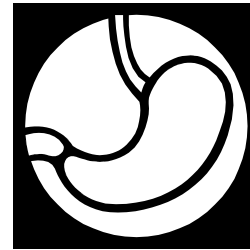




NIAGARA
HEALTH
SYSTEM

SYSTÈME
DE SANTÉ
DE NIAGARA



NUTRITIONAL GUIDELINES FOLLOWING NISSEN FUNDOPLICATION

This diet is designed to include foods and drinks that will pass more easily through your esophagus to your stomach post surgery.

Your diet will progress through the following stages:

- Day 1-3 clear fluid diet
- Day 4-6 full fluid diet
- Day 6 for 3-4 additional weeks- soft/moist diet

Please be aware that everyone's tolerance is different and your Doctor may have you advance more slowly, depending on your progress.

GENERAL GUIDELINES

- Always sit upright while eating or drinking
- Remain sitting upright for 30-60 minutes after eating a meal or snack
- Do not eat 3 hours before bed
- Eat small frequent meals (6-8 per day)
- Take small bites, eat slowly and chew well
- Avoid using straws
- Avoid chewing gum
- Avoid carbonated beverages
- Sip fluids/ do not gulp
- Prepare foods so that they are moist, soft and easy to swallow

CLEAR FLUID DIET

| FOOD GROUPS | FOODS TO CHOOSE | FOODS TO AVOID |
|-------------------------------|---|--|
| Milk and milk products | None | All |
| Fruits | Clear juices: NO PULP (apple, cranberry and grape are okay) | All juices containing pulp, nectars, prune juice, tomato or vegetable juices |
| Soups | Bouillon, consommé | All other soups |
| Desserts | Clear gelatin Popsicles | All others |
| Beverages (other) | Coffee, tea, crystal fruit drinks, sports drinks Clear nutritional supplements (such as boost fruit beverage) Water | All others including milk, cream, cocoa, chocolate popsicles carbonated beverages |
| Sweets | Honey, sugar | All others |

FULL FLUID DIET

| FOOD GROUPS | FOODS TO CHOOSE | FOODS TO AVOID |
|-------------------------------|--|--|
| Milk and milk products | All milk beverages : including chocolate milk, buttermilk, milkshakes (without pieces) yogurt (no pieces, plain or flavoured) hot chocolate or cocoa, Soy, rice or almond beverage | Products with added nuts, seeds, pieces of fruit |
| Cereals | Cream of wheat | All others with pieces of fruit, needs or seeds |
| Fruits and Vegetables | Fruit or vegetables juices without pulp | All others |
| Soups | Bouillon, consommé, streamed cream soup, pureed soups | All others |
| Desserts | Puddings, fruit whips, custards, yogurt, plain gelatin, ice cream, ice milk, popsicles, sherbet | All others made with coconut, fruit, nuts, seeds rice or tapioca puddings |
| Beverages | Crystal fruit drinks, sports drinks, coffee, tea, water Nutritional supplements such as Ensure, Boost | All others |
| Sweets | Honey, sugar, plain hard candy | All others |
| Seasonings | Ground seasonings as tolerated | |

SOFT/MOIST DIET

| FOODS GROUPS | FOODS TO CHOOSE | FOODS TO AVOID |
|------------------------------------|---|--|
| Milk and milk products | Cheese, cottage cheese, custard, ice cream, milk (all types), milkshakes and smoothies, yogurt (no seeds, chunks/ may be frozen) | Any products with added nuts, dried fruits or granola (example yogurt parfait or heavenly hash ice cream) Stringy cheeses |
| Breads and grains | Cereals: hot cereal and cold-well soaked in milk Noodles or pasta Moist rice | Bread (all types including: bagels, pita, muffins, toast, tortilla) Dry cereal, crackers pancakes or waffles |
| Meats and meat alternatives | Eggs(soft, cooked), Fish (except deep fried), tofu Finely chopped or pureed chicken, turkey, beef, pork or veal <u>with</u> a gravy or sauce Smooth peanut butter Canned or flaked meats or fish | Deep fried items, Tough/stringy meats (i.e. spare ribs), legumes (kidney beans, lentils, etc.), bacon, hot dogs, sausages, lunch meats, nuts, seeds, duck, goose Crunchy peanut butter Shellfish, sardines, anchovies |
| Fruits | Fruit juices Canned fruits (all types), applesauce, soft fresh peeled fruits | Citrus juices, citrus fruits dried fruits (raisins, currants) Hard textured fruits (ie: coconut) Fruits with seeds/skins |
| Vegetables | Canned vegetables, Well cooked vegetables (no skins) | Raw vegetables Fried items (french fries) |
| Soups | All types | |
| Fats/oils | Butter, margarine, cream cheese (plain), sour cream, gravy | Bacon, nuts |
| Other | Seedless jam or jelly Gelatin (jello), Marshmallows, Popsicles, sherbet, sorbet, gelato | Marmalades Carbonated beverages Cake, cookies, muffins, pastries, candy, toffee, licorice or gum, nuts, seeds, coconut, pickles, olives, popcorn, potato chips, pretzels, Cheezies, Spicy seasonings |

NUTRITIONAL SUPPLEMENTS

If you are unable to increase your calories and protein adequately through your food intake, a commercial nutritional supplement may help. These may be found at your local pharmacy or grocery stores

Powdered Mixes (mix with milk to drink):

Nestle Breakfast Anytime!
Slim Fast

Lactose-free, clear, fruit-flavoured beverages:

Boost fruit beverage

Lactose-free, milk-like beverages:

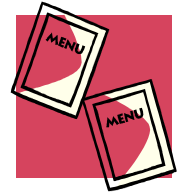
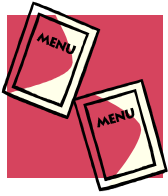
Boost, Boost High Protein, Boost Plus
Ensure, Ensure Plus, Ensure–High Protein, Ensure/fibre, Ensure pre-biotics, TwoCal HN
Boost Diabetic, Glucerna (for individuals with Diabetes)
Resource, Resource Plus, Resource 2.0
President’s Choice Ultrashake, President’s Choice Ultrashake Plus
Truly Nutrition Supplement, Truly Nutrition Supplement Plus (Zeller’s)
Life’s Super Shake, Life’s Super Shake Plus (Shopper’s Drug Mart)
Equate Nutritional Shake, Equate Nutritional Shake Plus, Equate Nutritional Shake–High Fibre, Equate Nutritional Shake–High Protein (Walmart)
Equate Meal Replacement, Equate Meal Replacement Plus, Equate Meal Replacement–High Fibre, Equate Meal Replacement–High Protein (Walmart)
WellQuest, WellQuest Plus (Henderson’s Pharmacy; Fonthill Pharmacy)
Rexall, Rexall Plus Calories (Pharma Plus Drugmart)

Puddings

Boost pudding
Ensure pudding

Protein powders

Resource Beneprotein



SAMPLE MENU

| | |
|------------------------|--|
| Breakfast | ½ cup canned fruit (non citrus) 1 cup cereal ½ cup low fat milk 1 soft cooked egg 1 cup decaf tea or coffee |
| Morning snack | ½ cup pudding ½ cup water |
| Lunch | 3 oz finely ground or pureed beef ½ cup mashed potatoes ½ cup soft cooked canned green beans ½ cup canned peaches 1 -2 tsp margarine *gravy if needed to moisten meat and potatoes ½ cup water |
| Afternoon snack | ½ cup yogurt (no seeds) ½ cup water |
| Supper | 1 cup soup 3 oz finely ground or pureed chicken ½ cup rice or small pasta noodle ½ cup carrots 1-2 tsp margarine *gravy if needed to moisten meat or potatoes ½ cup applesauce ½ cup milk |
| Evening snack | 1 cup cereal (well soaked if cold cereal) 1 cup low fat milk |

HIGH PROTEIN RECIPES

High protein milk

Ingredients

1 cup milk whole or 2%
4 tablespoons skim milk powder

Directions

Add skim milk powder to milk and mix until dissolved. Refrigerate overnight.
Try adding flavourings: vanilla extract, chocolate or strawberry syrup, and coffee.

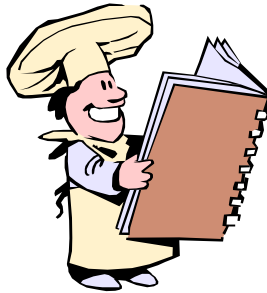
Power Shake

Ingredients

1 cup high protein milk
½ cup ice cream
½ tsp vanilla extract
2 Tbsp. butterscotch, chocolate or strawberry syrup

Directions

Mix ingredients together in a blender. Makes 1 serving.



DIETITIAN: _____

PHONE NUMBER: _____

Prepared by NHS Dietitians 2011

Adapted from:

- Manual of Clinical Dietetics, 2000
- Hamilton Health Sciences, 2009
- Capital Health Edmonton, 2005
- University of Pittsburgh Medical Center
- University of Virginia Medical Center, 2011
- Keystone Surgical Associates