



食道切除术后的饮食

营养指南

这份手册为接受食道切除术后的病人提供饮食建议。

术后饮食

进行食道切除术时、您的外科医师会切除您的食道（连接口腔和胃的管道）。术后的 4 至 6 周、您将只能吃软的食物。若您能依照这本手册中所推荐的饮食建议, 就能够确保您摄取足够的热量及营养来协助您康复。

如何开始

当您的医生告诉您可以开始进食时、您的饮食会包括液体如鸡汤、茶、水、果冻、鲜奶、酸奶、布丁、浓汤及蛋白饮。

等您出院后、您应该就可以开始吃软食。持续大约 4 至 6 周、若有需要或者会更长。

若您无法吞咽湿软的食物、或您进食后开始晕眩或有肠胃不适等症状时、您可以改吃液态食品。若您有任何关于饮食方面的问题、请与您的营养师讨论。

最佳效果

- 细嚼慢咽
- 将食物切碎并细细咀嚼。
- 有饱足感时便停止进食。
- 每天餐与餐之间补充 8 至 10 杯的液体。一杯相等于 8 盎司。
- 试着一天吃 5 至 6 次的小量餐以取代三次大量的餐刚开始您每次只能吃半杯的食物量。



试着一天吃 5 至 6 次的小量餐以取代三次大量的餐。

- 多吃高热量、高蛋白的食物。您需要足够的热量、蛋白质及营养来协助伤口愈合、保持体重并避免肌肉退化。
- 饭后不要立刻躺下。至少等 30 分钟后再躺下。这将使您所吃的食物有足够的时间可以沉淀、并避免胃酸逆流（胃酸从胃里逆流至食道里）。
- 若您有腹泻、晕眩、胃胀气、虚弱感或留汗的症状时，您可能产生了倾倒综合症。
 - 避免吃含有高糖分、高脂肪及高乳糖（奶制品中天然糖分）的食物。
 - 尽量避免在用餐前后的 30 分钟喝任何液体。

J 形管 / 小肠喂养管

医生会在您出院时为您装置一个小肠喂养管（J 管）。这条管子是在您无法吃足够的硬食时,用来为您提供额外的液态养分。在您住院的期间，我们会教您如何使用这条 J 管。

我们也会安排您和一家专门提供 J 管营养素的公司见面。这家公司将会在您返家后为您提供 J 管营养配方和输送泵。

您的医师和营养师会一起决定何时可以不再依靠 J 管来进食。

食道切除术后家居的软食

食物种类	可以吃或喝	不可以吃或喝
肉类和其他蛋白质 (2 至 3 盎司的份) 将肉类切至豌豆般大小、并加入酱料或汤汁来软化食物	薄鱼片、小虾、蟹肉、龙虾肉、剁碎的鸡肉；加有酱汁的绞肉、肉饼、肉丸、罐装鸡肉、火鸡肉片、火腿肉片、鲑鱼、乳酪、豆腐；炒蛋、切碎的水煮蛋;焗烤绞肉、不包含硬物的鲑鱼或鸡蛋沙拉、焗烤通心粉、酸奶、薄片乳酪	蚌类或蚶类、虾、烤牛肉 / 猪肉 / 羊肉、牛排 / 猪排 / 羊排、腊肠、热狗、香肠、培根*;焗烤饭或谷类、乳酪块（若是融在食物里就可以）、三文治、花生酱、含有水果块的酸奶、比萨 *如肉已经打成糊状就可以

食物种类	可以吃或喝	不可以吃或喝
面包和麦片	煮过的麦片或加入鲜奶的麦片、例如：小麦粥、小米粥、即食麦片、 instant grits, Cheerios, Rice Krispies, Special K	面包、小软面包、饼干、全麦、高纤维的麦片；燕麦粒或含有干的水果块、果仁、或带（如南瓜）子的麦片
淀粉类	去皮和熟透的土豆、煮透并切碎的面类、鹰嘴豆泥、罐装豆沙	薯片、土豆皮、炸薯条、白米饭、玉米、豆类例如斑豆、黑豆和腰豆
蔬菜类	蔬菜汁、煮到软烂的蔬菜（如胡萝卜、甜菜、瓜类或绿豆）并用叉子将其捣烂	生菜或炒青菜、玉米、豌豆、干豆、菠菜、芹菜、易导致胀气的蔬菜如花椰菜、卷心菜
水果	果汁、煮过或罐装的无皮 / 无子水果（桃子、梨子、芦柑）；熟的香蕉、香瓜、芒果、木瓜	其他的水果、冷冻的、水果干或有皮 / 子水果（橘子、苹果、野梅、凤梨、石榴）
饮料 每天喝 64 盎司	除了汽水类的饮料都可以	有二氧化碳的饮料；汽水、气泡水、啤酒、奇亚籽水
汤类	汤品需从易咀嚼的食物来熬成的、例如：鸡汤面、番茄汤、奶油汤、罐装炖汤	避免含有大块蔬菜或肉类的汤
糖果和零食 请避免任何会导致 倾倒综合症的食物	布丁、奶黄、冰淇淋、冰沙、水果冰、冻酸奶、明胶（需从可以吃的食物制成）、冰棒、奶昔、糖果、糖浆、蜂蜜、果冻、巧克力	饼干、派、任何含有硬皮或果仁、碎椰子或水果干的甜点、面包或大米布丁、坚果、需咀嚼的糖果例如焦糖或甘草糖、硬糖、爆米花、粘稠或辛辣的食物

食物种类	可以吃或喝	不可以吃或喝
油脂和佐料	牛油、人造黄油、沙拉酱、蛋黄酱、肉汁、酸奶油、人造稠黄油、椰子油、橄榄油、芥花籽油、淡的香料、番茄酱、芥末、烧烤酱、乳脂干酪	含有籽、水果或蔬菜的沙拉酱；含有水果或蔬菜块的乳脂干酪
蛋白质饮品	市售品牌如下： Ensure, Boost, Glucerna, Slimfast, Carnation Instant Breakfast, Muscle Milk	若产生倾倒综合症、可尝试饮用专给糖尿病患者的蛋白质饮品

您的热量及蛋白质的需求

- 您每天需要吃 _____ 卡路里。
- 每天您需吃 _____ 公克的蛋白质、相等于 _____ 份的蛋白质。

优质蛋白质食物

下面列出一些常见含有优质蛋白质的食物。除非另有标记、下面列出参考摄取量相等于 1 份（7 公克）

- 1 盎司的鱼、家禽类或瘦绞肉
- 1 个蛋或半杯的蒸水蛋
- 1 盎司的乳酪（将乳酪融化以方便食用）
- 1 杯鲜乳（脱脂、1%、2% 或全脂）
- 杯酸奶
- ½ 杯罐装鲑鱼或三文鱼
- 1 杯布丁
- 3 盎司豆腐
- 蛋白质粉（摄取量因品牌而异）
- 营养补充饮料（摄取量因品牌而异）

补充卡路里

在手术后您的身体需要充足的卡路里来痊愈。我们列出一些可以透过饮食来增加卡路里的方法：

- 少量多餐；或将每餐份量分成两半。例如：早餐先吃个鸡蛋、之后再吃些罐装水果或煮过的燕麦当早餐后的点心。

- 在肉类或鸡蛋上淋美奶汁或沙拉酱。
- 在燕麦片、鸡蛋、煮熟的蔬菜、土豆泥、面条及汤里加块奶油或人造奶油。
- 在肉类和蔬菜上淋肉汁及酱料。超市皆有贩售各式的肉汁和酱料。
- 在水果、肉类、奶油汤及烤土豆上淋酸奶油。酸奶油也可以淋在其他酱料里、或在炒蛋及蛋包上。
- 多吃鳄梨（牛油果）或在鸡蛋、肉类、煮熟的蔬菜或乳酪上淋鳄梨酱。
- 在罐装水果、布丁或果冻上加奶油。
- 吃奶酪蛋糕（不要吃底层）。

补充蛋白质

在手术后您的身体需要充足的蛋白质来痊愈。我们列出了一些可以透过饮食来增加蛋白质的方法：

- 在冲泡燕麦片、热可可、罐装汤、奶黄及布丁时、您可以用鲜奶、强化奶（食谱如下）、炼乳或奶油来代取水。
- 在炒蛋、蛋包或汤里加入肉泥或碎肉。例如：在奶油鸡汤里加入碎鸡肉、在豌豆汤里加碎火腿或在西红柿汤里加入碎牛肉
- 在酱料、汤、砂锅菜、鸡肉或鲑鱼沙拉上加切碎的水煮蛋。
- 在煮熟的蔬菜、酱料、汤、砂锅菜上加乳酪丝。
- 您可以把乳酪配鳄梨或罐装水果当点心吃。

高卡路里/高蛋白饮料的食谱

请参看第 6、7 页

您可以在家里做这些饮料来补充您的饮食。可以依照您自己的口味来调配。如果您是乳糖不耐症、可以用豆浆、米浆、杏仁浆来代替牛奶。

您也可饮现成的高卡路里/高蛋白饮料。

强化奶

4 份的量、每份 8 盎司

- 4 杯全脂牛奶
- 1 杯奶粉

搅拌并冷藏。当您在煮饭或准备特别的饮料时需要用到鲜奶时、用强化奶来取代鲜奶。

每份：265 卡路里、18 公克蛋白质（2½份蛋白质摄取量）

杯装早餐

每份约 10 盎司

- ½ 杯的全脂奶或强化奶
- ¼ 杯橙汁或凤梨汁
- ¼ 杯液态鸡蛋替代品
- ½ 个香蕉
- 1 茶匙糖

将所有材料搅和在一起。

每份：若加全脂奶： 210 卡路里、10 公克蛋白质； 若加强化奶： 270 卡路里、15 公克蛋白质（相等于 2 份蛋白质摄取量）

蛋奶

每份约 10 盎司

- 1 杯的全脂奶或强化奶
- ¼ 杯液态鸡蛋替代品
- ½ 茶匙糖

将所有材料搅和在一起。

每份：若加全脂奶： 210 卡路里、14 公克蛋白质； 若加强化奶： 320 卡路里、25 公克蛋白质（相等于 3½ 份蛋白质摄取量）

高蛋白质奶昔

每份约 12 盎司

- ½ 杯全脂奶
- 1 杯冰淇淋
- 1 包康乃馨牌的即食早餐

将所有材料搅和至泥状。

每份：340 卡路里、10 公克蛋白质 (相等于 1½ 份蛋白质摄取量)

香蕉冰沙

1 份的量

- 1 杯香草口味 2% 低脂酸奶
- 1 只冰冻香蕉
- 3 块冰块

将所有材料搅和至泥状。

每份: 300 卡路里、12 公克蛋白质 (相等于 2 份蛋白质摄取量)

酸奶奶昔

每份 8 盎司

- ½ 杯全脂奶或强化奶
- ¼ 杯水果酸奶
- ¼ 杯新鲜软嫩的水果或罐装水果

将所有材料搅和至泥状。

每份: 若加全脂奶: 225 卡路里、8 公克蛋白质 (1 份蛋白质摄取量); 若加强化奶: 310 卡路里、13 公克蛋白质 (相等于 2 份蛋白质摄取量)

花生酱奶昔

每份

- 1 杯 2% 低脂奶
- 2 汤匙花生酱
- 1 只冰冻香蕉

将所有材料搅和至泥状。

每份: 415 卡路里、17 公克蛋白质 (相等于 2½ 份蛋白质摄取量)

范例菜单

第 1 天	第 2 天	第 3 天
早餐 ½ 杯热燕麦 ½ 杯鲜奶	早餐 1 个炒蛋加 1 盎司乳酪	早餐 水果冰沙加 ½ 杯酸奶和桃子泥或香蕉泥
点心 1 盎司薄片火鸡胸肉	点心 ½ 条香蕉 ½ 杯酸奶	点心 1 盎司薄片乳酪
午餐 ½ 杯豌豆汤 1 杯鲜奶或果汁	午餐 ½ 杯炖鲑鱼 1 杯鲜奶或果汁	午餐 ½ 杯乳酪通心粉 1 杯鲜奶或果汁 ½ 杯苹果酱
点心 1 调味过的鸡蛋	点心 1 杯布丁	点心 6 至 8 盎司酸奶
晚餐 ½ 片搭配烧烤酱的鸡胸肉 ½ 杯水煮胡萝卜 1 杯鲜奶或果汁	晚餐 ½ 杯意大利面加肉酱 1 汤匙帕玛什乳酪 ½ 杯煮西葫芦 1 杯鲜奶或果汁	晚餐 2 盎司肉饼 ½ 杯土豆泥 1 汤匙黄油或人造奶油 1 汤匙酸奶油 1 杯鲜奶或果汁
点心 ½ 杯乳酪 ½ 杯罐装水果	点心 1 罐 Glucerna 或 Ensure	点心 ½ 杯干麦片或用鲜奶泡的即食麦片 ½ 杯鲜奶或酸奶

您有意问吗？

我们非常重视您的问题。若您有任何疑问或顾虑、请与您的医生或医护人员联络

营养师：

联系电话：

Esophagectomy Diet

Nutrition guidelines

This handout describes dietary guidelines for patients who have had an esophagectomy.

Eating After Your Surgery

During your *esophagectomy*, your surgeon removed your *esophagus* (the tube that carries food and drink from your mouth to your stomach). For the first 4 to 6 weeks after your surgery, you will be able to eat and drink only soft foods. Follow the diet guidelines in this handout to make sure you get enough calories and nutrients to heal well.

Getting Started

When your doctor says you are ready to start eating, your diet will include clear and full liquids such as broth, tea, water, gelatin, milk, yogurt, pudding, creamy soups, and protein drinks.

Once you leave the hospital, you should be ready to begin following a Soft Diet. You will be on this diet for the next 4 to 6 weeks, or longer if needed.

If you start to have trouble swallowing moist, soft solid foods, or if you have nausea and abdominal discomfort, go back to a Full Liquid Diet. Talk with your dietitian if you have any questions.

For Best Results

- **Eat and drink slowly.**
- Cut your food into small pieces and chew it well.
- Stop eating when you feel full.
- Drink 8 to 10 cups of liquid each day, between meals. One cup equals 8 ounces.
- Instead of eating 3 large meals, eat 5 to 6 small meals a day. At first, you may be able to eat only about $\frac{1}{2}$ cup of food at a time.



Try eating 5 to 6 small meals during the day instead of eating 3 large meals.

- Focus on eating high-calorie, high-protein foods. You need enough calories, protein, and nutrients for wound healing, to maintain your weight, and to prevent muscle loss.
- Do not lie down right after a meal. Wait at least 30 minutes before reclining. This will give your food time to settle and will help prevent *reflux* (when stomach acid backs up into your esophagus).
- If you have diarrhea, nausea, bloating, weakness, and sweating, you may have *dumping syndrome*. If you have these symptoms:
 - Avoid foods that are high in sugar, fat, and *lactose* (the sugar that naturally occurs in dairy products).
 - Try not to drink anything 30 minutes before or after a meal.

Jejunostomy Tube

You will go home with a *jejunostomy tube* (j-tube) to provide extra liquid nutrition while you are not able to eat very much solid food. During your hospital stay, we will teach you how to use this feeding tube.

We will also arrange for you to meet with a home infusion company. This company will deliver the j-tube supplies you need (nutritional formula and pump) when you go home.

Your doctor and dietitian will work together to decide when you no longer need the j-tube.

Soft Esophagectomy Diet for Home

Food Group	OK to Eat and Drink	Do NOT Eat or Drink
<p>Meats and Other Proteins (2 to 3 oz. portions) <i>Chop meat into pea-sized pieces and add sauce, broth, or gravy for moisture.</i></p>	<p>Tender moist fish, baby shrimp, crab, lobster, chopped chicken; ground meat with gravy or sauces; meat loaf, meat balls, canned chicken, deli turkey, deli ham; tuna, cottage cheese, tofu; soft-cooked or scrambled eggs, sliced hard boiled or deviled eggs; moist casseroles with finely ground or chopped meat; tuna or egg salad without coarse ingredients; moist macaroni and cheese, plain or flavored yogurt; thinly sliced cheese</p>	<p>Clams, mussels, oysters, prawns, roast beef, pork or lamb, steak or chops; salami, pastrami, hot dogs, sausage, bacon*; casseroles with rice or other grains, crunchy casseroles, cheese cubes (OK if melted in foods), sandwiches, peanut butter, other nut butters (OK in smoothies), yogurt with fruit chunks, pizza *OK if meat is pureed</p>

Food Group	OK to Eat and Drink	Do NOT Eat or Drink
Breads and Cereals	Cooked cereal or dry cereal moistened with milk such as cream of wheat, cream of rice, instant oats, instant grits, Cheerios, Rice Krispies, Special K	Breads, rolls, crackers; whole-grain, high-fiber dry or cooked cereals; old-fashioned or steel-cut oatmeal; cereals with dried fruits, nuts, or seeds
Starches	Well-cooked, moist potatoes (without skins), potatoes in sauces, well-cooked pasta in sauces cut into small pieces, hummus, canned refried beans	Potato chips, potato skins, fried potatoes, rice, corn, whole beans such as pinto, black, kidney
Vegetables	Vegetable juices; soft, well-cooked vegetables (such as carrots, beets, squash, or green beans) that can be mashed with a fork	Raw or fried vegetables, salad, whole kernel corn, peas, dried beans, spinach, celery, gas-forming vegetables such as broccoli, cabbage, Brussels sprouts
Fruits	Fruit juices, cooked or canned fruits without seeds or skin (peaches, pears, mandarin oranges); ripe bananas, melon, mango, papaya	All other fresh, frozen, or dried fruits or fruits with seeds or skins (oranges, apples, berries, pineapple, pomegranate)
Drinks <i>Drink 64 ounces a day</i>	All allowed except carbonated drinks	Carbonated drinks: soda pop, sparkling water, beer; chia seed drinks
Soups	Soups made with allowed ingredients that are easy to chew such as chicken noodle, tomato, blended cream soup, blended split pea soup, canned stew	Avoid soups with large chunks of meat or vegetables
Sweets and Snacks <i>Avoid all of these foods if they cause dumping syndrome (see page 2)</i>	Pudding, custard, ice cream, sherbet, fruit ice, frozen yogurt, gelatin made with allowed food, popsicles, milkshakes, smoothies, sugar, syrup, honey, jelly, plain chocolate	Cookies, pies, or any dessert with a crust or that contains nuts, shredded coconut, or dried fruit; bread or rice pudding, nuts, chewy candy such as caramels, licorice, hard candy, pickles, popcorn, sticky foods, hot spicy foods

Food Group	OK to Eat and Drink	Do NOT Eat or Drink
Fats and Condiments	Butter, margarine, salad dressing, mayonnaise, gravy, sour cream, whipped toppings, coconut oil, olive oil, canola oil, mild spices, ketchup, mustard, barbeque sauce, cream cheese	Chunky condiments such as salad dressings with seeds, fruit, or vegetables; cream cheese with fruit or vegetable pieces
Pre-made Protein Drinks	Ensure, Boost, Glucerna, Slimfast, Carnation Instant Breakfast, Muscle Milk	If dumping syndrome is a problem, try using products designed for people with diabetes

Your Calorie and Protein Needs

- You need to eat _____ calories a day.
- Every day, you will need to eat _____ grams of protein. This equals _____ protein servings.

High-Quality Protein Foods

Below is a list of common foods rich in high-quality protein. Unless listed otherwise, each food amount listed is equal to **1 protein serving** (7 grams).

- 1 oz. cooked fish, poultry, or lean ground meat
- 1 egg or ½ cup liquid egg substitute
- 1 oz. cheese (melted, so that it is soft)
- 1 cup milk (skim, 1%, 2%, or whole)
- 1 cup yogurt
- ½ cup canned tuna or salmon
- 1 cup pudding
- 3 oz. tofu
- Protein powders (serving size depends on the protein content of each brand)
- Nutritional supplement drinks (serving size depends on the protein content of each brand)

Boosting Calories

After surgery, your body needs more calories for healing. Here are some ways to add calories to your diet:

- Instead of eating 3 large meals a day, 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.

- Use mayonnaise or salad dressing on meats and eggs.
- 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. Sour cream can also be added to sauces, scrambled eggs, and omelets.
- Eat avocados plain or make guacamole to top egg dishes, meats, cooked vegetables, or cottage cheese.
- Add whipped cream on top of canned fruit, pudding, or Jell-O.
- Eat cheesecake (without the crust).

Boosting Protein

After surgery, your body needs more protein for healing. Here are some tips to add protein to your diet:

- Use milk, Fortified Milk (see recipe below), evaporated milk, or cream instead of water to cook hot cereal or to make instant cocoa, canned soup, custard, and pudding.
- Add pureed or chopped meat to scrambled eggs, omelets, or soups. For example, add chopped chicken to cream of chicken soup, pureed ham to split pea soup, or ground beef to tomato soup.
- Add chopped, hard-cooked eggs to sauces, soups, casseroles, or chicken or tuna salad.
- Add grated cheese to cooked vegetables, sauces, soups, and casseroles.
- Try eating a snack of cottage cheese with avocado or canned fruit.

High-Calorie/High-Protein Drink Recipes

See recipes on pages 6 and 7.

You can make these drinks at home to supplement your diet. The flavors may be changed to suit your own tastes. If you are lactose intolerant, use soy milk, rice milk, or almond milk instead of cow's milk.

You may also use pre-made high-calorie, high-protein drinks.

Fortified Milk

Makes 4 servings, 8 oz. each

- 1 quart regular whole milk
- 1 cup powdered milk

Blend, chill well. Use in place of regular milk in cooking or special drinks.

Per serving: 265 calories, 18 grams protein (2½ protein servings)

Breakfast in a Glass

10 oz. per serving

- ½ cup whole milk or Fortified Milk
- 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 Fortified Milk: 270 calories, 15 grams protein (2 protein servings)

Egg Nog

10 oz. per serving

- 1 cup whole milk or Fortified Milk
- ¼ cup liquid egg substitute
- ½ teaspoon sugar

Blend all ingredients.

Per serving: With whole milk: 210 calories, 14 grams protein; with Fortified Milk: 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)

Yogurt Shake

8 oz. per serving

- ½ cup whole milk or Fortified Milk
- ¼ cup fruit yogurt
- ¼ cup soft fresh or canned fruit

Blend all ingredients until smooth.

Per serving: With whole milk: 225 calories, 8 grams protein (1 protein serving); with Fortified Milk: 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 (2½ protein servings)

Sample Menus

Day 1	Day 2	Day 3
Breakfast ½ cup cooked cereal ½ cup milk	Breakfast 1 scrambled egg with 1 oz. cheese added	Breakfast Fruit smoothie with ½ cup yogurt and blended peaches or banana
Snack 1 oz. thinly sliced turkey breast	Snack ½ banana ½ cup yogurt	Snack 1 oz. thinly sliced cheese
Lunch ½ cup pea soup 1 cup milk or fruit juice	Lunch ½ cup tuna casserole 1 cup milk or fruit juice	Lunch ½ cup macaroni and cheese 1 cup milk or fruit juice ½ cup applesauce
Snack 1 deviled egg	Snack 1 pudding cup	Snack 6 oz. to 8 oz. yogurt
Dinner ½ chicken breast marinated in teriyaki sauce ½ cup cooked carrots 1 cup milk or fruit juice	Dinner ½ cup pasta with meat sauce 1 tablespoon grated parmesan cheese ½ cup cooked zucchini 1 cup milk or fruit juice	Dinner 2 oz. meatloaf ½ cup mashed potatoes 1 teaspoon butter or margarine 1 teaspoon sour cream 1 cup milk or fruit juice
Snack ½ cup cottage cheese ½ cup canned fruit	Snack 1 can Glucerna or Ensure	Snack ½ cup dry cereal or instant oatmeal made with milk ½ cup milk or yogurt

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Registered Dietitian:

Phone:
