

Puree meals after bariatric surgery

Introduction

To achieve a pureed consistency you will need to use a liquidiser or blender. Pureed food should have no lumps in it. It may not look as appetising when pureed but it will taste the same. We do not recommend shop bought baby food as it won't give you enough good nutrition.

Hot or spicy foods may irritate your stomach at this early stage. We would recommend that you avoid them initially and reintroduce slowly once you are eating more solid foods. Herbs and low fat mayonnaise should not cause irritation and can add extra flavour.

Good protein sources:

- Beef, pork and lamb
- Chicken and turkey
- Fish including seafood
- Milk, yogurt and cheese (choose low fat varieties)
- Eggs
- Lentils
- Kidney beans, butter beans, cannelloni beans, soya beans and chick peas
- 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 and Suggestions

Breakfast

- Up to 3 tablespoons (tbsp) cooked porridge. Smooth consistency without added nuts or dried fruits. Make with skimmed or semi skimmed milk for extra protein. Avoid flavoured porridge which usually has added sugar.
- ½ -1 Weetabix. Soften well with skimmed or semi skimmed milk until smooth.
- Diet or light yogurt (natural or fruit flavoured). They must be smooth with no lumps. Avoid yogurts with added sprinkles/chocolate/marshmallows etc

Lunch and evening meals

- Soup: Include a good variety of vegetables. Add protein to the soup such as lean chicken, beef, pork, or fish. Beans or lentils will add protein but may cause trapped gas so introduce in to your diet slowly. Including pasta, potatoes or rice will provide extra energy and fibre.

All soups either homemade, tinned, or from a carton are acceptable but if they have lumps, blend before eating. Batch cook soups and freeze in small portions.

- Stew: Be sure to include lots of vegetables and lean meat or beans. Make sure you use minimal oil or fat when cooking. If eating a tinned or frozen meal, check labels to ensure it is low in fat and calories. It must be lump free and smooth.
- Pasta in sauce: 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 beef, lamb or pork in gravy. Use low salt gravy granules or cubes. If cooking from raw, slow cook until the meat is tender and skim off any extra visible fat before blending.
- Chicken in sauce: Use a jar or tin of low fat sauce with skinless and boneless chicken breast or thigh. If making a white sauce from scratch use corn flour with skimmed or semi skimmed milk. If adding cheese only use a small amount of low fat hard cheese or a scoop of light cheese spread. 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 semi skimmed milk slowly heated with mixed herbs and thickened with corn flour/starch. For ease fish can be bought frozen in sauce pouches. Once cooked blend until smooth. If the fish you have used has been frozen before, do not refreeze.

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 skimmed or semi skimmed milk. Boil peeled potatoes or scoop out the middle of a jacket potato. Add low fat grated cheese, cream cheese or cottage cheese for extra protein. Avoid adding butter or margarine. 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.
- Make meals with low fat ingredients such as extra lean mince, low fat sauces, and low fat/salt gravy.
- 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.
- White meat such as chicken and turkey tend to be lower in fat than red meat. Remove the skin before cooking. Blend all meals after cooking and freeze in small portions for later (ice cube trays are handy). Try to serve all meals with pureed vegetables.

Ready Meals

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

Check food labels to help you pick 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 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 shepherds 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 small amounts 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 will need to be pureed or stewed.

- 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 tbsp of pureed or stewed fruit. Use artificial sweetener instead of 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 light yogurt first.
- Up to 3 tbsp reduced fat/light cream cheese.
- Up to 3 tbsp pureed cottage cheese. All flavours are acceptable.
- Up to 3 tbsp reduced fat and sugar custard. If home made use skimmed or semi skimmed milk with artificial sweetener.
- Up to 3 tbsp low fat and sugar rice pudding. Blend before eating. If home made use skimmed or semi skimmed milk and sweeten with artificial sweetener.
- Up to 3 tbsp semolina pudding. If making this at home use skimmed or semi skimmed milk and flavour with artificial sweetener and vanilla.
- Small glass (100 millilitres) 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.