfast, lunch and evening meal - it may be helpful to think of your plate in 'thirds'. Imagine the diagram shown is your plate. If you make sure that each main meal contains the food groups shown then you can be confident that this is a balanced meal.



You also need foods rich in calcium (such as dairy foods) and fruit in your daily diet. Some of these foods will be as part of your meals e.g. milk in breakfast cereal and others you can include as snacks.

Calcium rich foods – try to include 3-4 portions per day

Low fat yoghurt
Low fat cheese
Milk - choose semi skimmed or skimmed
Broccoli, kale
Beans for example kidney beans, chickpeas, baked beans
Fish for example sardines, salmon
Fruit especially dried fruit, figs
Fortified breakfast cereals

Planning your snacks

If you have had a gastric bypass you will need to have 2-3 small, healthy snacks per day.

If you have had a gastric band, balloon or sleeve you should try to just have your main meals but it may be necessary to include 1 or 2 small, healthy snacks particularly if you are very active or feel lightheaded between meals.

Snacks are a good opportunity to take in your calcium requirements and to top up your protein and fruit and vegetable intake.

Try to have some of your calcium and protein foods with a carbohydrate food which will give your body energy and prevent you feeling dizzy between meals. Crackers/crisp breads are ideal as they can be topped with a variety of foods and are usually well tolerated. Try to choose wholemeal varieties to increase your fibre intake.

Pureed stage meals

When you start to eat after surgery you need to begin with smooth pureed or liquidised foods. This is to allow safe healing and there will be some swelling around your stomach. Any foods that are too lumpy at this stage will stick and make you vomit. Refer to your eating plan booklet for guidance on how long you need to follow each stage.

Food preparation

- All foods should be smooth and free of any lumps. The consistency should be similar to a thick yoghurt
- Prepare and cook foods as usual and remove any gristle, bones or fat before blending
- A hand held stick blender will be very useful to blend food in small quantities or you can use a food processor for larger quantities

- You may need to add extra liquid e.g. gravy, stock, milk or sauce to make it easier to blend
- A meal may look more appetising if you keep items of food separate on the plate
- If cooking in bulk, freeze your food into ice cube trays and defrost as needed. Make sure it is thoroughly defrosted before reheating. Reheat until piping hot and only reheat food once
- When making sauces e.g. tomato sauces, add extra vegetables into the sauce then blend
- As the portions will be small and the foods will be diluted with sauce/gravy, it is a good idea at this stage to mix in some dried skimmed milk powder to your meals to increase the protein content
- First stage baby foods can be used at this stage

Tips for pureed food choices

Soups

Homemade or tinned soup can be liquidised.

Add pulses e.g. lentils or beans to the soup to add extra protein and blend.

Ham or other meats can also be added for extra protein and blend.

Packet soups can be made with milk instead of water.

When making homemade soups include a protein food e.g. beans/lentils/chicken/ham; vegetables and a starchy carbohydrate e.g. potato/pasta/barley. Then blend until smooth.

Meats, poultry, fish, beans and pulses (protein rich)

All can be liquidised with extra liquid added (includes fresh and tinned varieties).

Add sauces such as gravy, white sauce, parsley sauce or

cheese sauce.

Try meat and fish pastes or pâté, pease pudding.

Eggs (protein rich)

Scrambled eggs can be liquidised, extra milk can be added if needed.

Pasta

Pasta dishes can be liquidised by adding extra sauce or tinned tomato or passata (smooth, sieved tomatoes).

Try macaroni cheese, spaghetti bolognese, tomato based sauces.

Potatoes

Mashing potatoes until they are smooth or using a potato ricer will be sufficient.

Vegetables

Fresh, tinned and frozen should be cooked until soft then liquidised.

Root vegetables such as carrot, turnip, squash can often be taken mashed.

Try cauliflower/broccoli cheese liquidised.

Fruit

Tinned and stewed fruit can be liquidised.

Bananas can be mashed.

Dairy

To increase your protein intake mix 4 tablespoons of dried skimmed milk powder into 1 pint of skimmed milk to use through the day.

Smooth low fat, low sugar yoghurts.

Spreadable low fat cheese.

Pureed breakfast ideas

Low fat
yoghurt with
pureed fruit

½ Weetabix
made soft
with milk and
mashed down

Porridge
made with
milk

Low fat
yoghurt with
mashed
banana

Stewed fruit
with Ready
Brek

Liquidised
scrambled
eggs

Ready Brek
made with
milk

Summer fruit
puree with
natural yogurt

Pureed lunch / evening meal ideas

Homemade
soup

Macaroni,
cauliflower &
broccoli
cheese
pureed

Tinned
mackerel /
salmon
liquidised

Pureed beans
with mash

Pureed cod in
white sauce
mash potatoes
& pureed
vegetables

Pureed
chicken with
gravy & pureed
vegetables &
mash

Chicken breast
in a tomato
based sauce
pureed

Minced meat
with gravy
pureed with
mash and
vegetables

Pureed snacks / supper ideas

No added sugar Angel Delight made with milk

Low fat yoghurt (no lumps)

Soup - blended with no lumps

Stewed fruit-pureed

Cereal e.g. weetabix or porridge with milk

High protein milk

Mashed banana

Milky coffee

Soft stage meals

An indication that you are ready to move on to this stage is when you are able to eat larger portions of pureed foods and you are not experiencing any difficulty eating.

Food preparation

- You no longer need to liquidise your food
- Foods will now have more texture and can include soft lumps
- You should be able to cut or mash food with a fork
- Choose tender foods – try slow cooking chicken/meats; chop meat finely or choose minced meats
- Continue to peel fruit and vegetables
- Remove gristle and fat from foods

Tips for soft food choices

Protein foods

Meat, poultry, fish, beans and pulses

Meats are dense sources of protein that may be difficult to digest at first. You will find it easier to eat these using a moist cooking method and chew them very well. Moist cooking methods are poaching, boiling, stewing, steaming and using slow-cookers.

Examples:

- Well cooked, tinned or ready meals can be minced with sauce for example minced beef, lamb, chicken, turkey
- Choose tender meats and chop finely or mince
- Bolognese sauce, casseroles and stews
- Meat paste and pâté, pease pudding
- Choose skinless, boneless fish
- Tinned tuna mixed with low fat salad cream/mayonnaise
- Try steamed, poached or microwaved fish. Flake it and serve with a sauce to help moisten them
- Beans/pulses can be used in stews or soups to increase protein
- Try mashing beans

Eggs

Try scrambled, boiled and poached egg.

Soft omelettes (some people may struggle with this if it is too rubbery).

Avoid fried eggs.

Carbohydrate foods

Potatoes: peel and boil until tender – serve as boiled or mashed potato.

Baked potatoes (without the skin) with a soft filling such as egg or tuna mayonnaise or bolognaise sauce.

Add mashed carrot or sweet potato to mashed potatoes to incorporate more vegetables.

Crispy foods

These foods can be included now as they melt/break up easily when chewed.

The following can all be topped with a spreadable cheese, houmous, pâté, chopped boiled egg, tinned fish, sliced cooked meats etc:

- Crispbreads for example Ryvita, Crackerbread
- Crackers and water biscuits
- Breadsticks
- Toast (thinly cut bread, toasted till crisp)
- Melba toast

Pasta

You can try cooked until soft with a sauce.

Some people do struggle to eat pasta – try small shapes such as baby stars or baby spaghetti.

Do not overcook.

Fruit and vegetables

Peel then boil vegetables until soft, mash if necessary.

Avoid any vegetables with a shell for example peas and sweetcorn, broad beans; and those which are stringy or tough for example large chunks of onion, leeks and green beans.

Add finely chopped vegetables into a tomato sauce when cooking meals such as bolognaise or pasta sauces or stews.

Peeled, ripe soft fruits e.g. nectarine, pear, banana.

Tinned fruit in natural juice.

Dairy

Low fat, low sugar yoghurts.

Spreadable low fat cheese.

Small cubes of low fat cheese.

Meal ideas for soft stage

Soft breakfast ideas

Porridge made with milk

Rice Krispies with milk

Cornflakes with milk

Poached egg on 1 slice of thin toast

Weetabix with warm milk

Soft boiled egg with thin sliced well toasted bread

Stewed fruit with small pot of natural yoghurt

Ready Brek made with milk

Soft lunch / evening meal ideas

Tuna paté on crisp bread/ crackers

Homemade soup

Mashed avocado on crispbread/ toast

Inside of jacket potato mashed down with cream cheese stirred in

Tinned or fresh mackerel served on crispbread/ melba toast

Poached fish with peeled new potatoes and broccoli

Minced beef and bolognese & serve with the inside of a small jacket potato

Cod in white sauce with boiled potatoes & vegetables

Soft stage snack ideas

Grated apple	Mashed banana on toast	Yoghurt	High protein milk with added skimmed milk powder
1-2 crispbread with topping e.g. cream cheese, pâté etc.	Small bowl of cereal	Soup	No added sugar milky drink

Solid stage meals

Continue to include foods from the above but begin to introduce foods with a more normal texture.

You will find moist, tender meats which are chopped easier to manage and will likely struggle with dry/tough textures.

Breakfast ideas

Porridge/ Ready Brek	Rice Krispies with milk	Cornflakes with milk/yoghurt	Poached egg on toast
Weetabix with warm milk	Soft boiled egg	Fruit with small pot of natural yoghurt	Baked beans on toast

Lunch / evening meal ideas

Paté on crisp bread/
crackers

Jacket potato with tuna/
beans / chilli

Filled pitta bread with cold meats and/or houmous

Omelette with new potatoes and small salad

Tinned or fresh mackerel served on crispbread

Chicken casserole with boiled potatoes and carrots

Grilled vegetable burger in a pitta bread and salad

White fish in parsley sauce with boiled potatoes & vegetables

Vegetable stir fry with tofu and noodles

Poached salmon with cous cous and broccoli

Chicken curry, rice and vegetables

Beef stew

Cottage pie and vegetables

Slice of roast chicken with potatoes, gravy and vegetables

Grilled fish cake and vegetables

Grilled fish, boiled potatoes and vegetables

Snack ideas

Babybel light	Low fat spreadable cheese on crisp bread	Low fat cottage cheese on crackers	Glass of semi or fully skimmed milk
Low fat yoghurt with fruit	Chopped hard boiled egg and finely chopped tomato on melba toast	Wafer thin ham on crackerbread	Breadsticks with houmous
Paté (spread thinly) on water biscuits	Banana – on its own or mashed onto a crispbread	Rice cakes with smooth peanut butter	Low fat spreadable cheese with breadsticks
Toast with pease pudding	Tinned sardines on toast	Crackerbread with cooked chicken	Breakfast cereal with milk or yoghurt topped with a little fruit
Milky coffee	Sugar free Angel Delight made with milk	Banana smoothie (banana blended with milk/yoghurt)	Chopped fruit

Remember it is normal not to be able to tolerate certain foods. For example, bread, steaks, chops, tough meats, some fruits and vegetables. Everybody is different.....

If you are finding that the foods you cannot eat are more than those you can and/or swallowing even tender foods is difficult please contact us for advice.

Contact details

If you need further information please contact us:

Bariatric specialist dietitians

Telephone: 0191 293 2707

Monday to Friday normal office hours.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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