

## **Gastric Band Stage 2 (Bariatric Puree)**

You will begin the Bariatric Pureed diet when directed by your surgeon. You will continue to consume foods from the Bariatric Full Liquid diet; however, they no longer need to be thinned. You may also add the following pureed foods:

- Pureed scrambled eggs
- Pureed casseroles, such as tuna casserole made with tuna, cheese, and cream of mushroom soup
- Pureed tuna or chicken salad using canned tuna or canned chicken and light mayonnaise
- Sugar-free, fat-free yogurt with no fruit pieces unless pureed (fortify with protein powder)
- Sugar-free, fat-free pudding (fortify with protein powder)
- Pureed, unsweetened applesauce (fortify with protein powder)

This stage consists of three small meals per day with two to three “snacks” of high protein drink. Meal sizes should be only 1-3 oz. Avoid fluids 15-30 minutes before you start the meal. Do not drink fluids during your meal, and do not drink fluids for 30 minutes after you finish your meal. Eat slowly, taking about 30 minutes to eat a small meal or drink your protein drink. Avoid raw fruits and vegetables. Remember, you are “re-educating” your stomach. When you eat too fast, too much, or don’t chew well enough, you will feel discomfort and may even throw up.

### **Sample Bariatric Pureed Menu**

- Breakfast: 1 oz pureed scrambled egg  
1 oz sugar-free, fat-free yogurt (fortify with protein powder)
- Snack: 4-8 oz high protein supplement
- Lunch: 1 oz pureed low-fat cottage cheese  
1 oz unsweetened applesauce (fortify with protein powder)
- Snack: 4-8 oz high protein supplement
- Dinner: 1 oz pureed meat  
1 oz pureed sugar-free pudding (fortify with protein powder)