

Stage 4 Diet – Soft Foods

Start: 14 days after surgery

Duration: 14 days

Diet Instructions: Drink beverages listed in stage I diet, protein shakes and up to 3 meals of ¼ cup in size that is a soft consistency. You can use a protein shake as a meal replacement, or use it between meals as a beverage to meet your protein goals. Continue your multivitamin, and add calcium, vitamin D, vitamin B12 per dietitian recommendation.

Fluid Goal: 4-12 oz/hour for minimum of 48oz/day

Protein Goal: See your dietitian. This should be the same goal provided before surgery.

Protein Shake Guidelines

Mix or dilute in unsweetened almond milk, soy milk or skim milk as needed	
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 an approved form of the following:

- Multivitamin with iron
- Calcium
- Vitamin D3
- Vitamin B12

Dosing, brand, surgery type, and individual needs are taken into account. Please consult with your dietitian on the most appropriate supplements.

Beverage options:

<ul style="list-style-type: none">• Water• Crystal Light• Fat-free broth• Protein shake	<ul style="list-style-type: none">• Sugar-free electrolyte beverage• Herbal tea (decaf)• Sugar-free popsicles• Sugar-free gelatin
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Soft Foods

<ul style="list-style-type: none">• Greek or Icelandic yogurt• Eggs• Low fat cottage cheese• Low fat ricotta cheese• Fish; canned, fresh• Reduced fat cheese	<ul style="list-style-type: none">• Lean deli turkey, ham, roast beef, and chicken• Refried beans• Tofu• Ground meat• Slow-cooked meat, chicken• Cooked vegetables
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Tips

- Eat protein foods first
- Schedule meals in advance
- Remember to stop drinking a beverage or your protein drink 30 minutes before eating your soft 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 using a tracker like Baritastic or a notebook
- Try one new food at a time
- Do not experiment in public

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