

Bariatric Surgery: Step 2 Diet

The Step 2 diet consists of full liquids and blended or pureed solids. **Remember: “If you have to chew, it is not Step 2.”**

The portions are very small to help prevent vomiting. These small, high protein meals will help your new stomach pouch heal.

This diet provides about 600 to 800 calories and 60 grams of protein per day. **It starts 1 week after being home from the hospital.** Do your best as you plan your meals, and talk to our staff if you have questions or concerns.

Warning: This diet does not have enough calories, protein, vitamins, minerals, and fiber. Only use this diet while under the supervision of your healthcare provider for up to 4 weeks after bariatric surgery.

General guidelines

- **Your meals/snacks will be only liquid or pureed.** Pureed food should be the consistency of applesauce and be thin enough to flow through a funnel.
- **Eat at least 6 small meals each day.** Portions (each meal) should be around ¼ cup and take about 15 to 20 minutes to eat.
- **Use baby utensils and take small, dime-sized bites.** Wait 2 to 3 minutes in between bites.
- **Every meal/snack should contain a protein source.** This can be from the milk or meat group. Vegetarian options can be found in the meat group as well. **Your goal is to get 60 to 80 grams of protein per day.**
- **Sip at least 64 ounces of sugar free, caffeine free liquids each day. You may drink faster now, about 1 ounce every 3 to 5 minutes (or 6 ounces in 20 to 30 minutes).** Sugar free liquids include Crystal Light, V8 Diet Splash, tomato juice, V8 low sodium vegetable juice, sugar free Kool-Aid, sugar free decaf iced tea, flavored waters, sugar free popsicles, sugar free gelatin, and broth. **Avoid drinks with alcohol, caffeine, and carbonation.**
- **Limit sugar and sugar alcohols to less than 10 grams each per meal.**
- **Do not drink 10 minutes before meals and wait 30 minutes after meals to drink.** Avoid drinking during meals as combining liquids and food may lead to nausea, vomiting, abdominal pain, diarrhea, and dumping syndrome.
- **Take 2 chewable multivitamins with iron each day (no gummies). Take 1 in the morning and 1 in the evening.** This will help to prevent vitamin and mineral deficiencies.
- **Record everything that you eat and drink (time, what it is, and how much) for at least 3 days.** Bring this with you to your next appointment. The dietitian can help calculate how many calories and how much protein you are eating.
- **Restaurant foods are not recommended for the first 2 months after surgery.**



Tips on how to puree foods

- Cut food into small pieces.
- Place food into blender or food processor.
- Add liquid, such as broth, cream soup, or low fat sauces and dressings.
- Blend or puree until smooth.
- Strain foods that do not blend into a completely smooth consistency.
- Season foods to taste. You may want to avoid spicy foods, such as Tabasco sauce, white pepper, red pepper, etc.

Dumping syndrome

You may have diarrhea, abdominal cramping, cold sweats, and light-headedness after eating.

Drinking during meals, eating too much sugar at one time, eating too much food, or eating too fast can cause these symptoms. This is called dumping syndrome. Use a sugar substitute and foods made with a sugar substitute instead of sweetened foods. Use sugar free Kool-Aid, Crystal Light, sugar free lemonade, and products like these.

Be sure to sip your drinks slowly.

Planning meals

Use foods from these groups to plan your meals.

Milk Group

Choose up to 4 servings from this food group each day. Check sugar content and look for calcium-fortified. These foods are good sources of protein and calcium:

- ½ cup fat free skim or 1% low fat milk
- ½ cup Lactaid milk or other unsweetened soy milk
- ¼ cup light yogurt (remove any pieces of fruit in yogurt)
- ¼ cup pureed cottage cheese
- ½ bottle (6 to 8 fluid ounces) of protein shake or protein water
- ¼ cup sugar free pudding (boxed) made with fat free skim milk
- ¼ cup strained cream soup made with fat free skim milk

Meat Group

Choose up to 4 servings from this food group each day. These foods are good sources of protein, energy, B vitamins, and iron:

- ½ small jar strained baby food meat (plain)
- 1 tablespoon creamy peanut butter
- 1 egg (soft scrambled) or egg salad (smashed/blended)
- ¼ cup water-packed tuna or chicken, pureed

- ¼ cup (1 ounce) cooked pureed meat, such as beef, fish, turkey, chicken, pork, and veal
- ¼ cup (1 ounce) pureed soft tofu
- ¼ cup pureed chili or bean soup

Note: A small amount of fat free gravy, cream soup, or broth may be added for flavor. Mixing pureed meat with mashed potatoes or pureed soups improves the taste. Seasoning may be added.

Vegetable Group

Choose up to 1 or 2 servings from this food group each day. These foods are good sources of vitamins, minerals, and fiber and are low in calories:

- ½ cup vegetable juice, such as tomato, carrot, and V8 juice
- ½ small jar of strained baby food
- ¼ cup pureed vegetables, such as:
 - Asparagus tips
 - Beets
 - Carrots
 - Green beans
 - Greens
 - Spinach
 - Tomato sauce
 - Vegetable soup
 - Zucchini

Fruit Group

Choose up to 1 or 2 servings from this food group each day. Avoid strained fruit desserts and junior or toddler foods. These foods are good sources of vitamins, minerals, and fiber:

- ¼ cup unsweetened fruit, pureed
- ½ cup diet juice with 5 calories or less per serving
- ¼ cup canned fruit (lite, no sugar added, or 100% juice), drained and pureed
- ¼ cup unsweetened applesauce
- ½ small jar strained baby food

Note: **Avoid fruit juices as they contain sugar.** Both natural sugar and added sugar can cause dumping syndrome.

Starch Group

Choose up to 1 or 2 servings from this food group each day. These foods are good sources of energy, B vitamins, and iron (if fortified):

- ¼ cup pureed soup, any kind
- ¼ cup cooked cereal, such as Cream of Wheat, Cream of Rice, oatmeal, and grits
- ¼ cup pureed, starchy vegetable, such as mashed winter squash, mashed potatoes, and mashed sweet potatoes
- ¼ cup canned fat free or vegetarian refried beans
- ¼ cup pureed peas or lentils

Fat Group

Choose up to 2 servings from this food group each day.

- 1 teaspoon butter or oil
- 2 teaspoons diet margarine
- 1 tablespoon low fat mayonnaise, Miracle Whip, or salad dressing
- 1 tablespoon avocado, blended
- 1 tablespoon low fat or fat free gravy

Sample menu

Meal	Food item	Protein in grams (g)
Breakfast	Protein shake or protein water (11 fluid ounces)	15 to 30
Mid-morning	¼ cup unsweetened applesauce	0 to 1
Lunch	¼ strained cream of chicken soup and canned chicken, pureed	5 to 7
Mid-afternoon	¼ cup light or Greek yogurt	6 to 8
Dinner	¼ cup pureed chili or bean soup	3 to 7
Evening	Protein shake or protein water (11 fluid ounces)	15 to 30
Note: • Stop eating when you feel full. Pay attention to your stomach. • Protein shakes and supplements should be sipped over 20 to 30 minutes.		

Recipes

Look for liquid or pureed recipes online, such as from:

- [pinterest.com](https://www.pinterest.com)
- bariatricfusion.com/blogs/blog/the-best-gastric-sleeve-pureed-diet-recipes-1
- gastricsleeve recipes.com/post-op-stage-3-pureed-foods
- bariatricbits.com/bariatricnutrition/pureed

Protein waters

Some people dislike the taste of thicker protein shakes after surgery. Try these protein waters to help increase your protein intake:

- Protein2o (20 grams)
- Premier Protein Clear (20 grams)
- Syntrax Nectar (23 grams per scoop)
- LiquaCel (16 grams per ounce)
- Isopure Zero Carb 100% Whey Protein Isolate Drink (40 grams)
- BiPro Protein Water (20 grams)