

# Nissen Fundoplication Diet

This diet will help you select foods and eating strategies that will be best tolerated after surgery to avoid pain, blockage, and other complications. Good nutrition is important for post-surgical healing and recovery.



## Important General Guidelines

**Diet to follow:** You need to follow a *full liquid /pureed diet* for about 2 weeks after surgery. You can advance to a very soft diet *only when advised to do so* by your surgeon.

**Meals:** Aim for 5-6 meals per day. Meals should be small. Do not overeat at any one time.

**Chewing/Swallowing:** Chew all your food very well. Take small bites, eat slowly, and *take plenty of time for each meal*.

**Liquids:** It is best to try to drink liquids 30 minutes before or after meals. If you do drink some liquid with your meals, do not exceed 4 ounces (1/2 cup). Avoid alcohol.

**Avoiding Gas:** *No carbonated beverages* for at least the first 1-2 months after surgery. Avoid drinking through a straw.

**Nausea or vomiting/retching:** If this occurs *contact your surgeon's office* for further instructions

## FULL LIQUID/PUREED DIET

**Milk and milk products:** Liquid milk (and milk alternatives), smooth ice cream and sherbet, yogurt (no pieces of fruit or seeds), strained cream soups (no tomato), custard, and pudding.

Small-curd cottage cheese is usually allowed.

**Protein drinks:** any smooth drink such as Carnation Instant Breakfast, Ensure, or Boost

**Juices:** No citrus, tomato, V-8, or any with pulp. All others ok.

**Other beverages:** Kool-Aid, Gatorade, and other beverages without pulp are fine. Coffee and tea are ok in moderation.

**Avoid carbonated beverages/soda, mint teas**

**Grains:** smooth and thinned cooked cereals such as Cream of Wheat

**Fruits and Vegetables:** Pureed only, without intact strings, seeds, or skins. Examples: smooth mashed potatoes, applesauce

**Soups:** Blenderized and/or strained soups (except tomato), broth

**Meats:** Blenderized/smooth and thinned

**Desserts:** smooth popsicles, Jell-O



# Nissen Soft Diet

Progress to this diet after advised to do so by your surgeon.

	Foods to Include	Foods to Avoid
<b>Milk and Milk Products</b>	All except those listed to avoid	Yogurt with large fruit pieces or peel, cheese with dried fruit pieces, ice cream or pudding with nuts added.
<b>Meat and Meat substitutes</b>	Finely ground meats with extra sauce or gravy, soft-cooked eggs (no fried eggs), tofu	Tough or crispy meats (bacon, fried chicken), meat with gristle, highly-seasoned meats such as sausage, meats with casings (e.g. hot dogs, bratwurst), peanut butter (unless blended in liquid like a smoothie), dried beans, lentils, nuts, and large seeds (e.g. blackberry).
<b>Vegetables</b>	Soft cooked vegetables without seeds or skins, such as well-cooked carrots, green beans, winter squash, yams and white potato (no skin). Low-pulp vegetable juices (except tomato).	Avoid all raw vegetables. Limit well-cooked (mushy), gas-producing vegetables such as broccoli, brussels sprouts, cabbage, cauliflower, onions, asparagus, peas, green peppers. Avoid vegetables with tough skins even after cooking, such as corn. Avoid all tomato products initially.
<b>Fruits</b>	All canned or cooked fruits are ok except those listed to avoid. Very soft, peeled fruit (peach, avocado) are fine. All juices are ok except citrus	Raw/crunchy fruits, pineapple, dried fruit, citrus, and fruit with large seeds or peel.
<b>Breads, Cereals, Starches</b>	Well-cooked white potato or yam (without skin), carrot, winter squash Well-cooked pasta and rice with sauce. Smooth cooked cereals such as Cream of Wheat, grits	Crackers, cold cereal, potato and corn chips, crispy fried potatoes, crispy or chewy bread products (e.g. croutons, French bread), popcorn.  <b><i>Bread products such as sliced bread, soft rolls, pancakes, waffles, muffins, and cake are ok ONLY if moistened (e.g. bread soaked in soup). Check with your surgeon before inclusion in your diet.</i></b>
<b>Desserts</b>	Plain pudding, custard, ice cream, gelatin desserts, popsicles	Avoid desserts containing coconut pieces, nuts, seeds, fresh fruit with skin, dried fruit, or mint extracts. No piecrust.



<b>Fats and Oils</b>	Butter, margarine, oil, mayonnaise, mild cream sauces and gravies, plain cream cheese	Highly-seasoned or spicy sauces, gravies, and salad dressings.
<b>Beverages</b>	All except those listed to avoid	Carbonated beverages, all citrus and tomato juices, peppermint and spearmint tea.
<b>Miscellaneous</b>	Salt, mild seasonings and herbs, ketchup, yellow mustard	Pickles, spicy sauces such as chili sauce/Sriracha, pepper, onion, and garlic seasonings

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