

PHASE III BARIATRIC DIET
Soft, Pureed, Protein Rich Foods
Start Vitamin and Mineral Supplements

Phase III bariatric diet may begin **approximately 2 weeks after surgery** once it is determined that you are tolerating a Phase II Bariatric Diet

You should stay on the Phase III Bariatric Diet for at least **6 – 8 weeks** to ensure proper tolerance of soft and pureed foods

Types of foods/liquids permitted: Soft or pureed proteins (Proteins should be moist and lean)
(place food in a blender or food processor to create a soft/pureed consistency)

<i>Seafood (canned or fresh) – soft flaky fish</i>			
Tuna	Tilapia	Grouper	Salmon
White fish	Orange roughly	Flounder	Sole
Snapper	Catfish	Perch	Swordfish
Halibut	Cod	Haddock	Sea bass
<i>Shellfish (canned or fresh)</i>			
Scallops	Lobster	Shrimp	Crab
<i>Low fat Dairy Products</i>			
Low fat, sugar free or carb-controlled yogurt without visible fruit pieces			
Low fat cottage cheese		Low fat farmer cheese	
Low fat ricotta cheese		Low fat soft cheeses	
<i>Eggs</i>			
Eggbeaters [®]	Egg whites	Whole egg (no more than 1 egg yolk per day)	
Boiled	Scrambled	Poached	Baked
Avoid fried or undercooked eggs			
<i>Poultry (canned or fresh)</i>			
Turkey	Chicken	Game hen	Duck breast
Deli meats such as roast turkey breast or chicken breast			
<i>Meat (canned or fresh)</i>			
Low sodium, rind-less, no sugar added cold cuts and deli meats			
Ham, red meat and pork may be difficult to digest; always check your tolerance level			
<i>Legumes</i>			
Black beans	Kidney beans	Garbanzo beans	White beans
Lentils	Hummus and pureed beans may be well tolerated		
<i>Tofu</i>			
Tofu burgers	Boca-burgers [®]	Morningstar [®] brand soy products	
All burgers must be without the bun or lettuce, tomato etc.			

Proteins should be moist and lean (less than 5 grams of fat)

You may add low sodium broth or low fat, low sugar dressings to prepare proteins and add moisture

Types of foods/liquids NOT permitted: No carbohydrates

Bread	Cereals	Crackers
Noodles	Pasta	Rice
Potatoes	Yams	Yucca
Corn	Plantains	

- No fruits or fruit juices
- No red meat for 6 months
- Do not fry or put “breading” on the protein
- Avoid soups – they are often cream based
- Avoid spicy foods
- Avoid dried out, over-cooked meats
- No carbonated beverages
- No caffeinated beverages
- No alcoholic beverages

Important Nutritional Considerations

- Try to consume **3 – 4 ounces of protein 3 times per day** (breakfast, lunch and dinner – do not skip these meals)
- The goal is to try and consume at **least 60-80 grams of protein per day** (soft or pureed high protein foods)
 - As an estimate, 1 ounce of protein is approximately 7 grams
 - For example, 3 ounces of chicken = approximately 21 grams of protein
- You may continue to use protein shakes as a meal replacement if you find that you cannot consume enough solid proteins
- Try to consume a total of **64 ounces (8 cups) of fluid per day** (this includes any sugar-free, non-carbonated, decaffeinated clear liquids and protein shakes)
- Use moist cooking methods such as boiled, baked, sautéed, poached, stewed or braised

Start vitamin and mineral supplementation (see Vitamin and Mineral Supplementation page 76)

Important Reminders

- **“30-Minute Rule”**: Do not drink any liquids 30 minutes before or after consuming “solid” proteins
- **“30-Second Rule”**: chew each bite 30 times or for 30 seconds before swallowing
 - Even though food is soft and pureed, take small bites and chew well
- **Introduce one “new” food item at a time**
- Always check your tolerance level and stop drinking or eating when full
- Do not use milk as a substitute for protein shakes (it does not provide enough protein per serving)
- Avoid extreme temperatures (extreme cold or hot)
- Remember to sip slowly, do not gulp, do not use a straw

- Do not skip meals, have 3 meals per day (breakfast, lunch and dinner)
 - Give yourself 30-45 minutes for each of your main meals
 - Avoid returning to your meal after a few hours
- Always remember to keep increasing physical activity as tolerated

Remember

Inadequate protein intake can lead to:

- ***fatigue***
- ***loss of lean body mass and***
- ***increase your risk of infection and other illnesses***

Sample of a Phase III Bariatric Diet Menu

Morning	Decaffeinated coffee with Splenda® (without cream/milk/sugar)
Breakfast	4 ounces of scrambled egg
Mid-morning	8 oz Crystal Light®
Lunch	3-4 ounces of pureed tuna fish made with 1 tablespoon of low fat mayonnaise
Mid-afternoon	8 oz Crystal Light®
Dinner	3-4 ounces of low fat, low sodium turkey deli slice
Evening	8 oz Crystal Light®
Remember: do not consume any liquids 30 minutes before or after consuming "solid" proteins	

Phase III Breakfast Ideas

- Protein shakes are a great way of getting some of your daily protein intake, they maybe a more convenient way to consume your breakfast.
- Remember to follow the guidelines for choosing the appropriate protein shake.
- Low fat, carbohydrate controlled or sugar free yogurt
- Low fat cottage cheese, farmer's cheese or ricotta cheese
- Low fat string cheese
- Eggs: whole, egg whites or EggBeaters® scrambled, baked, pouched or made into an omelet
- You may add cheese or ham, but no vegetables
- Low fat turkey or tofu breakfast sausage; baked or microwaved, do NOT fry
- Low fat tofu hotdogs

Phase III Lunch and Dinner Ideas

- Homemade chili made with ground turkey, chicken or ground tofu crumbles
- Grilled, baked, poached seafood or shellfish, do NOT fry or bread the seafood or shellfish
- Egg salad, Tuna salad, Crab salad, Chicken salad
- You may use light or fat free mayo or salad dressing
- Do NOT use celery, relish, onion
- Grilled, baked, poached, braised, sautéed poultry (chicken, game hen, turkey, duck)
- Legumes (black beans, navy beans, pinto beans, white beans) made into dip or hummus or can be added to chili
- Grilled tofu burgers
- Deli meats (turkey, chicken, ham etc.) make roll-ups with a piece of cheese
- Baked, crust less cheese quiche (Do not add any vegetables)
- Turkey or tofu meat balls
- Plain turkey or tofu meatloaf (use eggs or milk to bind it together)
- Egg and cheese frittata