

Stage 3 Diet – Puréed Foods

Start: 7 days after surgery

Duration: 7 days

Diet Instructions: Drink beverages listed in stage I diet, protein shakes and up to 3 meals of ¼ cup in size that is baby food consistency. Continue a chewable, powdered, or liquid multivitamin with iron as instructed by your dietitian.

Fluid Goal: 4-6 oz/hour for minimum of 48oz/day
12oz or more of sugar free electrolyte beverage

Protein Goal: 60-90g/day from protein shakes and pureed foods

Protein Shake Mix or dilute in unsweetened almond milk, soy milk or skim milk as needed

Guidelines

Protein powder:

No more than 60 calories for every 10g of protein

Ready-to-drink protein shake

No more than 75 calories for every 10g of protein

Vitamins: Take 1 chewable multivitamin with iron twice a day. Select from options provided in your guidelines packet only.

Beverage options:

- Water
- Crystal Light
- Fat-free broth
- Protein shake
- Sugar-free electrolyte beverage
- Herbal tea (decaf)
- Sugar-free popsicles
- Sugar-free gelatin

Pureed Foods

Foods to try mashed

- Cottage cheese (no fruit)
- Yogurt (no fruit/seeds)
- Refried beans
- Soft cooked eggs
- White fish

Mix 1 tbsp of protein powder

- Unsweetened applesauce
- Sugar-free pudding
- Puréed banana

Puree in blender with small amount of low fat broth, gravy, marinara, low fat mayo or marinade

- 95-99% lean ground turkey or beef
- Tuna fish or canned chicken
- Slow-cooked chicken or meat
- Vegetable soup (no potatoes, rice, or pasta)
- Black bean or lentil soup
- Soft cooked vegetables
- Tofu

Tips:

- Schedule meals in advance
- Remember to stop drinking a beverage or your protein drink 30 minutes before eating your pureed meal.
- Eat meals over 20-30 minutes
- Take small bites – about the size of a pea
- Chew food thoroughly before swallowing
- Stop eating or drinking as soon as you feel full
- Avoid drinking beverages or protein drinks for at least 30 minutes after eating
- Track everything you eat and drink
- Try one new food at a time
- Do not experiment in public

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