

Diet After Laparoscopic Fundoplication

What can I eat after surgery?

After surgery, the swelling around the esophagus and stomach may stop large pieces of food from passing. However, to heal after surgery, you need to eat well.

Follow these guidelines:

- Pureed diet for 2 weeks. These are blended foods that will pass easily from the esophagus to the stomach.
- Minced diet for the next 2 weeks. These are finely chopped, mashed or grated foods in a moist form so there is little or no chewing.
- Then slowly return to your usual diet.

Here are some guidelines to follow:

- Eat slowly and chew food well.
- Eat small amounts often – about every 1 to 2 hours.
- Slowly increase the amount of food each day.
- Begin with $\frac{1}{2}$ cup to $\frac{3}{4}$ cup (120 to 180 ml) of food for each meal as you will feel full quickly.
- Drink plenty of fluids with meals. Try sipping fluids between bites of solid food.
- Sit and relax while eating.
- Use salt, pepper and spices as tolerated.
- The temperature of the food should not matter. If you have discomfort, adjust the temperature of the food or avoid that food.

To prevent more gas and discomfort after surgery, avoid swallowing air.

Here are some helpful tips:

- Eat slowly and chew with mouth closed.
- Sip rather than gulp liquids.
- Avoid carbonated drinks.
- Do not use straws.
- Do not chew gum or suck on candy.
- Do not smoke.

Steps to puree food:

- Cook food until tender.
- Put cooked food into a blender or food processor.
- Add liquid. Use high calorie liquids such as cream, milk, juice and gravy. You can also use broth and liquids from canned or cooked fruits and vegetables.
- Fill the blender no more than $\frac{1}{2}$ full each time.
- Cover and blend until food is smooth.
- Refrigerate or freeze extra servings in closed containers.

Can I eat prepared pureed food from the store?

You can eat these but they often cost more than making your own.

Some examples include:

- pureed baby food such as meat, vegetables and fruit
- pudding
- applesauce
- ice cream and yogurt without nuts, seeds or pieces of fruit

Pureed Diet

Food Group	Food Allowed	Not Allowed
Milk and milk products	<ul style="list-style-type: none"> • all milk and milk drinks • cream • yogurt: plain or flavoured • ice cream, pudding, custard • blended cottage cheese • melted cheese, cheese as a flavouring in other pureed food 	<ul style="list-style-type: none"> • yogurt and ice cream with seeds, nuts or fruit pieces • rice and tapioca pudding for 2 weeks • hard cheese
Grain products	<ul style="list-style-type: none"> • cooked, refined cereals such as Cream of Wheat[®], Cream of Rice[®], farina, infant cereal, strained oatmeal • pureed pasta 	<ul style="list-style-type: none"> • bread, rice • cereals with seeds, nuts or fruit pieces • dry cereals such as granola and muesli
Drinks	<ul style="list-style-type: none"> • all 	<ul style="list-style-type: none"> • carbonated drinks
Meat, fish, poultry and alternatives	<ul style="list-style-type: none"> • pureed meat, fish, chicken, turkey, duck or other poultry • soft tofu • pureed hummus • pureed legumes • baby food 	<ul style="list-style-type: none"> • fried meat or eggs • skin of chicken, turkey or other poultry • sausages, wieners with tough skins • fish with bones • peanut butter • nuts and seeds
Vegetables and fruit	<ul style="list-style-type: none"> • all fruit and vegetable juices and nectars • all canned or cooked fruits and vegetables pureed • smooth mashed potatoes • baby food 	<ul style="list-style-type: none"> • fruit with seeds or tough skins such as cherries, coconut, grapefruit, orange, raspberries, grapes, strawberries, tomatoes • dried fruit • vegetables with seeds or tough skins such as celery, corn, potato skins, peas • raw or fried vegetables
Soups	<ul style="list-style-type: none"> • broth, bouillon, consommé • pureed or strained stock or cream soups 	<ul style="list-style-type: none"> • all others

Food Group	Food Allowed	Not Allowed
Desserts and sweets	<ul style="list-style-type: none"> smooth dessert such as pudding, custard, ice cream Jello[®], sherbert, popsicles honey, jelly, plain sugar candy, sugars and syrups 	<ul style="list-style-type: none"> any with seeds, nuts, or pieces of fruit or vegetables marmalade, jam
Fats and oils	<ul style="list-style-type: none"> smooth and strained sauces, gravies, butter, margarine, cream cheese, mayonnaise and whipped toppings 	<ul style="list-style-type: none"> any fat or oil with particles such as garlic, cheese, nuts and seeds
Other	<ul style="list-style-type: none"> pureed casseroles made from combination of foods allowed 	<ul style="list-style-type: none"> any made from the list of foods not allowed alcohol

Minced Diet

Food Group	Food Allowed	Not Allowed
Milk and milk products	<ul style="list-style-type: none"> all milk and milk drinks yogurt: plain or flavoured ice cream, pudding, custard cheese: soft or grated, cottage cheese, cheese sauce, cheese spread, or as a flavouring in other minced food 	<ul style="list-style-type: none"> any with seeds, nuts or fruit pieces hard cheese
Grain products	<ul style="list-style-type: none"> cooked cereals dry cereals that become very soft when soaked in liquid such as Rice Krispies[®], Corn Flakes[®], Special K[®] soda crackers or arrowroot cookies softened in a drink pasta: well cooked and finely chopped mashed, boiled or scalloped potatoes 	<ul style="list-style-type: none"> bread, rolls, muffins, bagels, toast, cake cereals such as granola, muesli, Shredded Wheat[®], Raisin Bran[®] dry cereals that do not soften in liquid rice
Meat, fish, poultry and alternatives	<ul style="list-style-type: none"> meat and poultry: all minced or chopped with added gravy or sauce to moisten fish: all tender, boneless and in moist form eggs: soft cooked, scrambled, egg salad, crustless quiche peanut butter: smooth legumes: minced and moist tofu; soft 	<ul style="list-style-type: none"> very dry or tough meat or poultry sausages, wieners bacon fried fish or fish with bones fried eggs crunchy peanut butter nuts and seeds
Drinks	<ul style="list-style-type: none"> all 	<ul style="list-style-type: none"> carbonated drinks

Minced Diet

Food Group	Food Allowed	Not Allowed
Vegetables and fruit	<ul style="list-style-type: none"> • all fruit and vegetable juices • all canned or cooked fruit and vegetables in minced or mashed form • ripe fruit without skins such as bananas 	<ul style="list-style-type: none"> • fruit and vegetables with membranes, tough skin or seeds or that do not mince well such as celery, potato skins, fried potatoes, french fries and string beans • raw vegetables, tossed salads, coleslaw and corn • citrus fruits, blueberries, cherries, grapes, pineapple, apples, dried fruit, raisins, dates
Soups	<ul style="list-style-type: none"> • soup made with minced or grated food • clear broth or blended soup 	<ul style="list-style-type: none"> • soup with chunks of meat, crunchy or stringy vegetables
Desserts and sweets	<ul style="list-style-type: none"> • all soft desserts; soft baked goods • jam, honey, marmalade, plain sugar, candy, syrup • crustless cheesecake 	<ul style="list-style-type: none"> • any with seeds, nuts, coconut, whole fruit • granola bars • pie • chewy candy such as licorice, taffy, caramel • hard, crunchy cookies
Fats and oils	<ul style="list-style-type: none"> • butter, margarine, cream, oil, mayonnaise, salad dressing, cream cheese, whipped topping 	
Other	<ul style="list-style-type: none"> • casseroles made of minced and soft foods in smooth sauce or gravy 	<ul style="list-style-type: none"> • coconut, seeds, nuts • popcorn, corn chips • pickles, olives • alcohol

Diet after 4 weeks

You can progress to your usual diet:

- Start with a slow trial of well cooked, soft and moist foods.
- Regular textured meat should be the last food you add to your diet.

Maintaining your weight:

- If you follow these guidelines and lose weight, contact the dietitian.
- You may have to include a high calorie, high protein supplement in your diet.