

City Hospitals Sunderland



NHS Foundation Trust

PUREED MEAL IDEAS FOLLOWING BARIATRIC SURGERY

PATIENT INFORMATION LEAFLET

Department of Nutrition and Dietetics

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Why the puree diet is so important

You must follow a strict puree diet for 4 - 6 weeks after your gastric bypass or sleeve surgery. This diet will allow your internal system to heal and promote maximum weight loss. If rushed you risk abdominal pain, nausea, vomiting, and reduced wound healing which could lead to problems in the future.

Portions and food frequency

Have nutritious puree food or fluids 6 - 8 times per day. As your new stomach/pouch is small and swollen after surgery, you may only manage a few tablespoons of food at a time. Choose very small portions and slowly build up the quantity as tolerated over time. Remember to stop eating as soon as you start to feel full.

Importance of eating regularly

You must eat and drink even if you do not feel hungry or thirsty. Starving yourself will not promote weight loss, but you will become nutritionally deficient which slows down the healing process and makes you susceptible to infections. Pushing yourself to have regular small meals and drinks will ensure that eating and drinking becomes routine again.

Fluids

Between meals you are asked to have 2-2 ½ litres of fluid per day. Do not eat and drink together as your small stomach will get full of liquid and you won't be able to eat sufficient. If you don't maintain an adequate liquid intake you can quickly become dehydrated. This can slow down the healing process, make you feel tired, light headed and cause constipation.

Acceptable fluids:

- Water
- Sugar free flavoured water
- Tea & coffee
- Fruit and herbal teas
- Sugar free squash

Avoid high sugar drinks. You can sweeten drinks with artificial sweetener. Avoid all fizzy drinks as these can cause trapped gas which can be painful. Having a couple of glasses of skimmed or semi skimmed milk per day will provide protein and is a good calcium source, but you should not drink it to excess.

General guidelines

Food should be of a puree consistency. This means no lumps. Food may look unappetising when pureed but will still taste the same. It is usual at this stage to leave food on your plate. Over eating can cause abdominal pain or vomiting.

Hot or spicy foods may irritate your digestive system at this stage. Avoid too many highly spiced foods and reintroduce slowly. Pepper, herbs and very low fat mayonnaise should not irritate the gut and can give extra flavour to foods.

Aim to have fruit and vegetables every day. They provide essential vitamins and minerals, are low in fat and are a good source of fibre.

Protein is the most important part of your diet at this stage. It is very important to help healing after surgery.

Good protein sources:

- Beef, pork and lamb
- Chicken and turkey
- Fish including seafood
- Milk, yogurt and cheese (remember to choose low fat varieties)
- Eggs
- Lentils – introduce slowly as they may cause trapped gas
- Kidney beans, butter beans, cannelloni beans, soya beans and chick peas – introduce slowly as they may cause trapped gas
- Quorn and soya products

Are protein shakes required?

We do not recommend specialist high protein drinks or milk shakes unless prescribed by your doctor or dietitian. They can promote unnatural eating patterns and habits. It is very important you aim to develop a healthy relationship with food which will last the rest of your life. You should be able to get sufficient protein from your diet.

Meal ideas, tips and suggestions

Breakfast

- 2- 4 tbsp cooked porridge. Smooth consistency without added nuts or dried fruits. Make with milk for extra protein. Avoid flavoured porridge which usually has added sugar.
- ½ -1 wheat biscuit. Soften well with milk until smooth.
- Diet or light yogurt. Natural or fruit flavoured. They must be of a smooth consistency with no lumps. Avoid all yogurts with added sprinkles/chocolate/marshmallows etc.

Lunch and evening meals

- Soup with a good variety of vegetables added and protein such as lean chicken, beef, pork or fish. Beans or lentils will also add protein. Adding pasta, potatoes or rice will provide extra energy and fibre. Ensure all soups either homemade or bought are blended before eating.
- Stew with lots of vegetables and lean meat or beans included. Make sure you use minimal oil or fat when cooking. It must be lump free and of a smooth consistency.
- Pasta in sauce can be blended into a puree. Use low fat tomato sauce with dried herbs for extra taste. Cook with vegetables and blend. Grate low fat cheese on to the pasta for added protein. Tinned spaghetti, ravioli or macaroni can also be used.

Meat/chicken/fish in sauce

- Red meat such as extra lean mince, beef, lamb or pork in gravy made from low salt gravy granules or cubes. If cooking from raw, slow cook until the meat is tender and skim off any visible fat before blending.
- Chicken in sauce using skinless chicken breast or thigh. Use a jar or tin of low fat sauce or if making a white sauce use corn flour with milk. Cook over a medium heat until thickened and blend well.
- Skinless, boneless fish e.g. cod, salmon or plaice in a low fat sauce. This can be made from milk slowly heated with mixed chopped herbs and thickened with corn flour/starch. For ease, fish can be bought frozen in sauce pouches. Once cooked blend until smooth.

Tips

- Use skimmed or semi skimmed milk when making your own sauces, milky puddings or adding to cereals.
- If making your own milky puddings add artificial sweetener to taste.
- Avoid buttery sauces or adding butter/margarine to potato.
- If adding cheese to sauces or potatoes only use a small amount of low fat hard cheese, a scoop of light cheese spread or cottage cheese.

Serving suggestions

- Serve meat/chicken/fish with pureed potatoes and vegetables.
- Vegetables e.g. carrots, turnip and parsnip should be boiled to soften, then blended with some of the vegetable water until a smooth consistency is achieved.
- Blend potato to a smooth consistency with milk. If buying ready made mash, read the label to check it is low in fat.
- Try using sweet potatoes, yams or plantains instead of potatoes for variety.
- Puree baked beans in sauce. You could try adding cooked chicken before blending for extra protein.
- Do not use oil or butter when browning onions or meat. Try using non stick pans and a low calorie cooking spray on a lower heat.

Ready meals

You may be unable to cook meals from fresh. Tinned or packet foods are an acceptable option.

Check food labels to help you choose low fat and calorie options. You won't be able to eat a full ready meal at this stage so do not try to clear your plate. Keep leftovers for your next meal, or freeze if it was not previously frozen.

Blend all ready meals after cooking until smooth.

Remember that all processed foods and meals tend to be high in salt therefore make sure you are drinking plenty of fluids.

Additional puree meal ideas

- Spaghetti bolognaise
- Reduced fat lasagne
- Fish pie (no pastry)
- Cottage or shepherd's pie (no pastry)
- Mild chilli con carne
- Low fat, mild chicken curry
- Macaroni cheese
- Tomato and cheese pasta
- Chicken and noodles in sauce
- Beef, lamb or chicken hot pot
- Tuna pasta bake

Snacks

It is very important at this stage to eat regularly throughout the day to ensure you get all the nutrition you need. Base snacks on good protein sources. Fruit also makes for a great snack, but puree or stew it first.

- Small glass of skimmed or semi skimmed milk.
- Small pot of natural or fruit flavoured diet/light yogurt.
- Small pot of low fat smooth fromage frais.
- 3 tablespoons (tbsp) of pureed or stewed fruit. Use artificial sweetener and not sugar when cooking.
- A soft cheese triangle.
- Puree tinned fruit in natural juice.
- 3 tbsp of pureed soft fruits such as strawberries, raspberries and bananas. Try mixing with fat free yogurt first.
- 1-3 tbsp low fat/extra light cream cheese.
- 1-3 tbsp pureed cottage cheese. All flavours are acceptable.
- 1-3 tbsp low fat and sugar plain custard. If home made make sure it is lump free.
- 1-3 tbsp low fat and sugar rice pudding. Blend before eating.
- 1-3 tbsp semolina pudding.
- Small glass (100 mls) of pure fruit juice such as orange, apple, tomato or cranberry. Do not have more than one glass per day. Avoid grapefruit juice and cranberry juice if taking medications called statins.