

Preoperative Liver Shrink Diet

This diet is required to reduce the size and volume of your liver to facilitate surgical access to your stomach. It provides more room for laparoscopic manoeuvres such as suturing and assists in making the operation much safer. The very low energy diet (VLED) meal replacements are also like having a multivitamin 3x/day which assists stomach and wound healing and reduces risks such as bleeding or a leak.

The standard duration of liver shrink is approximately 3-weeks and this is possibly the hardest phase of your weight loss journey. The amount of weight your Surgeon would like you to lose is which mean a preoperative weight of

VLED is a carefully formulated low energy diet. It is made from milk. It contains vitamins and minerals so you **do not** need to supplement these while you are on it. In hospital you will use a Optifast, an alternative you can use at home is Kickstart or IsoWhey (lactose and gluten free). **You are allowed to have the soups and shakes but NOT the bars.**

How does it work?

Weight loss is achieved by eating less than what our body needs. VLED limits the energy intake to between 450- 800 calories per day in the intensive phase leading to your body uses fat stores as main energy source. This process is known as ketosis.

Who should take VLED? How safe is it?

VLED is specially formulated, safe method of weight loss. However, VLED should only be done under the advice and close supervision of a doctor. Dietitian involvement is also important and beneficial for support.

Do I have to have any tests while I'm on VLED?

You will need to have blood tests before starting VLED to check your blood electrolyte levels, liver and renal function, blood count and iron. If any are abnormal you will need periodic blood testing while on VLED. You will also have body composition measurements done to check how much body fat you have lost. Your doctor or dietitian will organise these tests.

How much weight will I lose?

Weight loss can vary depending on energy needs. The average weekly weight loss with a VLED is quite substantial - about 2-2.5 kg for men and 1-1.5kg for women. Provided you continue to exercise and monitor the fat and calories in your diet, the weight loss you have achieved on VLED will be maintained. Regular follow-up tends to improve results.

Can I exercise while using a VLED?

It is most important to maintain regular exercise. Low calorie diets can cause your metabolic rate to drop and regular exercise can help prevent this. Exercise is essential to prevent the loss of muscle.

The more muscle you have the more fat burning potential you have. Speak with your Physiotherapist or doctor for further guidelines about the intensity and type of exercise suitable for you.

How much fluid should I take while I am on a VLED?

VLED places a load on your kidneys and leads to the formation of ketone bodies. You must drink plenty of fluid to flush out your kidneys and dilute the ketone bodies. You need to drink **at least 2 litres of fluid** including the VLED every day. This amounts to 8 cups of water, milk-free tea or coffee or low calorie cordial every day. Don't guess the quantity, measure it accurately.

A good indication of hydration is your urine colour. It should be light to clear, and slightly darker in the morning, if not you probably need extra fluid.

Do not consume any carbonated 'or bubbly' fluids such as soft drinks. This includes 'diet' soft drinks.

Are there any side effects?

Sometimes when you first start VLED you may feel the cold more, feel tired and irritable and have a slight headache but these symptoms should soon pass as your body gets used to the VLED. Tell your friends and family that you will probably be a bit crankier than usual for 3-5 days. Let your dietitian or doctor know if you have any side effects that persist.

Sometimes while on VLED you may have "bad" breath. This is caused by the formation of ketone bodies as your fat burns away. It is easily overcome. Use **sugar free** mints or chewing gum.

Alternately, you can use a mouthwash or clean your teeth more regularly.

Will I get constipated?

VLED is almost completely absorbed into your system and leaves very little residue. Consequently, you may not have regular bowel motions while you are on VLED. To minimise constipation include the salad or vegetables on the list. If constipation becomes a problem we recommend you take Metamucil or Benefiber, available from chemists, or have one tablespoon of unprocessed bran in your breakfast VLED.

What about social occasions?

It is best to have the VLED before attending the social function involving food and:

- choose salad or steamed vegetables

- avoid bread, potato, rice or pasta. Starchy food will stop the VLED doing its job.

Once you are off VLED you are encouraged to eat these foods in controlled portions.

- try to stick to non-alcoholic drinks like mineral water, soda water or low calorie drinks.

- only have lean white meat, fish, chicken, turkey, pork, prawns or oysters if totally unavoidable.

What if I am sick?

If you become ill while on VLED, please contact your dietitian or doctor. If you develop vomiting or diarrhoea it is best to stop the VLED and recommence it once these symptoms have ceased. If the symptoms recur VLED may not agree with you so cease it altogether.

I have diabetes and am on VLED. What should I do?

If you have diabetes and are on VLED remember the following:

- Talk to your dietitian or doctor about adjustments to your medication that may be required.

- Take your blood sugar levels every day, morning and night.

- Test your urine for ketones daily.
- If you are sick let you doctor know.

Allowed Foods

Vegetables: Ideally use fresh or frozen, cooked (raw, steamed or microwaved), no oil/ margarine added, fresh or dried herbs to flavour.

Alfalfa sprouts Asparagus Beans (green) Broccoli Cabbage Capsicum Carrots Cauliflower	Celery Chinese greens Cucumber Eggplant Garlic Lettuce Mushrooms (fresh) Onion	Radish Snow peas Spinach Squash Tomato Watercress Zucchini
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- Soups: using allowed vegetables only with stock cubes/bonox (in moderation) and miso soup
- Herbs and spices: Avoid cinnamon and vanilla sugar
- Sauces and condiments: lemon/lime juice, vinegar, mustard, tomato paste, chilli, soy sauce (moderation), Worcestershire sauce, tabasco sauce, diet or fat free salad dressings, no added sugar tomato or BBQ sauce (n moderation)
- Miscellaneous: artificial sweeteners, diet jellies, sugar free lollies and gum, diet toppings, flavour essences
- Calorie free fluids: water, tea, diet cordials, coffee (minimal skim milk <30mL, no sugar)

Not Allowed

Protein Sources	Carbohydrate Sources
Dairy products (milk, yoghurt) Legumes (green peas, lentils)	Breads Cereals Pasta Rice Noodles Starchy vegetables (corn, green peas, legumes, lentils, potato, sweet potato) Fruit Sugar, honey, jam, syrup Fruit juice and alcohol

Sample Meal Plan

Breakfast: 1 Shake or _____

Morning Tea: Tea/coffee (either black or with 30mL skim milk and no sugar)

Lunch: 1 Soup/ Shake or _____

Afternoon Tea: Tea/coffee (either black or with 30mL skim milk and no sugar), 1 cup of allowed vegetables Vegetable sticks

Dinner: 1 Shake or Soup + If absolutely required Protein source** or _____ plus 2 cups of allowed salad or vegetables with 1 tsp olive oil and other allowed condiments

Supper: Fluid _____, 125mL of diet jelly

PLEASE BE SURE TO DRINK AT LEAST 2 LITRES OF WATER PER DAY

****If you are over 178cm and/ or over 120 kg** add one serve of protein a day: 2 eggs or 150g raw weight fish/seafood or 100g raw weight lean red meat. Most people will be able to add 100ml of reduced fat milk per day for tea and coffee, without reducing rate of weight loss.



3 OPTIFAST® VLCD™
Products

+



≥2 cups of low
starch vegetables

+



1 tsp of vegetable
oil per day

+



2 litres
of water

Source: Optifast Consumer Information

Fluid Diet: Weeks 0-2 Post Operation

After surgery, you need to follow a liquid diet for 2 weeks. It is important to avoid thick liquids and solid food during this time to avoid placing stress on your operation site to allow it to heal. The stomach can split and result in a leak. After this time, you will follow up with your dietitian who will progress your diet.

For the fluid stage, an easy guide to follow is my rule of 2's: 2 x 600ml bottles of water/day, 2 shakes such as Optifast/day for 2 weeks. If you are lactose intolerant you can substitute a lactose free meal replacement as recommended by your dietitian, made on lactose free skim milk. You may have other fluids on top of this including tea or coffee with milk. **It is important to stay well hydrated;** if your urine is dark or you are feeling dizzy getting up then perhaps you are not drinking enough.

Fluid Diet Guidelines

Everything consumed must be of a thin, liquid consistency (smooth/runny with no lumps)

- **Keep the volume very small. For example do not have more than 125ml at each sitting**
- All fluids must be thin enough to be pass through a thin straw. However do not use a straw at this time as it may cause some discomfort.

Fluids must not be 'fizzy'

- All carbonated or fizzy drinks should be avoided during this period as gas can easily build up and lead to discomfort, bloating or pain.

At each main meal include protein containing fluids

- Protein is important to give your body energy and help you recover from your operation. Drinking only water, coffee, tea, juice or soups will not provide your body with enough protein.
- An easy way to ensure you have enough protein is to continue with the Optifast VLCD®, Iso Whey or Kick Start program. Have a shake or soup at your main meals and consume low calorie fluids (water, tea, coffee, diet cordial) between meals.
- Prepare your Optifast VLCD® meal replacement according to directions (250mls total). After your operation it is important that you sip slowly – aim for 125ml over an hour.
- To increase the amount of protein, you could purchase some Beneprotein® and mix 1 level scoop into 60-120ml of water.

Remember to drink enough fluid

- For best tolerance take small sips, do not use straws and start with liquids at room temperature.
- Sip liquids slowly throughout the day (125ml every hour) aiming for 1.5-2L a day. Avoid gulping or drinking quickly as this will result in discomfort.
- Drink more if you feel thirsty but stop if you become uncomfortable.
- Pace yourself so you remain comfortable at all times. If you experience discomfort – you may be drinking too fast or too much at one time.

- Limit the amount of tea and coffee as caffeine can lead to dehydration.

Food preparation

- Have measuring cups handy to ensure correct portion sizes.
- Prepare all liquids using a blender, stick blender or food processor to ensure all fluids are thin and lump-free.
- You can have cup-of-soups without the 'bits' in it (strain them prior to drinking)

Fibre

- Your fibre intake will be reduced when following a liquid diet, so you may need to include a fibre supplement daily. Try 2 teaspoons of Benefiber® or Metamucil® 1-3 times per day, mixed in with your drinks.

Avoid high calorie drinks

- Avoid high calorie drinks such as fruit juice, full sugar cordial, flavoured beverages, smoothies/milkshakes and alcohol as these are high in calories and will slow down your weight loss.

Sample meal plan

Time	Fluid
8am	125ml water
9am	125ml Optifast**
10am	125ml tea/coffee/herbal tea with skim milk and sweetener
11am	125ml Optifast
12pm	125 ml water or diet cordial
1pm	125ml Optifast
2pm	125ml V8 vegetable juice
3pm	125ml Optifast
4pm	125ml tea/coffee/herbal tea with skim milk and sweetener
5pm	125ml Optifast
6pm	125 ml thin, lump-less soup
7pm	125ml Optifast

*125ml= ½ cup

**Or other shake as prescribed

Diet Weeks 2-4 Post operation

A puree diet can be introduced 2 weeks after your surgery and should be followed for the next 2 weeks. During the recovery phase, puree foods are required to facilitate healing. Solid foods are not suitable at this stage. After this time you will follow up with your dietitian who will progress your diet.

What does a puree diet consist of?

A puree diet includes foods, which are smooth, **moist and lump free**. Pureed foods may have a grainy quality. Foods blended to a thickshake or baby food type consistency is fine. Avoid Foods that are calorie or fat rich.

Puree Diet Guidelines

How Much Should I Eat?

When starting on the pureed diet, initially trial 1 – 2 tablespoon of a food per meal.

- If tolerating well, aim for 2 – 4 tablespoons (approximately $\frac{1}{4}$ cup) of food per meal at a time to see how well you tolerate it.
- Try one new food at a time. If you feel nauseated or bloated after eating this food, avoid this food for a few days before trying again.
- Let your 'fullness' indicate how much you should be eating. Start with 1 cube of pureed foods per meal. STOP when you feel full.

It is important to prioritise protein foods. This may be difficult to do. When speaking with your dietitian they may recommend you use an additional high protein supplement powder such as Beneprotein™ or other protein powder provided it contains over 90% protein per 100g. See "Handy Hints" below on how to use Beneprotein™. It is recommended you speak to your dietitian first before using a protein supplement.

How Much Should I Drink?

Aim to meet your 1.5 to 2L fluid requirements per day mostly from water.

- This can include low calorie drinks such as tea, coffee or diet cordial.
- Avoid high calorie drinks such as fruit juice, full-sugar cordial, flavoured beverages, smoothies/milkshakes and alcohol as they are high in calories and may impact on your weight loss.
- Avoid carbonated and fizzy drinks as this can cause pain and discomfort.
- Do not drink with meals, stop drinking 30 minutes before you eat and wait at least 30 minutes after a meal before you commence drinking.
- Take small sips. Do not gulp to avoid discomfort.

Multivitamins and Fibre intake

- Now that your food intake is decreased you will require life-long multivitamin supplementation to ensure adequate nutrition and prevent deficiencies.
- Ensure you are taking a liquid or opening a multi-vitamin/ mineral capsule into either food or fluid such as BN Multi capsules.

- Your fibre intake may be reduced when following a puree diet, therefore it may be beneficial to take a fibre supplement daily.
Try 2 tsp of Benefibre™ 1-3 times per day.

This list will tell you which foods you can safely eat and which foods you should avoid.

Foods to include	Foods to avoid
Breads and Cereals	
<ul style="list-style-type: none"> ✓ Smooth and lump free breakfast cereals, for example, pureed and strained rolled oats, semolina, baby rice cereal, Weet-Bix™ ✓ Rice, pasta, noodles and barley pureed into soups 	<ul style="list-style-type: none"> ✗ Other cereals/muesli ✗ Bread, toast, bread rolls ✗ Pasta, spaghetti and noodles unless pureed into meal ✗ Rice and barley unless pureed into meal
Vegetables	
<ul style="list-style-type: none"> ✓ Pureed vegetables ✓ Pureed, cooked or canned legumes ✓ Pureed or mashed potato or pumpkin 	<ul style="list-style-type: none"> ✗ Whole vegetables, cooked or raw. ✗ Vegetables with tough skins, for example, peas and corn ✗ Undercooked or stringy vegetables which cannot be pureed into a smooth consistency
Fruit	
<ul style="list-style-type: none"> ✓ Pureed tinned or stewed fruit ✓ Pureed or well mashed soft fruit e.g. banana, paw-paw, mango ✓ Pureed or well mashed avocado 	<ul style="list-style-type: none"> ✗ Pureed or mashed fruit with visible lumps ✗ Hard fresh fruit that can not be pureed or mashed ✗ Stringy or segmented fruit, for example, pineapple, orange

Foods to include	Foods to avoid
Meat and meat alternatives	
<ul style="list-style-type: none"> ✓ Meat, chicken and fish, blended with gravy or sauce until smooth ✓ Smooth dips ✓ Pureed scrambled eggs ✓ Soft silken tofu ✓ Soufflés and mousses, for example, salmon mousse 	<ul style="list-style-type: none"> ✗ Whole pieces of meat, minced meat ✗ Boiled, poached, fried and non pureed eggs ✗ Sticky or very cohesive foods, for example, peanut butter
Soup	
<ul style="list-style-type: none"> ✓ Blended and strained soup with all lumps removed 	<ul style="list-style-type: none"> ✗ Soup with lumps
Milk and milk products	
<ul style="list-style-type: none"> ✓ Skim Milk ✓ Lump free natural & no added sugar yoghurt ✓ Smooth cheese pastes e.g. smooth low fat ricotta cheese ✓ Cheese and milk based sauces. 	<ul style="list-style-type: none"> ✗ Yoghurt with fruit pieces, nuts or seeds ✗ All solid and semi-solid cheese including cottage cheese and cheese slices
Condiments and sauces	
<ul style="list-style-type: none"> ✓ Gravy, white sauce, cheese sauce ✓ Sauces e.g. sugar free tomato, BBQ Worcestershire, soy, oyster, fish sauce ✓ Herbs, spices, curry 	<ul style="list-style-type: none"> ✗ Sauces with lumps e.g. chunky pasta sauces ✗ Jams with seeds, pulp or lumps

Sample Meal Plan for Pureed Diet*

Breakfast	<p>¼ cup of soaked and pureed Weetbix™</p> <p>OR</p> <p>¼ cup cooked pureed oats with high protein milk plus 1tsp pureed fruit</p> <p>OR</p> <p>1 scrambled egg made with high protein milk</p>
Morning tea	<p>¼ cup pureed fruit</p> <p>OR</p> <p>¼ cup low fat dairy dessert**</p> <p>OR</p> <p>½ cup high protein drink***</p>
Lunch	<p>¼ cup of pureed meat/fish/chicken/lentils with mashed potato/mashed vegetable</p> <p>OR</p> <p>¼ cup of pureed casserole/stew/mornay</p>
Afternoon tea	<p>¼ cup low fat dairy dessert</p> <p>OR</p> <p>¼ cup fruit puree</p> <p>OR</p> <p>½ cup high protein drink**</p>
Dinner	<p>¼ cup of pureed meat/fish/chicken/lentils with mashed potato/mashed vegetables</p> <p>OR</p> <p>¼ cup of pureed casserole/stew/mornay</p>
Supper	<p>½ cup high protein drink**</p>

Note:

*Main meals should be between ¼ - ½ cup of soft food.

**e.g. low fat no added sugar yoghurt (eg Yo Pro or Chobanni FIT) or custard

***e.g. High-protein milk/Protein revival low Carb/Beneprotein™

- Use a blender, stick blender or food processor to blend foods into a smooth puree. Make sure there are no lumps.
- Prepare pureed meat and vegetable dishes in advance and then freeze into ice cube trays. Then you can pull out 1 – 2 cubes for meals.
- When pureeing meats products, add some skim milk, cooking stock or fat free gravy to add moisture. This will make it easier to blend.
- When pureeing vegetables, add some high protein skim milk or water.
- Eat your protein foods first.
- Take your recommended vitamins daily.

Remember to drink 6-8 cups (2L fluid) water or low calorie drinks per day.

Recipe to make high protein milk:

Add 3 tablespoons of skim milk powder or 1 scoop of protein powder to 600ml of regular or lactose free skim milk. Whisk until blended.

Use this milk wherever you would ordinarily use normal milk. This increases the protein content of your meals.

Using Beneprotein™ :

- Beneprotein™ is a concentrated source of protein that can be dissolved in most foods and beverages.
- 1 serving size equals 1 scoop, which contains 6g of protein.
- 1 scoop of Beneprotein™ can be mixed into 120ml of milk or water or prepared pureed food until dissolved.
- Your dietitian will provide recommendations on the total amount of Beneprotein™ you may need throughout the day.

Protein counter

Milk Group - 8 grams of protein per serve	1 cup skim milk 1 cup soy milk ¾ cup low fat / no added sugar, lump free yoghurt ¼ cup cottage/ricotta cheese (low fat) 30g (1 slice) low fat, hard cheese
Meat & Meat alternatives Group - 7-9 grams of protein per serve	2 tablespoons cooked lean meat / chicken / fish / turkey 1 whole egg 30g tuna ¼ cup soybeans ½ cup cooked red kidney beans ½ cup cooked lentils/chickpeas/lima beans
Starchy Carbohydrate Group - 3 grams of protein per serve	6 tablespoons pureed potato ½ cup pureed sweet potato ⅔ cup pureed pumpkin ¾ cup pureed rice ½ cup pureed pasta
Vegetable Group - 2 grams of protein per serve	1 ½ cups pureed carrot
Fruit Group - 0 grams of protein per serve	
Meal replacement protein shakes/ soups	
1 sachet of Optifast soup/shake made with water	17-18g of protein
1 sachet Optislim shake/soup made with water	16-19g of protein
1 sachet Tony Ferguson shake/ soup	15-17g of protein

If you have any questions about food after surgery contact Kellie Millard on 0430395129 or kellie@hillsnutritiondietetics.com.au

Week 4 Post Operation onwards: Transitioning to Normal Diet

Around week 4 post surgery and if you have been tolerating puree foods well, you can progress to a soft diet then as tolerating, to a normal diet.

What does a soft diet consist of?

A **soft diet** includes foods, which are soft and easy to chew and swallow.

Meats must be tender and vegetables well cooked. Salad vegetables, hard, crunchy and very chewy foods should be **avoided**.

Soft Diet Guidelines

- Foods in this category may be naturally softer, or cooked to alter texture.
- All foods to be naturally soft, slightly firm but not tough or stringy, and without gristle or bone.
- Food should be moist, easily crumbled or served with a sauce or gravy to increase moisture content.
- Can be chewed requiring minimal biting.
- Can be easily cut and mashed with a fork.
- Are easily digestible.
- Crust-less bread is suitable to be reintroduced at this stage. It is recommended to try toast first.

How Much Should I Eat?

Starting on the soft diet, aim for 3 small meals a day. Each meal should be approximately $\frac{1}{4}$ to $\frac{1}{2}$ cup of food.

One or two healthy snacks in-between your meal times. Such as stewed fruit or mashed banana, yoghurt or milk.

When starting out, try 1 – 2 tablespoons of a food at a time and chewing thoroughly to see how well you tolerate it.

- Try one new food at a time. If you feel nauseated or bloated after eating this food, avoid this food for a few days before trying again.
- Let your 'fullness' indicate how much you should be eating. STOP when you feel full.

How Much Should I Drink?

Aim to meet your 1.5 to 2L fluid requirements per day mostly from water.

- This can include low calorie drinks such as tea, coffee, diet cordial, $\frac{1}{2}$ cup V8 juice or green smoothie.
- Avoid high calorie drinks such as fruit juice, full sugar cordial, flavored beverages, smoothies/milkshakes and alcohol as they are high in calories and may impact on your weight loss.
- Avoid carbonated and fizzy drinks as this can cause pain and discomfort.

- Do not drink with meals, stop drinking 30mins before you eat and wait at least 30mins after a meal before you commence drinking.
- Take small sips and do not gulp to avoid discomfort.

Multivitamins, Fibre and Protein intake

- Now that your food intake is decreased you will require life-long multivitamin supplementation to ensure adequate nutrition and prevent deficiencies.
- Ensure you are taking a liquid or opening a multi vitamin/ mineral capsule into either food or fluid such as BN Multi capsules.
- Your dietitian may also recommend a calcium, vitamin D, Iron and B12 supplement.
- Ensure your fibre intake may be reduced when following a soft diet, therefore it may be beneficial to take a fibre supplement daily.
- Try 2 tsp of Benefibre™ or other protein powder provided it contains more than 90g protein per 100g 1-3 times per day.
- Remember to drink plenty of water when taking fibre supplements.

This list will tell you which foods you can safely eat and which foods you should avoid.

Foods to include	Foods to avoid
Breads and Cereals **	
<ul style="list-style-type: none"> ✓ Rolled oats or Semolina ✓ Breakfast cereals, softened with milk You can reintroduce bread into your diet at this stage. Try toasted bread first. ✓ Soft sandwiches with crusts removed and include moist fillings for example; egg, hummus or low-fat mayo ✓ Soft pasta, spaghetti, macaroni or noodles ✓ Well-cooked rice, barley and polenta 	<ul style="list-style-type: none"> ✗ Muesli, and other cereals containing dried fruit and nuts ✗ Breads with hard seeds or grains ✗ Crusty breads ✗ Pizza
Vegetables	
<ul style="list-style-type: none"> ✓ Well-cooked vegetables, soft enough to be mashed or to be broken up with a fork ✓ Avocado (ripe) ✓ Soft canned vegetables, for example, peas 	<ul style="list-style-type: none"> ✗ Crunchy baked vegetables ✗ Corn ✗ All raw vegetables (including all chopped and shredded) ✗ Hard, stringy vegetable, for example, sweet corn, broccoli stalks
Fruit	
<ul style="list-style-type: none"> ✓ Tinned or stewed fruit ✓ Soft fruit e.g. banana, paw-paw, mango ✓ Soft ripe fruit in small pieces, for example, banana, mango, pawpaw, melons ✓ Watermelon (with no seeds) ✓ Ripe avocado 	<ul style="list-style-type: none"> ✗ Hard fresh fruit ✗ Fruit with hard seeds, for example, passionfruit, pomegranate, prickly pear ✗ Dried fruit, seeds, fruit peel ✗ Fibrous fruit, for example, pineapple

Foods to include Foods to avoid	
Meat and meat alternatives **	
<ul style="list-style-type: none"> ✓ Soft silken tofu ✓ Soufflés and mousses, for example, salmon mousse ✓ Scrambled and poached eggs, omelette ✓ Minced meat ✓ Tender, small pieces of cooked meat and chicken, for example, casseroles ✓ Moist fish ✓ Well-cooked and canned legumes, for example baked beans 	<ul style="list-style-type: none"> ✗ Fried, hard-boiled eggs ✗ Dry, tough, chewy or crispy meats
Soup	
<ul style="list-style-type: none"> ✓ Soup* (may contain small lumps, for example, pasta) 	<ul style="list-style-type: none"> ✗ Soups *with big pieces of meats, corn or rice
Milk and milk products **	
<ul style="list-style-type: none"> ✓ Skim or low-fat milk ✓ Natural & vanilla yoghurt (low fat, no added sugar) ✓ Low fat grated cheese, cottage cheese, ricotta 	<ul style="list-style-type: none"> ✗ Yoghurt with fruit pieces, nuts or seeds ✗ Hard cheese, e.g., Cheddar.
Condiments and sauces	
<ul style="list-style-type: none"> ✓ Gravy, white sauce ✓ Sauces e.g. sugar free tomato, BBQ, Worcestershire, soy, oyster, fish sauce ✓ Herbs, spices, curry 	<ul style="list-style-type: none"> ✗ Sauces with lumps e.g. chunky pasta sauces ✗ Jams with seeds, pulp or lumps

Sample Meal Plan for Soft Diet

Breakfast	Porridge made with skim/low-fat milk OR Weetbix or Weeties softened with skim/low-fat milk OR Small pieces of soft or stewed fruit with yoghurt OR Scrambled or poached eggs
Morning tea	Soft fruit OR Low fat dairy dessert e.g. yoghurt or custard OR High protein drink e.g. High-protein milk/ Beneprotein and milk
Lunch	Frittata or casserole with well cooked vegetables OR Soft sandwich (no crusts) E.g. Egg and low fat mayo
Afternoon tea	Soft fruit OR Low fat dairy dessert e.g. yoghurt or custard OR High protein drink e.g. High-protein milk/ Beneprotein and milk
Dinner	Casserole/stew or minced meat/fish/chicken/lentils Mashed potato/mashed vegetables.
Supper	High protein drink e.g. High-protein milk/ Beneprotein and milk/ Up & Go / Sustagen OR Low fat dairy dessert e.g. no added sugar.low fat yoghurt or custard

Note:

*Main meals should be between ¼ - ½ cup of soft food.

**You should only drink up to 100ml (1/2 cup) of fluid each time you drink – sip slowly.

Handy hints:

- Slowly introduce foods of a soft consistency in small portions
- For better portion control, use smaller plates (e.g. bread plate) or tablespoon.
- Start by aiming to eat ~ 1 – 2 tablespoons each meal.
- Prioritise protein foods at your meals.
- **Keep hydrated!** Drink 6 – 8 cups of water (total 2L fluid) and/or low calorie beverages between your meals.
- Do not drink from 30 minutes before to 30 minutes after your meal.
- Limit snacking on high calorie foods.
- Continue to take your recommended supplements daily.

Important Tips:

- All foods should be cooked without added fats. Bake, grill, BBQ or poach meats.
- Moist meats are tolerated better. Add chicken or beef broths, fat free gravy or low fat cream soups to moisten meats.
- Finely dice your meats and chew well.
- **Recipe to make high protein milk:**
 - Add 3 tablespoons of skim milk powder or 1 scoop 90% protein powder to 600ml of skim or lactose free skim milk.
 - Whisk until blended.
 - Use this milk wherever you would ordinarily use normal milk.
This increases the protein content of your meals.
- **Using Beneprotein™ :**
 - Beneprotein™ is a concentrated source of protein that can be dissolved in most foods and beverages
 - 1 serving size equals 1 scoop, which contains 6g of protein.

- 1 scoop of Beneprotein™ can be mixed into 120ml of milk or water or prepared soft food until dissolved
- Your dietitian will provide recommendations on the total amount of Beneprotein™ you may need throughout the day.

Protein counter	
Milk and Dairy Group - 8 grams of protein per serve	1 cup skim milk 1 cup soy milk ¾ cup low fat / no added sugar, lump free yoghurt ¼ cup cottage/ricotta cheese (low fat) 30g (1 slice) low fat, hard cheese
Meat & Meat alternatives Group - 7-9 grams of protein per serve	2 tablespoons cooked lean meat / chicken / fish / turkey 1 whole egg 30g tuna ¼ cup soybeans ½ cup cooked red kidney beans ½ cup cooked lentils/chickpeas/lima beans

If you have any questions about your diet please email averranutraceuticals@icloud.com

The information provided on this page is for general education only. It is not intended to replace personalised medical, nutrition, or dietetic advice. Individual nutrition needs vary depending on medical history, medications, growth, pregnancy, health conditions, and treatment goals. Please consult an Accredited Practising Dietitian, doctor, or other qualified health professional before making significant dietary changes.