Diet after  **laparoscopic fundoplication and hiatal hernia repair**

## **Clear Liquid Diet**

**The first diet after surgery is the clear liquid diet. It includes the following liquids:**

* **Apple juice**
* **Cranberry juice**
* **Grape juice**
* **Chicken broth**
* **Beef broth**
* **Flavored gelatin (Jell-O®)**
* **Decaf tea and coffee**
* **Caffeinated beverages are permitted based on tolerance**
* **Popsicles**
* **Italian ice**

***Carbonated drinks (sodas) are not allowed for the first six to eight weeks after surgery. After this time you can try them again in small amounts.***

## **Full Liquid Diet**

**The full liquid diet contains anything on the clear liquid diet, plus:**

* **Milk, soy, rice and almond (no chocolate)**
* **Cream of wheat, cream of rice, grits**
* **Strained creamed soups (no tomato or broccoli)**
* **Vanilla and strawberry-flavored ice cream**
* **Sherbet**
* **Blended, custard styled or whipped yogurt (plain or vanilla only)**
* **Vanilla and butterscotch pudding (no chocolate or coconut)**
* **Nutritional drinks including Ensure®, Boost®, Carnation Instant Breakfast® (no chocolate-flavored)**

***Note: Dairy products, such as milk, ice cream and pudding, may cause diarrhea in some people just after surgery. You may need to avoid milk products. If so, substitute them with lactose-free beverages, such as soy, rice, Lactaid® or almond milks.***

## **Nissen Soft Diet**

|  |  |  |
| --- | --- | --- |
| **Food Category** | **Foods to Choose** | **Foods to Avoid** |
| **Beverages** | * **Milk, such as, whole, 2%, 1%, non-fat, or skim, soy, rice, almond** * **Caffeinated and decaf tea and coffee** * **Powdered drink mixes (in moderation)** * **Non-citrus juices (apple, grape, cranberry or blends of these)** * **Fruit nectars** * **Nutritional drinks including Boost®, Ensure®, Carnation Instant Breakfast®** | * **Chocolate milk, cocoa or other chocolate-flavored drinks** * **Carbonated drinks** * **Alcohol** * **Citrus juices like orange, grapefruit, lemon and lime** |
| **Breads** | * **Pancakes, French toast and waffles** * **Crackers (saltine, butter, soda, graham, Goldfish® and Cheese Nips®)** * **Toasted bread** | * **Untoasted bread, bagels, Kaiser and hard rolls, English muffins** * **Crackers with nuts, seeds, fresh or dried fruit, coconut, or highly seasoned, such as garlic or onion-flavored** * **Sweet rolls, coffee cake or doughnuts** |
| **Cereals** | * **Well cooked cereals, such as oatmeal (plain or flavored)** * **Cold cereal (Cornflakes®, Rice Krispies®, Cheerios®, Special K® plain, Rice Chex®and puffed rice)** | * **Very coarse cereal, such as bran, shredded wheat** * **Any cereal with fresh or dried fruit, coconut, seeds or nuts** |
| **Desserts**  ***Eat in moderation and do not eat desserts or sweets by themselves.*** | * **Plain cakes, cookies and cream-filled pies** * **Vanilla and butterscotch pudding or custard** * **Ice cream, ice milk, frozen yogurt and sherbet** * **Gelatin made from allowed foods** * **Fruit ices and popsicles** | * **Desserts containing chocolate, coconut, nuts, seeds, fresh or dried fruit, peppermint or spearmint** |
| **Eggs** | * **Poached, hard boiled or scrambled** | * **Fried eggs and highly seasoned eggs (deviled eggs)** |
| **Fats**  ***Eat in moderation.*** | * **Butter and margarine** * **Mayonnaise and vegetable oils** * **Mildly seasoned cream sauces and gravies** * **Plain cream cheese** * **Sour cream** | * **Highly seasoned salad dressings, cream sauces and gravies** * **Bacon, bacon fat, ham fat, lard and salt pork** * **Fried foods** * **Nuts** |
| **Fruits** | * **Fruit juice** * **Any canned or cooked fruit except those listed in the AVOID column** | * **ALL fresh fruits, such as citrus, bananas and pineapple** * **Canned pineapple** * **Dried fruits, such as raisins, berries** * **Fruits with seeds, such as berries, kiwi and figs** |
| **Meat, Fish, Poultry, and Dairy Products** | * **Meats may be ground, minced or chopped to ease swallowing and digestion** * **Tender, well cooked and moist cuts of beef, chicken, turkey and pork** * **Veal and lamb** * **Flaky, cooked fish** * **Canned tuna** * **Cottage and ricotta cheeses** * **Mild cheese, such as American, brick, mozzarella and baby Swiss** * **Creamy peanut butter** * **Plain custard or blended fruit yogurt** * **Moist casseroles, such as macaroni & cheese, tuna noodle** * **Grilled or toasted cheese sandwich** | * **Tough meats with a lot of gristle** * **Fried, highly seasoned, smoked and fatty meat, fish or poultry, such as frankfurters, luncheon meats, sausage, bacon, spare ribs, beef brisket, sardines, anchovies, duck and goose** * **Chili and other entrees made with pepper or chili pepper** * **Shellfish** * **Strongly flavored cheeses, such as sharp cheese, extra sharp cheddar, cheese containing peppers or other seasonings** * **Crunchy peanut butter** * **Any yogurt with nuts, seeds, coconut, strawberries or raspberries** |
| **Potatoes and Starches** | * **Peeled, mashed or boiled white or sweet potatoes** * **Oven-baked potatoes without skin** * **Well cooked white rice, enriched noodles, barley, spaghetti, macaroni and other pastas** | * **Fried potatoes, potato skins and potato chips** * **Hard and soft taco shells** * **Fried, brown or wild rice** |
| **Soups** | * **Mildly flavored meat stocks** * **Cream soups made from allowed foods** | * **Highly seasoned soups and tomato based soups, cream soups made with gas producing vegetables, such as broccoli, cauliflower, onion, etc.** |
| **Sweets and Snacks**  ***Use in moderation and do not eat large amounts of sweets by themselves.*** | * **Syrup, honey, jelly and seedless jam** * **Plain hard candies and plain candies made with allowed ingredients** * **Molasses** * **Marshmallows** * **Other candy made from allowed ingredients** * **Thin pretzels** | * **Jam, marmalade and preserves** * **Chocolate in any form** * **Any candy containing nuts, coconut, seeds, peppermint, spearmint or dried or fresh fruit** * **Popcorn, potato chips, tortilla chips** * **Soft or hard thick pretzels, such as sourdough** |
| **Vegetables** | * **Well cooked soft vegetables without seeds or skins, such as asparagus tips, beets, carrots, green and wax beans, chopped spinach, tender canned baby peas, squash and pumpkin** | * **Raw vegetables, tomatoes, tomato juice, tomato sauce and V-8® juice** * **Gas producing vegetables, such as broccoli, Brussel sprouts, cabbage, cauliflower, onions, corn, cucumber, green peppers, rutabagas, turnips, radishes and sauerkraut** * **Dried beans, peas and lentils** |
| **Miscellaneous** | * **Salt and spices in moderation** * **Mustard and vinegar in moderation** | * **Fried or highly seasoned foods** * **Coconut and seeds** * **Pickles and olives** * **Chili sauces, ketchup, barbecue sauce, horseradish, black pepper, chili powder and onion and garlic seasonings** * **Any other strongly flavored seasoning, condiment, spice or herb not tolerated** * **Any food not tolerated** |

## **Sample Menu**

|  |  |
| --- | --- |
| **Breakfast** | * **½ cup canned fruit (non-citrus)** * **½ to ¾ cup cereal** * **1 small pancake** * **1 tsp. margarine** * **1 tsp. jelly** * **½ cup 2% milk** * **1 tsp. sugar** |
| **Mid-Morning Snack** | * **2 graham crackers** * **1 T creamy peanut butter** * **1 tsp. jelly** * **1 cup tea** |
| **Lunch** | * **½ cup tuna salad (no raw vegetables)** * **3 to 4 saltine crackers** * **½ cup canned peaches** * **½ cup fruit juice (non-citrus)** * **1 tsp. mayonnaise** |
| **Mid-Afternoon Snack** | * **4 saltine crackers** * **1 T cream cheese** * **1 cup 2% milk** |
| **Dinner** | * **3 oz. roasted chicken (finely ground) with sauce** * **½ cup cooked white rice** * **¼ cup cooked carrots** * **½ cup canned pears** * **1 tsp. margarine** * **½ cup tea** * **1 tsp. sugar** |
| **Evening Snack** | * **¼ cup cottage cheese** * **½ cup applesauce** * **½ cup 2% milk** |

**Please note: You will need extra fluids throughout the day to meet your fluid needs.**