Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet Technician:

---

Esophageal Diet After Surgery

Nutrition guidelines

Since you had an operation that involved your esophagus (the tube that carries food and drink from your mouth to your stomach), you will not be able to eat and drink your normal foods for the first 4 to 6 weeks after surgery. Swelling in your lower esophagus and the narrowing created to stop your reflux makes it harder for food to go down.

This booklet tells you what foods and drinks you may eat and which ones you should avoid after surgery.
When your doctor says you are ready, you will start a clear liquid diet, and then work up to moist, soft foods.

After surgery, your diet will follow these steps:

**Step 1: Clear Liquid Diet**
- Jell-O
- Apple juice
- Broth (chicken, beef, or vegetable)
- Popsicles
- Tea

**Step 2: Full Liquid Diet**
- Milk (skim, 1%, 2%, or whole)
- Puddings and custards
- Yogurt and frozen yogurt
- Ice cream, milkshakes, and sherbet
- Creamy soups (without chunks)
- Smoothies (use fruits without seeds)
- Nutritional supplements such as Ensure or Boost High Protein
- All clear liquids in Step 1 above

**Step 3: Soft Esophageal Diet**
When you leave the hospital, you should be ready to start a Soft Esophageal Diet. You will follow this diet for the next 4 to 6 weeks, or longer if needed.

If moist, soft, solid foods become too hard to swallow or cause nausea and abdominal discomfort, go back to the Full Liquid Diet (Step 2) until you are ready to try moist, soft foods again. Remember: Eat slowly, and stop eating when you feel full.

---

**Yogurt Shake**
*(8 oz. per serving)*
- ½ cup whole milk or Milk Mixture
- ¼ cup fruit yogurt
- ¼ cup allowed soft fresh or canned fruit

Blend all ingredients until smooth.

*Per serving:* With whole milk: 225 calories, 8 grams protein (1 protein serving); with Milk Mixture: 310 calories, 13 grams protein (2 protein servings)

**Peanut Butter Smoothie**
*(1 serving)*
- 1 cup 2% low fat milk
- 2 tablespoons peanut butter
- 1 frozen banana

Blend all ingredients until smooth.

*Per serving:* 415 calories, 17 grams protein (2.5 protein servings)

**Follow These Guidelines**
- Eat 5 to 6 meals a day. At first, you may be only able to eat ½ cup of food at a time.
- Cut your food in small pieces and chew it well.
- Eat and drink slowly.
- Drink 8 to 10 cups of liquid each day (1 cup = 8 ounces).
- You need enough calories, protein, and nutrients for wound healing and to maintain your weight.
- After discharge, if you keep losing weight for longer than 1 week, call your dietitian or diet technician.
Egg Nog
(10 oz. per serving)
- 1 cup whole milk or Milk Mixture
- ¼ cup liquid egg substitute
- ½ teaspoon sugar
Blend all ingredients.
Per serving: With whole milk: 210 calories, 14 grams protein; with Milk Mixture: 320 calories, 25 grams protein (3½ protein servings)

High-Protein Shake
(12 oz. per serving)
- ½ cup whole milk
- 1 cup ice cream
- 1 package Carnation Instant Breakfast
Blend all ingredients until smooth.
Per serving: 340 calories, 10 grams protein (1½ protein servings)

Basic Banana Smoothie
(1 serving)
- 1 cup vanilla 2% low fat yogurt
- 1 frozen banana
- 3 ice cubes
Blend all ingredients until smooth.
Per serving: 300 calories, 12 grams protein (2 protein servings)

Foods on a Soft Esophageal Diet
The chart below and on the next 2 pages shows what you may and may not eat and drink on a Soft Esophageal Diet.

<table>
<thead>
<tr>
<th>Food Type</th>
<th>OK to Eat and Drink</th>
<th>Do NOT Eat or Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Meat Substitutes</td>
<td>Tender, moist fish, shellfish, and poultry; ground meat with gravy or sauces; canned chicken, deli turkey, deli ham, tuna, cottage cheese, tofu, soft cooked or scrambled eggs, sliced hard-boiled or deviled eggs; moist casseroles with allowed ingredients; tuna or egg salad without coarse ingredients; moist macaroni and cheese, plain or flavored yogurt; thinly sliced or melted cheese</td>
<td>Roast beef, pork or lamb, ribs, steak, or chops; salami, pastrami, hot dogs, sausage, bacon; casseroles with rice or other small grains, crunchy casseroles; cheese cubes, sandwiches, peanut butter, other nut butters; yogurt with berries; pizza</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>Soft pancakes moistened with syrup and butter; cooked cereal or dry cereal moistened with milk, such as cream of wheat, cream of rice, instant grits, Cheerios, Rice Krispies, Special K</td>
<td>All breads, rolls, crackers; whole-grain, coarse dry or cooked cereals; oatmeal made with steel-cut or old-fashioned oats; cereals with dried fruits, nuts, or seeds, such as Raisin Bran or All-Bran</td>
</tr>
</tbody>
</table>
Eat a variety of foods from each food type.

<table>
<thead>
<tr>
<th>Food Type</th>
<th>OK to Eat and Drink</th>
<th>Do NOT Eat or Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starches</td>
<td>Peeled, well-cooked, moist potatoes; peeled potatoes in sauces, well-cooked pasta in sauces cut into small pieces</td>
<td>Potato chips, potato skins, fried potatoes, rice and other grains, corn, beans with skins, such as pinto, black, kidney</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable juices; soft, well-cooked vegetables (such as carrots, beets, squash, or green beans) that can be mashed with a fork</td>
<td>Raw or fried vegetables, peas, spinach, celery, gas-forming vegetables such as broccoli, cabbage, Brussels sprouts</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruit juices, cooked or canned fruits without seeds or skin (pears, peaches, mandarin oranges), ripe bananas, ripe melon, mango, papaya</td>
<td>All other fresh, frozen, or dried fruits; cooked or canned fruits with skin or seeds, such as apples, berries, pineapple, oranges, pomegranate</td>
</tr>
<tr>
<td>Beverages</td>
<td>All are allowed except carbonated beverages.</td>
<td>Carbonated beverages: beer, soda pop, sparkling water</td>
</tr>
<tr>
<td>Soups</td>
<td>Soups made with allowed foods that are easy to chew, such as chicken noodle, tomato, blended cream soups, blended split pea soup</td>
<td>Avoid soups with rice and other grains or large chunks of meat or vegetables</td>
</tr>
</tbody>
</table>

**Special Drinks**

These drinks may be prepared at home to supplement your diet. Some flavors are suggested, but they may be changed to meet your own tastes.

If you are lactose intolerant, substitute soy milk, rice milk, or almond milk for regular milk.

**Milk Mixture**

*(Four 8-oz. servings)*

- 1 quart regular whole milk
- 1 cup powdered milk

Chill well. Use in place of regular milk for cooking or in special drinks.

*Per serving:* 265 calories, 18 grams protein

**Breakfast in a Glass**

*(10 oz. per serving)*

- ½ cup whole milk or Milk Mixture
- ¼ cup orange or pineapple juice
- ¼ cup liquid egg substitute
- ½ banana
- 1 teaspoon sugar

Blend all ingredients.

*Per serving:* With whole milk: 210 calories, 10 grams protein; with Milk Mixture: 270 calories, 15 grams protein (2 protein servings)
### Sample Menus

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast 1</strong>&lt;br&gt;½ cup cooked cereal with ½ cup milk</td>
<td><strong>Breakfast 2</strong>&lt;br&gt;1 scrambled egg with 1 oz. cheese added</td>
<td><strong>Breakfast 3</strong>&lt;br&gt;Fruit smoothie with ½ cup yogurt and blended peaches or banana</td>
</tr>
<tr>
<td><strong>Snack 1</strong>&lt;br&gt;1 oz. thinly sliced turkey breast</td>
<td><strong>Snack 2</strong>&lt;br&gt;½ banana ½ cup yogurt</td>
<td><strong>Snack 3</strong>&lt;br&gt;1 thin slice of cheese</td>
</tr>
<tr>
<td><strong>Lunch 1</strong>&lt;br&gt;½ cup pea soup 1 cup milk or fruit juice</td>
<td><strong>Lunch 2</strong>&lt;br&gt;½ cup tuna casserole 1 cup milk or fruit juice</td>
<td><strong>Lunch 3</strong>&lt;br&gt;½ cup macaroni and cheese 1 cup milk or fruit juice ½ cup applesauce</td>
</tr>
<tr>
<td><strong>Snack 1</strong>&lt;br&gt;1 deviled egg</td>
<td><strong>Snack 2</strong>&lt;br&gt;1 pudding cup</td>
<td><strong>Snack 3</strong>&lt;br&gt;6 oz. to 8 oz. yogurt</td>
</tr>
<tr>
<td><strong>Dinner 1</strong>&lt;br&gt;½ chicken breast marinated in teriyaki sauce ½ cup cooked carrots 1 cup milk or fruit juice</td>
<td><strong>Dinner 2</strong>&lt;br&gt;½ cup pasta with meat sauce 1 Tbsp. grated parmesan cheese ½ cup cooked zucchini 1 cup milk or fruit juice</td>
<td><strong>Dinner 3</strong>&lt;br&gt;2 oz. meatloaf ½ cup mashed potatoes 1 teaspoon butter/margarine 1 teaspoon sour cream 1 cup milk or fruit juice</td>
</tr>
<tr>
<td><strong>Snack 1</strong>&lt;br&gt;½ cup cottage cheese ½ cup canned fruit</td>
<td><strong>Snack 2</strong>&lt;br&gt;1 can Glucerna or Ensure</td>
<td><strong>Snack 3</strong>&lt;br&gt;½ cup dry cereal or instant oatmeal made with milk ½ cup milk or yogurt</td>
</tr>
</tbody>
</table>

### Food Type

<table>
<thead>
<tr>
<th>Food Type</th>
<th>OK to Eat and Drink</th>
<th>Do NOT Eat or Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Desserts</strong></td>
<td>Pudding, custard, ice cream, sherbet, frozen yogurt, and gelatin made with allowed foods, fruit ice, popsicles, milkshakes, smoothies</td>
<td>Cookies, pies, or any dessert that has a crust or contains nuts, coconut, or dried fruit; bread or rice pudding</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td>Butter, margarine, salad dressing, mayonnaise, gravy, sour cream, whipped toppings, oils</td>
<td>All fats with chunks added, such as salad dressing with fruit, vegetables, or seeds; cream cheese with fruit or vegetable pieces</td>
</tr>
<tr>
<td><strong>Sweets</strong></td>
<td>Sugar, syrup, honey, jelly, plain chocolate</td>
<td>Nuts, coconut, chewy candy such as caramels, licorice, hard candy</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>Mild spices, ketchup, mustard, barbeque sauce</td>
<td>Pickles, popcorn, sticky foods, spicy foods</td>
</tr>
<tr>
<td><strong>Commercial Protein Drinks</strong></td>
<td>Ensure, Boost, Glucerna, Carnation Instant Breakfast, Slimfast</td>
<td></td>
</tr>
</tbody>
</table>
Eating enough calories and protein helps with wound healing.

**Your Calorie and Protein Needs**

Your calorie needs are _____ calories a day.

Every day, you will need _____ grams of protein, which equals _____ servings.

Below is a list of common high-quality protein foods. The amount given for each food is equal to **1 protein serving**, or 7 grams of protein.

- 1 oz. cooked fish, poultry, or lean ground meat
- 1 egg or ½ cup liquid egg substitute
- 1 oz. cheese (melted)
- 1 cup milk (skim, 1%, 2%, or whole)
- 1 cup yogurt
- ½ cup canned tuna or salmon
- 1 cup pudding
- 3 oz. tofu

**Boosting Calories**

After surgery, you will need more calories and protein for healing. Eating small high calorie meals throughout the day can help you meet your needs.

Here are ways to add calories to your diet:

- Eat smaller meals more often, or divide meals in half. For example, have an egg for breakfast and then have some canned fruit and cooked cereal for a midmorning snack.
- Add butter or margarine to hot cereal, eggs, cooked vegetables, mashed potatoes, pasta, and soups.
- Use gravies and sauces on meats and vegetables. You can find a variety of sauce mixes at the grocery store.
- Use sour cream to top fruits, meats, cream soups, and baked potatoes. You can also add sour cream to sauces, scrambled eggs, and omelets.
- Use mayonnaise or salad dressing on meats and eggs.
- Eat avocados plain or as mild guacamole on egg dishes, meats, or cooked vegetables.
- Use whipped cream on canned fruit, pudding, or Jell-O.
- Eat cheesecake without the crust.

**Boosting Protein**

Here are some tips to add protein to your diet:

- Add 1 cup skim milk powder to a quart of whole milk. Blend and chill. Use this Milk Mixture for cooking as well as drinking plain.
- Use milk, Milk Mixture, evaporated milk, or cream instead of water for cooking hot cereal. Also use these liquids instead of water to make instant cocoa, canned soups, custards, and pudding (sugar-free as needed).
- Add extra pureed or chopped meat to scrambled eggs, omelets, or soups. For example, add chicken to cream of chicken soup, ham to split pea soup, or beef to tomato soup.
- Add chopped, hard-cooked eggs to sauces, soups, casseroles, and to chicken or tuna salad.
- Add grated cheese to cooked vegetables, sauces, soups, and casseroles. Cottage cheese with canned fruit makes a good snack.