

Diet Guidelines Following Fundoplication Surgery

Progression of Diet after Surgery

After surgery your doctor will start you on a full fluid diet. Then your doctor will advance your diet to a pureed texture and then to a minced texture (softer solid foods). The time frame for diet upgrade will depend on your tolerance and your doctor but is usually about 2 weeks for each diet.

After your surgery, a dietitian will follow up with you in the hospital. Review this handout to become familiar with the diet and to ensure you have the proper foods at home after surgery. A blender or a food processor for the pureed diet is recommended.

Full Fluid Diet

- Refer to diet information on the next page.
- While on a liquid diet you should make good use of milkshakes, smoothies, high protein drinks, eggnogs, whole milk, cream soups, instant breakfast etc., as these are a good source of calories and protein.
- Limit the use of clear fluids such as alcohol, tea, coffee etc., as these provide little nutrition.

Pureed Diet

- After 2 weeks, if you feel no pain or discomfort swallowing fluids, you should start on a pureed diet for the next 2 weeks (refer to diet information on the next page).
- Steps to puree your foods:
 1. Cook food until tender (use seasonings and spices the same as you would for a normal diet).
 2. Put into a blender or food processor.
 3. Add liquid such as broth, milk, juice, gravy etc.
 4. Cover and blenderize until food is smooth and there are no lumps.
- Pureed entrees are also for sale at the hospital. You can ask your dietitian for more information if interested.

Minced Diet (Soft Foods)

If you feel no pain or discomfort on the pureed diet at the end of the two weeks, you can start on a minced diet (refer to diet information on the next page) with foods that are minced, ground, finely chopped, mashed or grated in a moist form that are easy to swallow. Avoid things like bread and any lumps.

| Food Group | Full Fluid Diet Two weeks (or as per your primary care provider) | Pureed Diet Two weeks (or as per your primary care provider) | Minced Diet (softer foods as tolerated) Two weeks (or as per your primary care provider) |
|-----------------------|--|--|--|
| Grain Products | Add pasta and rice to soups and blend to a smooth liquid consistency | Cooked cereals (oatmeal, Cream of Wheat, infant cereals etc.) Pureed pasta, pureed rice, pureed bread | Cooked cereals, and cold cereals soaked in milk (eg. Rice Krispies, Corn Flakes, Puffed Rice, Special K etc.) Avoid granola/dried fruit/nuts Soft pasta, white rice with sauce or gravy, pasta salads (with no added vegetables) |
| Fruit | Fruit juice Add fruit to milkshakes and blend to a smooth liquid consistency | Fruit juice Canned or cooked fruits in a pureed form Pureed fresh banana | Soft canned or cooked fruits (without seeds, or skin), ripe banana, citrus fruit (without membrane) |
| Vegetables | Vegetable juice Add vegetables to soups and blend to a liquid consistency | Cooked or canned vegetables in a pureed form (milk and butter can be added) Smooth mashed potatoes | Soft cooked or canned vegetables (no skins, seeds or raw vegetables) |
| Meat and Alternatives | Add meat, fish, poultry, beans, and lentils to soups and blend to a smooth, liquid consistency | Pureed meat, fish, poultry Pureed legumes Blended soft tofu Pureed casseroles made from combinations of foods | Ground meat, fish, poultry with gravy/sauces. (Nothing breaded) Soft casseroles (no crust) Baked beans and lentils Soft cooked egg such as scrambled or omelet Peanut butter (no whole nuts and no crunchy peanut butter) |
| Milk and Alternatives | Milk Drinking yogurt | Milk Blended cottage cheese Plain yogurt (with no fruit) | Cottage cheese, cream cheese, soft cheese (avoid stringy cheeses) Yogurt with fruit |
| Extra Foods | Supplements (e.g. Ensure, Boost, Carnation instant breakfast etc.) Plain ice cream, Jell-o | Smooth desserts such as pudding, custards, ice cream (without coconut nuts or fruit), sherbet, honey, jelly, | Cookies dipped in milk to make them soft, cake with ice cream, sherbet, custard, all made without coconut, nuts or dried fruit |

General Guidelines

- Everyone progresses through the diets differently; it may take longer than 2 weeks. If you feel pain or discomfort, you should return to the previously tolerated diet and try again later.
- Eat and drink slowly and chew foods well.
- Drink water with each mouthful of solid food (especially potato).
- In order to avoid burping/belching, avoid carbonated beverages, chewing gum, drinking through a straw and you should sip your liquids rather than gulp.
- Avoid foods that cannot be easily broken up. For example: pieces of tough meat, sausages, raw fruit and vegetables, skins on fruit, dried fruit, and nuts.
- After following the minced diet for two weeks you can slowly increase to normal diet as tolerated.