



WHEN TO EAT WHAT: Complete Foods List by A-Z

We have listed over 200 ingredients and added a recommended reintroduction date for each, together with notes that should help guide you towards making the right food choices. If an ingredient is not listed please let us know and we will add it.

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Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Agave syrup	2: Full Liquids	WEEK 2	Use sparingly to avoid increasing calorie content
Seafood	Ahi tuna, raw	7: Post-recovery Foods	6 MONTHS	
Vegetable	Alfalfa seeds, sprouted	6: Transition Foods	3 MONTHS	
Spice	Allspice	4: Soft Foods	1 MONTH	
Nuts	Almond butter	6: Transition Foods	3 MONTHS	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted almonds (a bit of salt is ok).
Nuts	Almond butter, blended in protein drink or soup	2: Full Liquids	WEEK 2	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted almonds (a bit of salt is ok).
Nuts	Almond butter, pureed with other foods	3: Pureed Foods	WEEK 3	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted almonds (a bit of salt is ok).
Nuts	Almond meal	2: Full Liquids	WEEK 2	Finely ground almonds.
Liquids	Almond milk, unsweetened	2: Full Liquids	WEEK 2	Make sure it has no added sugar.
Nuts	Almonds, raw	6: Transition Foods	3-4 MONTHS	Start by eating them chopped.
Seeds	Amaranth, cooked	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Apple cider vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself.
Liquids	Apple juice, natural	1: Clear Liquids	WEEK 1	No pulp. No added sugar.
Other	Applesauce, unsweetened	3: Pureed Foods	WEEK 3	Should not have any added sugars. Will have sugar because it is naturally found in apples.
Fruit	Apricot, canned, in its own juices	4: Soft Foods	1 MONTH	
Fruit	Apricot, mashed or pureed, without skin	4: Soft Foods	1 MONTH	
Fruit	Apricot, raw	6: Transition Foods	3 MONTHS	Eat without skin first.
Grain	Arborio rice, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Artichoke, cooked	7: Post-recovery Foods	6 MONTHS	Finely chopped; eat in very small bites.
Vegetable	Arugula (aka rocket, rucola)	5: Solid Foods	2-3 MONTHS	Eat chopped and moist or cooked first.
Vegetable	Asparagus, cooked, boiled	7: Post-recovery Foods	6 MONTHS	
Vegetable	Asparagus, raw	7: Post-recovery Foods	6 MONTHS	
Fruit	Avocado	3: Pureed Foods	WEEK 3	
Meat	Bacon	5: Solid Foods	2-3 MONTHS	Should be avoided as much as possible due to its high level of calories and saturated fat.
Other	Baking powder	5: Solid Foods	2 MONTHS	
Other	Baking soda	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Balsamic vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself.
Fruit	Banana, blended in smoothie	2: Full Liquids	WEEK 2	
Fruit	Banana, mashed	3: Pureed Foods	WEEK 3	
Fruit	Banana, whole	4: Soft Foods	1 MONTH	
Spice	Basil, dried or ground leaves	2: Full Liquids	WEEK 2	Mixed in soup or other foods.
Herb	Basil, fresh leaves	5: Solid Foods	2 MONTHS	
Meat	Beef, cooked	7: Post-recovery Foods	1 YEAR	However, it is not recommended to eat as it may get stuck and cause discomfort.
Meat	Beef, cooked, shredded	7: Post-recovery Foods	1 YEAR	However, it is not recommended to eat as it may get stuck and cause discomfort.
Liquids	Beer	7: Post-recovery Foods	6 MONTHS	
Vegetable	Beetroot, boiled, pureed	3: Pureed Foods	WEEK 3	
Vegetable	Beetroot, boiled, whole	6: Transition Foods	4 MONTHS	
Vegetable	Beetroot, raw	7: Post-recovery Foods	6 MONTHS	
Other	Black bean pasta	7: Post-recovery Foods	6 MONTHS	
Legume	Black beans, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Spice	Black pepper, ground	2: Full Liquids	WEEK 2	In small amounts; may cause some irritation
Fruit	Blackberries, blended	4: Soft Foods	1 MONTH	
Fruit	Blackberries, raw	5: Solid Foods	2 MONTHS	
Dairy	Blue cheese	5: Solid Foods	2-3 MONTHS	Should be avoided as much as possible due to its high level of calories and saturated fat.
Fruit	Blueberries, blended	2: Full Liquids	WEEK 2	
Fruit	Blueberries, raw	5: Solid Foods	2 MONTHS	
Nuts	Brazil nuts	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Grain	Bread, white	6: Transition Foods	4 MONTHS	Should be avoided.
Grain	Bread, whole-wheat	6: Transition Foods	4 MONTHS	Should be eating in moderation. Discontinue if it causes discomfort or bloated feeling.
Dairy	Brie cheese	5: Solid Foods	2-3 MONTHS	Should be avoided as much as possible due to its high level of calories and saturated fat.
Vegetable	Broccoli, cooked, boiled	7: Post-recovery Foods	6 MONTHS	
Vegetable	Broccoli, cooked, boiled, blended or pureed	7: Post-recovery Foods	6 MONTHS	
Vegetable	Broccoli, raw	7: Post-recovery Foods	6 MONTHS	Try eating it boiled first.
Fruit	Brown pear, mashed or pureed, without skin	3: Pureed Foods	WEEK 3	
Fruit	Brown pear, raw	6: Transition Foods	3 MONTHS	Eat without peels first. Chop into small bites.
Fruit	Brown pear, raw, without skin	4: Soft Foods	1 MONTH	Chop into small bites.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Grain	Brown rice noodles, uncooked	6: Transition Foods	3 MONTHS	
Grain	Brown rice, cooked	5: Solid Foods	2 MONTHS	
Other	Brown sugar	4: Soft Foods	1 MONTH	Try to stay away from added sugars.
Vegetable	Brussels sprouts, cooked, boiled	6: Transition Foods	5 MONTHS	Try eating it boiled first.
Vegetable	Brussels sprouts, raw	6: Transition Foods	5 MONTHS	Try eating it boiled first.
Grain	Bulgur, cooked	5: Solid Foods	2 MONTHS	
Dairy	Butter	3: Pureed Foods	WEEK 3	Should be avoided as much as possible due to its high level of calories and saturated fat.
Vegetable	Butternut squash, cooked, mashed or pureed and moist	3: Pureed Foods	WEEK 3	
Vegetable	Butternut squash, cooked, whole	4: Soft Foods	1 MONTH	
Other	Cacao nibs	6: Transition Foods	3 MONTHS	
Legume	Cannellini or white navy beans, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.
Fruit	Cantaloupe melon, cubed	6: Transition Foods	3 MONTHS	Make sure it is very ripe.
Vegetable	Carrot, boiled, completely blended or liquefied	2: Full Liquids	WEEK 2	
Vegetable	Carrot, boiled, pureed	3: Pureed Foods	WEEK 3	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Carrot, boiled, whole	4: Soft Foods	1 MONTH	
Vegetable	Carrot, raw	7: Post-recovery Foods	6 MONTHS	
Nuts	Cashews, raw and unsalted	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Vegetable	Cauliflower, cooked, boiled	7: Post-recovery Foods	6 MONTHS	
Vegetable	Cauliflower, cooked, boiled, blended or pureed	7: Post-recovery Foods	6 MONTHS	
Vegetable	Cauliflower, raw	7: Post-recovery Foods	6 MONTHS	
Spice	Cayenne pepper	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Vegetable	Celery	7: Post-recovery Foods	6 MONTHS	Eat in moderation and always in tiny bites.
Dairy	Cheddar cheese	4: Soft Foods	1 MONTH	Should be avoided as much as possible due to its high level of calories and saturated fat.
Fruit	Cherries	6: Transition Foods	3 MONTHS	
Fruit	Cherries, maraschino	6: Transition Foods	3 MONTHS	
Seeds	Chia seeds	6: Transition Foods	3 MONTHS	
Seeds	Chia seeds, blended in protein drink	4: Soft Foods	1-2 MONTHS	In small amounts only (about 1 tsp)
Poultry	Chicken breast, skinless, cooked, pureed or blended	3: Pureed Foods	WEEK 3	
Poultry	Chicken breast, skinless, cooked, shredded or whole	5: Solid Foods	2 MONTHS	
Poultry	Chicken thigh, skinless and boneless, cooked, pureed or blended	3: Pureed Foods	WEEK 3	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Poultry	Chicken thigh, skinless and boneless, cooked, shredded	4: Soft Foods	1 MONTH	
Poultry	Chicken thigh, skinless and boneless, cooked, whole	5: Solid Foods	2 MONTHS	
Poultry	Chicken, rotisserie, cooked, shredded or whole	5: Solid Foods	2 MONTHS	
Legume	Chickpeas, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.
Spice	Chili chipotle pepper, ground	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Vegetable	Chili pepper	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Spice	Chili powder	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Other	Chipotle paste	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Vegetable	Chipotle pepper	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Herb	Cilantro (coriander), fresh leaves only	5: Solid Foods	2 MONTHS	
Spice	Cilantro (coriander), ground	4: Soft Foods	1 MONTH	
Spice	Cinnamon, ground	2: Full Liquids	WEEK 2	
Fruit	Clementine	6: Transition Foods	3 MONTHS	
Other	Coconut flakes, unsweetened	6: Transition Foods	3 MONTHS	Should not contain added sugars.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Liquids	Coconut milk, light, for cooking (<10% fat)	2: Full Liquids	WEEK 2	
Liquids	Coconut milk, unsweetened	2: Full Liquids	WEEK 2	Should not contain added sugars.
Other	Coconut oil	2: Full Liquids	WEEK 2	
Other	Coconut sugar	4: Soft Foods	1 MONTH	
Liquids	Coconut water	1: Clear Liquids	WEEK 1	Make sure it does not have any added sugar. It will have some sugar because it is naturally found in it.
Fruit	Coconut, meat	6: Transition Foods	4-5 MONTHS	
Seafood	Cod, cooked, pureed	3: Pureed Foods	WEEK 3	
Seafood	Cod, cooked, whole	4: Soft Foods	1 MONTH	
Liquids	Coffee, caffeine free	4: Soft Foods	1 MONTH	Do not add sugar or creams.
Liquids	Coffee, with caffeine	4: Soft Foods	1-2 MONTHS	Do not add sugar or creams.
Vegetable	Collard greens, cooked	6: Transition Foods	3 MONTHS	No stems, just leaves.
Vegetable	Collard greens, raw	6: Transition Foods	5-6 MONTHS	No stems, just leaves.
Vegetable	Corn kernels	7: Post-recovery Foods	6 MONTHS	
Other	Corn tortilla	6: Transition Foods	5 MONTHS	
Dairy	Cottage cheese, low-fat 2%	3: Pureed Foods	WEEK 3	
Grain	Couscous, cooked	5: Solid Foods	2 MONTHS	
Seafood	Crab, cooked	6: Transition Foods	3-4 MONTHS	
Fruit	Cranberries, dried, sweetened	6: Transition Foods	3-4 MONTHS	Should not have any added sugars.
Dairy	Cream	4: Soft Foods	1 MONTH	Should be avoided as much as possible due to its high level of calories and saturated fat.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Grain	Cream of wheat	3: Pureed Foods	WEEK 3	Avoid any with added sugars.
Vegetable	Cremini mushrooms, cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Vegetable	Cremini mushrooms, cooked, raw	6: Transition Foods	3-4 MONTHS	
Vegetable	Cremini mushrooms, cooked, whole	5: Solid Foods	2-3 MONTHS	
Vegetable	Crushed tomatoes	5: Solid Foods	2 MONTHS	
Vegetable	Cucumber	5: Solid Foods	2 MONTHS	Eat without the skin first.
Spice	Cumin, ground	3: Pureed Foods	WEEK 3	
Spice	Curry powder	4: Soft Foods	1-2 MONTHS	
Fruit	Dates, medjool, pitted, blended	4: Soft Foods	1 MONTH	
Fruit	Dates, medjool, pitted, whole	5: Solid Foods	2-3 MONTHS	
Other	Dijon mustard	4: Soft Foods	1 MONTH	
Spice	Dill, dried	2: Full Liquids	WEEK 2	
Herb	Dill, fresh	5: Solid Foods	2 MONTHS	
Poultry	Duck, cooked	6: Transition Foods	4-5 MONTHS	Eat in extra small bites. Should be avoided as much as possible due to its high saturated fat and cholesterol content.
Legume	Edamame beans, cooked	4: Soft Foods	1-2 MONTHS	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed.
Egg	Egg, white	3: Pureed Foods	WEEK 3	Prepare scrambled first.
Egg	Egg, whole	3: Pureed Foods	WEEK 3	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Egg	Egg, yolk	3: Pureed Foods	WEEK 3	Should be avoided as much as possible due to its high level of calories and saturated fat.
Vegetable	Eggplant, boiled, blended or pureed	4: Soft Foods	1 MONTH	
Vegetable	Eggplant, boiled, whole	5: Solid Foods	2 MONTHS	
Vegetable	Eggplant, raw	7: Post-recovery Foods	6 MONTHS	
Vegetable	Eggplant, sautéed	6: Transition Foods	3 MONTHS	
Dairy	Feta cheese	4: Soft Foods	1 MONTH	Should be avoided as much as possible due to its high level of calories and saturated fat.
Fruit	Fig, blended or mashed	3: Pureed Foods	WEEK 3	
Fruit	Fig, whole	5: Solid Foods	2 MONTHS	
Seeds	Flax seeds, ground	3: Pureed Foods	WEEK 3	
Seeds	Flax seeds, whole	6: Transition Foods	4 MONTHS	
Spice	Garam masala	4: Soft Foods	1 MONTH	
Vegetable	Garlic clove, cooked, blended in soup	2: Full Liquids	WEEK 2	
Vegetable	Garlic clove, cooked, whole	4: Soft Foods	1 MONTH	
Spice	Garlic powder	2: Full Liquids	WEEK 2	
Liquids	Gatorade G2 or other low sugar electrolyte drinks	1: Clear Liquids	WEEK 1	
Vegetable	Ginger pickled, drained	7: Post-recovery Foods	6 MONTHS	
Vegetable	Ginger root, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Ginger root, raw	7: Post-recovery Foods	6 MONTHS	
Spice	Ginger, ground	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Glass noodles (cellophane), cooked	6: Transition Foods	3 MONTHS	
Fruit	Goji berries, dried	6: Transition Foods	4-5 MONTHS	
Fruit	Grape tomatoes	5: Solid Foods	2 MONTHS	
Fruit	Grapefruit	6: Transition Foods	3 MONTHS	Do not eat the skin.
Fruit	Grapes, seedless	5: Solid Foods	2 MONTHS	
Dairy	Greek yogurt, non-fat, plain	3: Pureed Foods	WEEK 3	Avoid flavored Greek yogurt because it tends to have lots of added sugars.
Fruit	Green apple, pureed or mashed, without skin	5: Solid Foods	2 MONTHS	
Fruit	Green apple, raw	6: Transition Foods	5 MONTHS	Eat without the skin first.
Fruit	Green apple, raw, without skin	6: Transition Foods	3 MONTHS	
Vegetable	Green beans (string beans), boiled, whole	4: Soft Foods	1 MONTH	
Vegetable	Green beans (string beans), cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Vegetable	Green beans (string beans), cooked, whole	5: Solid Foods	2 MONTHS	
Vegetable	Green bell pepper, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Green bell pepper, raw	6: Transition Foods	3 MONTHS	
Vegetable	Green cabbage, cooked	6: Transition Foods	3 MONTHS	
Vegetable	Green cabbage, raw	6: Transition Foods	5 MONTHS	
Fruit	Green pear, mashed or pureed, without skin	3: Pureed Foods	WEEK 3	Make sure it is very ripe.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Fruit	Green pear, raw	6: Transition Foods	3 MONTHS	Eat without peels first. Chop into small bites.
Fruit	Green pear, raw, without skin	4: Soft Foods	1 MONTH	The riper the better.
Other	Green salsa	7: Post-recovery Foods	6 MONTHS	Very spicy salsas can cause irritation.
Meat	Ground beef, 90%+ lean, uncooked	4: Soft Foods	1 MONTH	
Poultry	Ground turkey, 90%+ lean, cooked	4: Soft Foods	1 MONTH	
Nuts	Hazelnuts, raw	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Seeds	Hemp seeds	4: Soft Foods	1 MONTH	
Seeds	Hemp seeds, blended	3: Pureed Foods	WEEK 3	
Other	Hoisin sauce	5: Solid Foods	2 MONTHS	
Other	Honey, raw and unfiltered, mixed with food or shakes	2: Full Liquids	WEEK 2	
Fruit	Honeydew melon	6: Transition Foods	3 MONTHS	Make sure it is very ripe.
Other	Hot sauce	7: Post-recovery Foods	6 MONTHS	Very spicy sauces can cause irritation.
Legume	Hummus	4: Soft Foods	1 MONTH	May cause some gas. It is always best to make it homemade.
Spice	Italian seasoning	2: Full Liquids	WEEK 2	
Vegetable	Jalapeño, cooked or raw	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Liquids	Jell-O	1: Clear Liquids	WEEK 1	Sugar free.
Vegetable	Jicama	7: Post-recovery Foods	6 MONTHS	
Vegetable	Kale, cooked	6: Transition Foods	3 MONTHS	No stems, just leaves.
Vegetable	Kale, raw	6: Transition Foods	5-6 MONTHS	No stems, just leaves.
Other	Ketchup	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Fruit	Kiwi	6: Transition Foods	4 MONTHS	
Meat	Lamb, cooked	7: Post-recovery Foods	6 MONTHS	However, it is not recommended to eat as it may get stuck and cause discomfort.
Meat	Lamb, cooked, shredded	7: Post-recovery Foods	6 MONTHS	However, it is not recommended to eat as it may get stuck and cause discomfort.
Vegetable	Leek, cooked	7: Post-recovery Foods	6 MONTHS	Finely chopped; eat in very small bites.
Spice	Lemon pepper	5: Solid Foods	2-3 MONTHS	
Fruit	Lemon, juice only	5: Solid Foods	2-3 MONTHS	
Legume	Lentils, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.
Fruit	Lime, juice only	5: Solid Foods	2-3 MONTHS	
Liquids	Liquor	7: Post-recovery Foods	6 MONTHS	
Seafood	Lobster, cooked	6: Transition Foods	4-5 MONTHS	
Fruit	Mango, pureed	6: Transition Foods	3 MONTHS	
Fruit	Mango, raw	7: Post-recovery Foods	6 MONTHS	
Dairy	Milk, non-fat or 2% fat	2: Full Liquids	WEEK 2	Dairy is the most commonly developed intolerance after surgery so introduce gradually into your diet.
Herb	Mint, fresh leaves	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Dairy	Mozzarella cheese, low moisture, part-skim, shredded	4: Soft Foods	1 MONTH	Should be avoided as much as possible due to its high level of calories and saturated fat.
Dairy	Mozzarella cheese, low moisture, part-skim, whole	5: Solid Foods	2 MONTHS	Should be avoided as much as possible due to its high level of calories and saturated fat.
Vegetable	Mung bean sprouts, cooked	6: Transition Foods	3 MONTHS	
Vegetable	Mung bean sprouts, raw	6: Transition Foods	4-5 MONTHS	
Vegetable	Mung beans, cooked	4: Soft Foods	1 MONTH	
Seafood	Mussels, cooked	7: Post-recovery Foods	6 MONTHS	
Vegetable	Nopales, cooked	6: Transition Foods	4-5 MONTHS	
Other	Nori sheet	6: Transition Foods	3 MONTHS	
Spice	Nutmeg, ground	2: Full Liquids	WEEK 2	
Other	Nutritional yeast	4: Soft Foods	1 MONTH	
Seafood	Octopus, cooked	7: Post-recovery Foods	6 MONTHS	
Vegetable	Okra, cooked	6: Transition Foods	3-4 MONTHS	
Vegetable	Okra, cooked, blended or pureed	4: Soft Foods	1 MONTH	
Other	Olive oil	2: Full Liquids	WEEK 2	Do not drink by itself.
Fruit	Olives, pitted	4: Soft Foods	1-2 MONTHS	
Spice	Onion powder	2: Full Liquids	WEEK 2	
Fruit	Orange	6: Transition Foods	3 MONTHS	Do not eat the skin.
Liquids	Orange, juice only	5: Solid Foods	2-3 MONTHS	Can cause irritation.
Spice	Oregano, dried leaves	2: Full Liquids	WEEK 2	
Seafood	Oyster, cooked	7: Post-recovery Foods	6 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Panko bread crumbs	7: Post-recovery Foods	6 MONTHS	
Fruit	Papaya	6: Transition Foods	3 MONTHS	
Spice	Paprika, ground	4: Soft Foods	1 MONTH	In small amounts and with food.
Dairy	Parmesan cheese, crumbs	4: Soft Foods	1 MONTH	Should be avoided as much as possible due to its high level of calories and saturated fat.
Spice	Parsley, dried leaves	2: Full Liquids	WEEK 2	
Herb	Parsley, fresh leaves	5: Solid Foods	2 MONTHS	
Vegetable	Parsnip, boiled, pureed or blended	3: Pureed Foods	WEEK 3	
Vegetable	Parsnip, boiled, whole	5: Solid Foods	2 MONTHS	
Vegetable	Parsnip, raw	7: Post-recovery Foods	6 MONTHS	
Fruit	Passion fruit	6: Transition Foods	4-5 MONTHS	
Fruit	Peach, canned, in its own juices	4: Soft Foods	1 MONTH	
Fruit	Peach, mashed or pureed, without skin	4: Soft Foods	1 MONTH	
Fruit	Peach, raw	6: Transition Foods	3 MONTHS	Eat without skin first.
Nuts	Peanut butter	6: Transition Foods	3 MONTHS	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Nuts	Peanut butter, blended in protein drink or soup	2: Full Liquids	WEEK 2	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted peanuts (a bit of salt is ok).

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Nuts	Peanut butter, pureed with other foods	3: Pureed Foods	WEEK 3	Unsalted, with no added sugar or other ingredients. Ingredient list should only say roasted peanuts (a bit of salt is ok).
Nuts	Peanuts, raw and unsalted	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Vegetable	Peas	5: Solid Foods	2 MONTHS	
Vegetable	Peas, blended or pureed	3: Pureed Foods	WEEK 3	Make sure it is well blended.
Nuts	Pecans, raw and unsalted	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Fruit	Persimmon	6: Transition Foods	3 MONTHS	Eat without skin first.
Other	Pesto, basil	6: Transition Foods	3 MONTHS	
Vegetable	Pickles	6: Transition Foods	3-4 MONTHS	Can cause irritation.
Nuts	Pine nuts	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Fruit	Pineapple, chopped	7: Post-recovery Foods	6 MONTHS	
Legume	Pinto beans, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.
Nuts	Pistachios, raw and unsalted	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Fruit	Plum, mashed or pureed, without skin	4: Soft Foods	1 MONTH	
Fruit	Plum, raw	6: Transition Foods	3 MONTHS	Eat without skin first.
Fruit	Pomegranate seeds	6: Transition Foods	4 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Liquids	Popsicles	1: Clear Liquids	WEEK 1	Sugar free.
Meat	Pork, cooked	7: Post-recovery Foods	6 MONTHS	However, it is not recommended to eat as it may get stuck and cause discomfort.
Seafood	Prawn, cooked	6: Transition Foods	3-4 MONTHS	
Other	Protein powder	2: Full Liquids	WEEK 2	Recommended to opt for plant-based powders. Suggested brand: Vega Clean Protein Powder.
Seeds	Pumpkin seeds	6: Transition Foods	5 MONTHS	
Other	Pure maple syrup	2: Full Liquids	WEEK 2	Use sparingly to avoid increasing calorie content
Other	Pure vanilla extract	2: Full Liquids	WEEK 2	
Vegetable	Purple cabbage, cooked	6: Transition Foods	3 MONTHS	
Vegetable	Purple cabbage, raw	6: Transition Foods	5 MONTHS	
Grain	Quinoa, cooked	5: Solid Foods	2 MONTHS	
Fruit	Raisins, unsweetened	5: Solid Foods	2 MONTHS	Should not have any added sugars. Will have sugar because it is naturally found in raisins.
Fruit	Raspberries, blended	4: Soft Foods	1 MONTH	
Fruit	Raspberries, raw or whole	5: Solid Foods	2 MONTHS	
Other	Raw cacao powder	2: Full Liquids	WEEK 2	
Fruit	Red apple, mashed or pureed, without skin	5: Solid Foods	2 MONTHS	
Fruit	Red apple, raw	6: Transition Foods	5 MONTHS	Eat without peels first. Chop into small bites.
Vegetable	Red bell pepper, cooked	5: Solid Foods	2 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Red bell pepper, raw	6: Transition Foods	3 MONTHS	
Spice	Red chili flakes	7: Post-recovery Foods	6 MONTHS	
Other	Red curry paste	7: Post-recovery Foods	6 MONTHS	
Legume	Red kidney beans, cooked	4: Soft Foods	1 MONTH	May cause some gas; discontinue for a week or 2 if you feel any discomfort. Start by eating them mashed. If buying canned, make sure they are low sodium or have no added salt.
Vegetable	Red onion, cooked, blended	2: Full Liquids	WEEK 2	
Vegetable	Red onion, cooked, whole	4: Soft Foods	1 MONTH	
Vegetable	Red onion, raw	6: Transition Foods	3 MONTHS	
Vegetable	Red potato, boiled, with skin	6: Transition Foods	3-4 MONTHS	
Vegetable	Red potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Vegetable	Red potato, sautéed	6: Transition Foods	3-4 MONTHS	
Vegetable	Red radish	7: Post-recovery Foods	6 MONTHS	
Other	Red wine vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself
Other	Rice paper	6: Transition Foods	3-4 MONTHS	
Other	Rice vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself
Grain	Rolled oats, cooked or prepared as oatmeal	3: Pureed Foods	WEEK 3	Keep it moist.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Grain	Rolled oats, raw or uncooked	5: Solid Foods	2 MONTHS	
Vegetable	Romaine lettuce	6: Transition Foods	3 MONTHS	
Spice	Rosemary, dried leaves	2: Full Liquids	WEEK 2	
Vegetable	Russet potato, boiled, with skin	6: Transition Foods	3-4 MONTHS	
Vegetable	Russet potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Vegetable	Russet potato, sautéed	6: Transition Foods	3-4 MONTHS	
Seafood	Salmon, cooked	4: Soft Foods	1 MONTH	
Seafood	Salmon, cooked, mashed or pureed	3: Pureed Foods	WEEK 3	
Vegetable	Scallions	6: Transition Foods	3 MONTHS	
Seafood	Scallop, cooked	7: Post-recovery Foods	6 MONTHS	
Spice	Sea salt	2: Full Liquids	WEEK 2	
Other	Sesame oil	2: Full Liquids	WEEK 2	Do not drink by itself.
Seeds	Sesame seeds	6: Transition Foods	3-4 MONTHS	
Vegetable	Shallot, cooked, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Shallot, cooked, whole	4: Soft Foods	1 MONTH	
Vegetable	Shallot, raw	6: Transition Foods	3 MONTHS	
Seafood	Shrimp, cooked	6: Transition Foods	3-4 MONTHS	
Poultry	Smoked turkey breast (deli meat)	4: Soft Foods	1-2 MONTHS	
Poultry	Smoked turkey breast (deli meat), pureed	3: Pureed Foods	WEEK 3	
Liquids	Soda	NEVER	NEVER	
Liquids	Soda, diet	NEVER	NEVER	
Liquids	Soy milk, unsweetened	2: Full Liquids	WEEK 2	
Other	Soy sauce, low sodium	3: Pureed Foods	WEEK 3	Make sure it is low sodium.
Liquids	Sparkling water	NEVER	NEVER	Can cause bloated feeling and discomfort.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Spinach, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Spinach, cooked, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Spinach, fresh	6: Transition Foods	3 MONTHS	
Vegetable	Spinach, fresh, completely blended with liquids	2: Full Liquids	WEEK 2	
Other	Spirulina, dried powder	2: Full Liquids	WEEK 2	
Seafood	Squid or calamari, cooked	7: Post-recovery Foods	6 MONTHS	
Other	Sriracha	7: Post-recovery Foods	6 MONTHS	
Meat	Steak	7: Post-recovery Foods	1 YEAR	However, it is not recommended to eat as it may get stuck and cause discomfort.
Fruit	Strawberries	5: Solid Foods	2 MONTHS	
Fruit	Strawberries, blended in smoothie	3: Pureed Foods	WEEK 3	
Vegetable	Sundried tomatoes, drained of oil, blended	2: Full Liquids	WEEK 2	
Vegetable	Sundried tomatoes, drained of oil, pureed	3: Pureed Foods	WEEK 3	
Vegetable	Sundried tomatoes, drained of oil, whole	5: Solid Foods	2-3 MONTHS	
Seeds	Sunflower seed kernels, unsalted	6: Transition Foods	3-4 MONTHS	
Grain	Sushi rice	5: Solid Foods	2 MONTHS	
Vegetable	Sweet potato, boiled, with skin	6: Transition Foods	3-4 MONTHS	
Vegetable	Sweet potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Vegetable	Sweet potato, sautéed	6: Transition Foods	3-4 MONTHS	
Other	Tabasco sauce	7: Post-recovery Foods	6 MONTHS	Can cause irritation.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Spice	Taco seasoning	7: Post-recovery Foods	6 MONTHS	Can cause irritation.
Other	Tahini	3: Pureed Foods	WEEK 3	Ground sesame paste. Mix in with food. Do not eat by itself.
Fruit	Tangerine	6: Transition Foods	3 MONTHS	
Liquids	Tea, unsweetened, with caffeine	4: Soft Foods	1-2 MONTHS	
Liquids	Tea, unsweetened, caffeine free	1: Clear Liquids	WEEK 1	
Spice	Thyme, dried leaves	2: Full Liquids	WEEK 2	
Seafood	Tilapia, cooked	4: Soft Foods	1 MONTH	
Seafood	Tilapia, cooked, mashed or pureed	3: Pureed Foods	WEEK 3	
Other	Tofu, unflavored, extra firm	4: Soft Foods	1 MONTH	
Other	Tofu, unflavored, extra firm, mashed or pureed	3: Pureed Foods	WEEK 3	
Vegetable	Tomato paste	5: Solid Foods	2 MONTHS	
Fruit	Tomato, red	5: Solid Foods	2 MONTHS	
Seafood	Tuna, canned, cooked	4: Soft Foods	1 MONTH	Eat as moist as possible first.
Vegetable	Turmeric root, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Turmeric root, raw	7: Post-recovery Foods	6 MONTHS	
Spice	Turmeric, ground	5: Solid Foods	2 MONTHS	
Vegetable	Turnip, boiled, pureed or blended	3: Pureed Foods	WEEK 3	
Vegetable	Turnip, boiled, whole	5: Solid Foods	2 MONTHS	
Vegetable	Turnip, raw	7: Post-recovery Foods	6 MONTHS	
Liquids	Vegetable broth, low sodium	1: Clear Liquids	WEEK 1	Make sure it is low sodium.
Liquids	Vegetable juices	2: Full Liquids	WEEK 2	Make sure they have no added sugars. Avoid juices with citrus or acidic fruits.

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Other	Vegetable stock cube, low sodium	1: Clear Liquids	WEEK 1	Dissolve in water. Make sure it is low sodium.
Nuts	Walnuts	6: Transition Foods	3-4 MONTHS	Start by eating them chopped
Liquids	Water	1: Clear Liquids	WEEK 1	
Vegetable	Water chestnut	6: Transition Foods	4-5 MONTHS	
Fruit	Watermelon, cubed	4: Soft Foods	1 MONTH	Seedless. Very ripe and soft.
Other	Wheat flour, all-purpose	5: Solid Foods	2 MONTHS	
Other	White balsamic vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself
Vegetable	White mushrooms, cooked	5: Solid Foods	2-3 MONTHS	
Vegetable	White mushrooms, cooked, blended or pureed	3: Pureed Foods	WEEK 3	
Vegetable	White mushrooms, raw	6: Transition Foods	3-4 MONTHS	
Vegetable	White potato, boiled, with skin	6: Transition Foods	3-4 MONTHS	
Vegetable	White potato, boiled, without skin, mashed	3: Pureed Foods	WEEK 3	
Vegetable	White potato, sautéed	6: Transition Foods	3-4 MONTHS	
Other	White wine vinegar	4: Soft Foods	1 MONTH	Use in moderation together with food; do not drink by itself
Grain	Whole-wheat pasta, cooked	6: Transition Foods	3-4 MONTHS	Avoid eating with high-calorie sauces like creams.
Grain	Wild rice, cooked	5: Solid Foods	2 MONTHS	
Liquids	Wine	7: Post-recovery Foods	6 MONTHS	
Vegetable	Yellow bell pepper, cooked	5: Solid Foods	2 MONTHS	
Vegetable	Yellow bell pepper, raw	6: Transition Foods	3 MONTHS	

Category	Ingredient	Post-Op Stage	Date after surgery	Notes
Vegetable	Yellow onion, cooked, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Yellow onion, cooked, whole	4: Soft Foods	1 MONTH	
Vegetable	Yellow onion, raw	6: Transition Foods	3 MONTHS	
Vegetable	Zucchini, boiled, blended with soup	2: Full Liquids	WEEK 2	
Vegetable	Zucchini, boiled, pureed	3: Pureed Foods	WEEK 3	
Vegetable	Zucchini, boiled, whole	4: Soft Foods	1 MONTH	
Vegetable	Zucchini, raw	6: Transition Foods	3 MONTHS	
Vegetable	Zucchini, sautéed	5: Solid Foods	2 MONTHS	

NOTE: The recommended reintroduction date for each ingredient takes more factors into consideration than just texture. These include fiber and protein content, among other determining factors. As your recovery progresses, it is ideal to add food that is high in protein to gradually reduce the dependence on liquid protein stage. This is one reason why some foods might seem appropriate for earlier stages of the post-op diet but in reality they aren't.

*List is subject to revisions.

*Results may vary among patients depending on recovery speed, new intolerances developed after surgery, and other factors.

*If a certain ingredient is not tolerated well in the listed stage, then skip eating it and try again in the next one. If it still not tolerate well, you can continue to try it as you progress in the next stages or consider the possibility that you may have become intolerant to it.

*Common new intolerances include dairy, eggs, seafood, certain whole grains, citrus or acidic foods, spicy foods, among others, so eat them with precaution. Try them in small quantities first to see how your body reacts.

*For gastric sleeve friendly recipes, meal plans, learning material, and nutritionist support, please visit us at www.GastricSleeveRecipes.com



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