

# Diet After Your Nissen Surgery

## *laparoscopic fundoplication procedure*







Within a day or so after your Nissen procedure, you will begin eating a *full liquid diet*. This diet is the first stage in working towards eating a regular diet.

It may feel hard for you to swallow. This is caused from swelling inside the esophagus. This feeling will go away slowly in 6 to 8 weeks or sooner.

- Eat foods that are easy to swallow
- Try to eat six small meals during the day. Think of it as breakfast, lunch, dinner and three small snacks
- Stay away from drinks with carbonation (soft drinks) for 3 to 4 weeks. Try not to gulp when eating. This will keep you from feeling bloated with gas. It will also make it easier to swallow.
- If you are lactose intolerant, substitute lactose-reduced milk (i.e., Lactaid milk), yogurt, and lactose-reduced supplements (i.e., ensure).
- Your doctor or dietitian may want you to have high-calorie, high-protein drinks.

Here are some eating hints:

### Full Liquid Diet

Food Groups	Allowed	Avoid
<b>Beverages</b> 	All milk and milk drinks, egg-nogs, high-protein/high calorie drinks	Carbonated drinks (soft drinks); coffee, tea
<b>Breads &amp; Cereals</b>	Cream of rice, cream of wheat, farina, malt-o-meal, oatmeal	All others 
<b>Fruits</b>	All fruit juices	All others
<b>Vegetables</b>	All vegetable juices	All others
<b>Soups</b>	Broth, bouillon, strained vegetable or cream soups 	All others
<b>Desserts</b>	Custard, ice cream, pudding, sherbet, plain or flavored gelatin, fruit ice, popsicles, plain yogurt	All others and any made with coconut, nuts, seeds or whole fruit
<b>Miscellaneous</b> 	Salt, sugar, mild spices in moderation, margarine	All others



## Pureed Diet

Foods in this diet need little or no chewing. They can be easily swallowed. The fluids and foods are pureed or strained unless they are already in a smooth form. Examples are plain ice cream or mashed potatoes (See Table 2 for a list of foods).

### Pureed Diet Eating Hints:

- Small amounts of liquids (e.g., broth, milk, gravies, or sauces) can be added when blending foods. This helps with swallowing. Try using the liquid

from cooked vegetables to puree cooked vegetables. Try using the liquid from canned fruits to puree canned fruit.

- If added calories are needed, try adding fats such as butter, margarine, or gravy to cooked vegetables, soups, cereals, and potatoes. Sweeteners such as sugar, syrup, or honey can be added to beverages, cereals, fruits, and desserts.
- Adding pureed meats to cream soups, or topping with gravy or sauces, can help make pureed meats more appealing





## Pureed Diet

Food Groups	Allowed	Avoid
<b>Beverages</b>	Milk, malted milk, milk shakes, hot cocoa	Any containing raw egg
<b>Breads &amp; Cereals</b>	Soft, crustless bread or pureed with milk or other liquid, plain cooked cereals, pureed dry cereals softened with milk, pureed rice and noodles thinned with a sauce	Any with seeds, dried fruits
<b>Fruits</b>	Fruit juices, pureed fruits, fruit juices and nectars	Whole fruits, dried fruits
<b>Vegetables</b>	Vegetable juice, pureed cooked vegetables, mashed or creamed potatoes	All others
<b>Meat or Meat Substitute</b>	Meat, fish, poultry pureed without skin or bone, pureed eggs and egg substitutes, cottage cheese, pureed casseroles	Raw eggs or eggs cooked less than 7 minutes
<b>Soups</b>	Broth, bouillon, consomme, blended vegetable or cream	All others
<b>Desserts</b>	Plain custard, pudding, ice cream, sherbet, fruit ices, frozen pops, fruit whips, fruit-flavored yogurt, flavored gelatin, cakes and pies pureed with milk or other liquids, clear jelly, honey	Any with coconut, seeds, nuts or whole or dried fruits
<b>Fats</b>	Butter or margarine, cream, non-dairy creamer, oils, gravy, whipped cream	Bacon
<b>Miscellaneous</b>	Salt, pepper, sugar, ground spices, smooth condiments	Nuts, coconut, olives, seeds

# Mechanical Soft Diet

This diet includes foods that have been chopped, ground, or pureed. This makes them easier to chew and swallow. Many raw fruits and vegetables should be avoided, as well as seeds, nuts, and dried fruits.

## Mechanical Soft Diet

Food Groups	Allowed	Avoid
<b>Beverages</b>	Milk, Malted milk, milk shakes	Any containing raw eggs
<b>Breads &amp; Cereals</b> 	Soft breads, pancakes, soft waffles, muffins, breads and plain crackers softened in soup or beverage, rice, noodles, cooked cereals without added fruit or nuts, plain dry cereals softened in milk	Any with seeds, dried fruits or nuts
<b>Fruits</b> 	Canned or cooked chopped fruits without seeds and skin; soft mashed fruits; fruit juices	All others
<b>Vegetables</b> 	Well-cooked, soft vegetables without skin or seeds; vegetable juices	All others
<b>Meat or Meat Substitute</b> 	Ground meat and poultry (gravy or sauces may be added to moisten); soft, flaky fish without bones; casseroles made of ground meat, flaked fish or cheese; cheese sauces; cottage cheese; soft scrambled egg and egg substitutes	Raw eggs or eggs cooked less than 7 minutes; whole cuts of meat
<b>Soups</b>	Broth, bouillon, consomme, blended soups, soups with finely chopped meat and vegetables	Any with large pieces of meat or vegetables
<b>Desserts</b>	Plain custards, pudding, ice cream, sherbet, fruit ices, popsicles, fruit whips, flavored yogurt, flavored gelatin, cakes, soft cookies without fruit or nuts, jelly, honey	Any with coconut, seeds, nuts or whole or dried fruits
<b>Fats</b>	Butter or margarine, cream, non-dairy creamer, oil, gravy, whipped topping, salad dressing	All others
<b>Miscellaneous</b>	Salt, pepper, ground spices, smooth condiments	Nuts, coconut, seeds, olives

# Sample Menus

## Full Liquid Diet

### BREAKFAST

Apple juice  
Cream of Wheat  
Custard  
2% milk

### MORNING SNACK

Vanilla Pudding

### LUNCH

Strained cream of chicken  
soup  
Tomato juice  
Flavored gelatin  
Eggnog

### AFTERNOON SNACK

Yogurt

### DINNER

Strained cream of broccoli  
soup  
Apple juice  
Ice cream  
2% milk

### EVENING SNACK

Cream of rice

## Pureed Diet

### BREAKFAST

Orange juice  
Farina  
Pureed scrambled egg  
Margarine  
Jelly  
2% milk

### MORNING SNACK

Vanilla milkshake

### LUNCH

Pureed soup  
Pureed beef  
Mashed potatoes with gravy  
Pureed carrots  
Strained pears  
2% milk

### DINNER

Tomato juice  
Pureed chicken  
Mashed potatoes with gravy  
Pureed green beans  
Low-fat frozen yogurt  
Applesauce

## Mechanical Soft Diet

### BREAKFAST

Apple juice  
Cooked cereal  
Scrambled egg  
Banana  
Muffin without nuts or fruit  
Margarine  
2% milk

### LUNCH

Blended vegetable soup  
Saltine crackers, softened in  
soup  
Sloppy joe on bun  
Canned fruit cocktail  
Pudding  
2% milk

### DINNER

Tomato juice  
Ground chicken  
Rice  
Green beans  
Soft dinner roll  
Margarine  
Low-fat frozen yogurt  
Applesauce



Date: \_\_\_\_\_

Patient: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Phone # \_\_\_\_\_