



# Stage III Advanced: Soft Foods

- **Stage 3 Advanced Tips**
- **Fluid/Protein, Vitamin/Mineral Checklist**
- **Sample Meal Plan**

## Key tips for Stage 3 Advanced:

- This stage adds more textured soft foods
- Try not to blend your food- CHEW!
- Stay hydrated and make protein foods your first choice.
- Take tiny bites, chew thoroughly, and eat slowly.
- Remember, breads, rice, pasta, red meats, and most fruits and vegetables are not part of Stage 3.
- Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage but can be avoided. See common problems and solutions in your original packet OR on our website under educational materials
- You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.
- Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
- **\*\*SEE OUR WEBSITE FOR STAGE 3 MEAL IDEAS & HOW TO ENHANCE YOUR SHAKES\*\*** [www.capitalhealth.org/weightloss](http://www.capitalhealth.org/weightloss)

# Fluid and Protein Checklist for Weeks 3-6 After Weight-Loss Surgery (Stage 3 advanced)

## Fluids

Aim for **64 oz (8 cups)** of sugar-free, low-calorie, non-carbonated, non-caffeinated liquid per day. This does **not** include your protein shakes.

Check off one box each time you drink an ounce.  = 1 oz

**GOAL = 64 oz**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								

Total ounces of fluid per day: \_\_\_\_\_



## Supplements

### **Multivitamin:** \_\_\_\_\_

- 2 Daily (can take 2 at the same time)
- Take two hours apart from Calcium
- Must be chewable or liquid (no gummies)
- Must have copper, zinc, iron

### **Calcium citrate:** \_\_\_\_\_

- Take 1200 – 1500 mg of calcium citrate daily, divided in 2-3 doses.
- Separate each dose by 4 hours.
- Separate from multivitamin by 2 hours
- Calcium citrate (read supplement facts and ingredient list)
- No more than 600 mg of calcium per tablet

### **Vitamin B-12 (for Gastric Bypass):** \_\_\_\_\_

- Take 350-500 micrograms of vitamin B12 daily.
- May take with other vitamins.
- Choose sublingual B12
- Included in Bariatric Advantage Advanced Multi EA Chewable (sold in office)

### **Additional Iron (for Gastric Bypass):** \_\_\_\_\_

- May be needed- will recommend based on blood levels

### **Other supplements (if needed):** \_\_\_\_\_

## Sample Meal Plan:

Time	Food	Liquid (oz)	Protein (g)
8 AM	2 scrambled eggs (2 protein), ½ cup applesauce (1 fruit)		14
9 AM		8 oz Crystal Light	
10 AM	¼ c cottage cheese (1 protein)		7
11 AM		8 oz water	
12 PM		8 oz G2	
1 PM	2 oz tuna fish (2 protein), ½ c steamed carrots (1 vegetable), 1 tsp lite mayo (1/3 fat)		14
2 PM		8 oz Crystal Light	
3 PM		8 oz water	
4 PM		8 oz decaf tea	
6 PM	2 oz diced chicken (2 protein), ½ c mashed potato (1 starch), 1 tsp light margarine (1/3 fat), 1 tsp fat-free gravy (1/3 fat)		14
7 PM		8 oz water	
8 PM	1 light string cheese (1 dairy), 1 oz sliced ham (1 protein)		14
10 PM		8 oz decaf tea	
	<b>Total</b>	<b>64 oz</b>	<b>63 grams</b>

## CHOOSE YOUR FOODS TO MEET YOUR GOALS

Protein- CHOOSE 8 SERVINGS (1 serving = 7 grams of protein)

- ✓ 1 oz chicken/turkey (dark meat is fine)
- ✓ 1 oz 93% lean ground chicken/turkey (dark meat is fine)
- ✓ 1 oz fish (tuna, cod, haddock, salmon, tilapia)
- ✓ 3 oz fat-free Greek yogurt (without fruit chunks)
- ✓ 1 egg or 2 egg whites or ¼ cup egg beaters
- ✓ 1 oz deli meat (low sodium chicken, turkey, or ham)
- ✓ ¼ cup low-fat cottage cheese or part-skim ricotta cheese
- ✓ ½ cup tofu
- ✓ ½ soy-based veggie burger (Boca Original Vegan, Morningstar Farms Grillers Original)
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)

Vegetables – CHOOSE 1 SERVING

- ✓ ½ cup smooth tomato sauce (no sugar added)
- ✓ ½ cup steamed zucchini (peeled)
- ✓ ½ cup steamed carrots
- ✓ ½ cup mashed cauliflower

Fruits – CHOOSE 1 SERVING

- ✓ ½ cup applesauce (unsweetened)
- ✓ ½ cup canned pears or peaches (in own juice or water; no syrup)
- ✓ ½ soft banana

Dairy – CHOOSE 1 SERVING

- ✓ 8 oz fat-free or light yogurt (without fruit chunks)
- ✓ 8 oz skim or 1% milk, or soy milk
- ✓ 1 oz 50% reduced-fat cheese or soy cheese
- ✓ 1 light string cheese

Fat – CHOOSE 1 SERVING

- ✓ 1 teaspoon butter, margarine, oil, or mayonnaise
- ✓ 1 tablespoon (3 teaspoons) light margarine, light salad dressing, fat-free gravy, or light mayonnaise
- ✓ 2 tablespoons hummus
- ✓ 1 tablespoon avocado or guacamole

Starch – CHOOSE 1 SERVING

- ✓ ½ cup mashed potatoes or sweet potatoes
- ✓ ½ cup pureed butternut squash
- ✓ ½ cup cooked oatmeal, cream of wheat, or farina
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)
- ✓ ½ cup sugar-free/fat-free pudding