

WEEKS

3-4

POST OP

SLEEVE GASTRECTOMY

PUREE DIET

PUREE DIET

After surgery your new 'tube like' stomach will be swollen and may take up to 6-8 weeks for it to heal. In this recovery phase, pureed foods are required to help your stomach heal, minimise risk of staple line complications and to prevent side effects including nausea vomiting, discomfort / pain.

Solid foods are NOT suitable at this stage.

Puree Diet Guidelines

All foods must be blended to a smooth consistency without lumps

- All food consumed should be of a ***pureed consistency with no lumps***
- Use a ***blender*** (not juicer) to get the puree consistency
- Add water, low salt stock, sauce or gravy to well cooked soft foods then blend into the puree consistency
- Avoid blending stringy and dry foods as these don't puree well

Freeze in ½ cup portions

- Make a batch of pureed foods and freeze in ½ cup portions
- This will help you have pre- prepared meals which you can then re-heat in the microwave

Include small regular meals in your daily routine

- Aim to have ***4-5 small meals per day***
- You have reduced appetite after your surgery- this is normal. You may need to remind yourself to eat

Each meal/ snack should not exceed ½ cup

- Use a ***measuring cup*** or mark the level on a ***small bowl*** or mug
- Do not push yourself to finish it all- you may find yourself feeling satisfied with only a few teaspoons of food
- Remember- your new stomach pouch is less than ¼ of the size it used to be

Take small mouthfuls

- Try not to eat too much at once. Large mouthfuls of food can cause vomiting, nausea, discomfort/ pain
- Use a ***teaspoon or small fork*** to help to take small mouthfuls

Eat Slowly

- Relax and take your time to eat
- ***Meals should last about 20-30 minutes*** aim for 1 bite per minute (ie 20 teaspoons over 20 minutes)
- Place your cutlery down between bites

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Chew thoroughly

- Do not swallow food immediately
- **Chew all food thoroughly** before you swallow

Do not drink with meals

- Drinking fluids with your meal can cause nausea and will feel 'full' quickly which may mean that you will not feel like eating your meal and so miss out on important nutrients; especially protein.
- Stop drinking **30 minutes before you eat**
- Wait at least **30 minutes after a meal** before you start drinking

Keep your fluid intake up

- Aim to have **2 L fluid-mainly from water** to ensure adequate hydration and help with bowel movements
- Remind yourself to drink regularly and try carrying a water bottle with you
- Take small sips, do not gulp (to avoid discomfort)
- If you are finding water hard to tolerate (feels heavy), try drinking at room temperature /warm water or adding some diet cordial/ fresh lemon juice or protein- water.
- Other **low calorie drinks** (including tea, coffee, diet cordial, flat unflavoured mineral water) can be consumed in moderation.

Avoid high calorie drinks

- High calorie drinks include fruit juice, fruit smoothie, energy/sports drink, full sugar cordial, milkshakes/smoothies and alcohol.

Avoid carbonated /fizzy drinks

- The gas from carbonated/ fizzy drinks can cause pain and discomfort

Commence your daily multivitamin supplement

- You will require life-long multivitamin supplementation to ensure adequate nutrition and prevent deficiencies. This is because your food portions are decreased following your surgery.
- Multivitamins recommended: Liquid multivitamin (HIVITA) OR BN Multivitamins (Chewable)

Commence your daily fibre supplement (Benefibr)

- Taking Benfibr will boost your daily fibre intake and keep your bowels regular
- You may take **2 teaspoons 1-4 times per day (maximum 8 teaspoons per day)**

Check your medications for size and dose

- Small tablets may be swallowed with adequate amount of fluid
- Large tablets/ capsules can be difficult to manage and may need to be broken/ crushed
- Check with your doctor/ pharmacist before breaking/ crushing any medications and make sure to have them reviewed after surgery

PUREE DIET

- Try adding bran to meals before blending
- Continue taking Benfibre or gradually increase the dose (maximum 8 teaspoons per day)
- Make sure you are meeting your 2 L daily fluid requirement – have water or low calorie drinks in between meals
- Try walking after surgery to also help with regulating bowel movements

What if I have too much gas?

- The abdomen is inflated with gas during surgery. This will subside in time
- Try walking or massaging your lower abdomen to help you pass wind and relieve discomfort
- Constipation can lead to bloating and make you feel more uncomfortable
- Try having a warm drink such as peppermint tea

Note: If constipation or diarrhoea persists, please check with your doctor/ surgeon

PROTEIN COUNTER

You need to consume at least 50-60g of protein each day

- Protein is important to help with healing after your surgery.
- Protein also helps prevent muscle loss while you are losing weight.
- Inadequate protein results in hair loss and lethargy.
- **TIP: always try to eat protein foods first**

MEAT, POULTRY, FISH +EGG	PORTION SIZE	GRAMS OF PROTEIN
Egg	1 whole	6
Beef Pork Poultry Fish	30g	8
Tuna	95g	12.5
Prawns	5 pieces	Approx 6 -7
Crabmeat Lobster	30g	5
LEGUMES	PORTION SIZE	GRAMS OF PROTEIN
Soy Beans	1/2 cup cooked	14
Tofu	1/2 cup	10
Lentils Chickpeas	1/2 cup cooked	9
Red Kidney Beans	1/2 cup cooked	8
Lima Beans	1/2 cup cooked	7
MILK AND DAIRY	PORTION SIZE	GRAMS OF PROTEIN
Plain yoghurt, non fat	1 tub (170g)	14
Yoghurt, fat free	1 tub (170g)	10
Chobani plain yoghurt	1 tub (170g)	9
Milk, skim	1 cup (250ml)	8
Soy milk	1 cup (250ml)	7
Cottage Cheese ricotta	1/2 cup	14

PROTEIN COUNTER

MEAL REPLACEMENT SHAKES	PORTION SIZE	GRAMS OF PROTEIN
Optifast Soup/Shake	1 sachet	17-20
Optislim shake/soup	1 sachet	16-19
Tony Ferguson Shake/soup	1 sachet	15-17
HIGH PROTEIN DRINKS	PORTION SIZE	GRAMS OF PROTEIN
Aussie Bodies Lo Carb drink	1 tetra pack (250 ml)	20
Protein Perfection water	2 scoops	15.6
Bodiez Protein water	500ml bottle	30
Atkins Protein drink	325ml bottle	1

PUREE DIET MEALS | BREAKFAST

PROTEIN IS PRIORITY POST-OP!!

Meals should contain mostly protein and a small amount of vegetables as you are only able to tolerate small amounts of food at once

MEAL IDEAS	SUITABLE CHOICES	TIPS	CAUTION
Soggy breakfast Cereals	1/2 - 1 weetbix or 1/2 cup special K with low fat milk	Soften cereal in warm low fat milk then stir to a pureed consistency	Avoid dried fruits and nuts in cereals unless pureed with a blender
Porridge	1/2 cup instant porridge or oats	Instant porridge must be well cooked until smooth and non lumpy consistency	Avoid instant porridge with dried fruit or nuts
Egg	1 x scrambled egg or poached egg (mashed thoroughly)	Scramble eggs with low fat milk Avoid overcooking - especially with poached eggs	Aim to have eggs 2 weeks post-op not earlier Chew thoroughly
Baked Beans	1/4 - 1/2 cup pureed baked beans	Puree beans until smooth consistency Choose reduced salt-varieties	Introduce slowly into your diet as may contribute to further flatulence and cause discomfort
Yoghurt	100g of low fat plain yoghurt, or diet flavoured yoghurt	Choose plain yoghurt Consider high protein yoghurt (ie chobani)	Avoid yoghurt wit fruit pieces unless blended
Protein Drinks meal replacements	100ml Optifast, commercial protein drinks	Only mix 1/2 shake at a time	You may not be able to drink a whole protein shake at once

PUREE DIET MEALS | LUNCH | DINNER

Meals should contain mostly protein and a small amount of vegetables as you are only able to tolerate small amounts of food at once

MEAL IDEAS	SUITABLE CHOICES	TIPS	CAUTION
Pureed meat chicken fish	Red meat, chicken, pork, fish blended well	Add some sauce, gravy, stock or hot water when pureeing	Dry meat/ chicken do not puree well on their own
Pureed legumes	Lentils, chickpeas, red kidney beans, cannellini beans, 4 beans mixes	Most beans can be pureed into a smooth consistency. Add sauce if needed while blending	
Pureed Casseroles Soups Stews	Make sure to include a source of protein in the form of meat chicken fish eggs legumes or tofu	Add some sauce gravy stock water to make it easier to blend	
Egg	1 x scrambled egg or poached egg (mashed thoroughly)	Scramble eggs with low fat milk Avoid overcooking - especially with poached eggs	Aim to have eggs 2 weeks post op not earlier Chew thoroughly
Soft Tofu	Silken Tofu	Does not need pureeing but chew thoroughly before swallowing Heat and serve with Asian sauce or stock	Chew thoroughly before swallowing Avoid firm tofu unless blended
Protein Drinks meal replacements	1/2 Optifast shake or soup or commercial protein liquid meal replacement	Only mix 1/2 shake at a time	You may not be able to drink a whole protein shake at once

PUREE DIET MEALS | HEALTHY SNACKS

Adding snacks during the healing phase is a great way to boost your nutritional intake as portions may be very small at meal times

MEAL IDEAS	SUITABLE CHOICES	TIPS	CAUTION
Dairy Products	100ml diet yoghurt Low fat Custard 1/2 cup low fat milk	Choose >97% fat free or <3g fat per 100g of natural yoghurt Dairy products contain protein ideal snack to boost protein intake Try higher protein options ie Chobani, whole protein quark yoghurt	Avoid yoghurt with fruit pieces unless blended Avoid thickened cream, whipped cream, sour cream, full fat dairy desserts
Pureed fruit	Homemade puree fruit or ready made puree fruit tubs (ie weight watchers or Goulburn Valley puree fruits	Canned or stewed fruits are soft and easily pureed or mashed Mix small amounts of pureed fruit with jelly, yoghurt or custard	Do not fill up on large amounts of pureed fruit as they lack protein Avoid hard fruit and dried fruit
Diet Jelly	Weight Watchers or diet Aeroplane jelly crystals	Make sure jelly is completely dissolved in your mouth before swallowing	Beware of ready made jelly tubs - full of sugar and have lots of calories



KUMARA + RED LENTIL SOUP

Ingredients

- 1 teaspoon olive oil
- 1 small onion
- 1 clove of garlic
- 1 medium sized kumara (orange sweet potato), diced (eg 2cm cubes)
- 1 cup spilt red lentils, rinsed
- 3 cups water (or more if necessary)
- 1 tablespoon concentrated liquid stock, or 2 teaspoon stock powder
- A few stalks of fresh coriander leaves, chopped finely

Method

- Lightly soften garlic and onions in olive oil in a large, heavy based saucepan.
- Add kumara, lentils, water and stock.
- Bring to the boil and simmer lightly for 15minutes, or until lentils and kumara are soft. Add additional water if necessary.
- Stir in coriander leaves, and set aside to cool a little before blending



CHICKEN CASSEROLE

Ingredients

1 small onion, sliced
1/2 capsicum, diced
1 small orange sweet potato -peeled & diced
1cup mushrooms, roughly chopped
2small chicken breasts (~400g) raw chicken, cubed
200g tinned tomatoes, diced
herbs and pepper to taste
Enough stock to cover ingredients

Method

Place onion, capsicum, sweet potato/pumpkin and mushrooms into a large saucepan and place chicken on top. Mix tomatoes, pepper and herbs and pour over chicken.

Add additional stock to cover. Bring to the boil, then simmer with lid on until vegetables are soft and chicken is cooked, approximately 30mins. Puree in food processor or blender.

Small foil trays hold 2 cups. Suitable to freeze.



TOFU IN OYSTER SAUCE

Ingredients

- 300g silken tofu
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1½ tablespoons brown sugar
- 1 teaspoon sesame oil
- 1 teaspoon ginger juice (optional)

Method

Mix all ingredients except tofu with a spoon. Heat mixture in a microwave on high for 30 seconds. Alternatively heat the sauce mixture in a small saucepan over low heat until mixture caramelise slightly.

Heat tofu in microwave on high for 45 seconds, or until tofu is heated thoroughly.

Drizzle sauce over tofu and serve.