



POST ESOPHAGECTOMY DIET

An esophagectomy is the surgical removal of all or part of the esophagus. Following your surgery, you may find that certain foods are difficult to swallow and cause discomfort. The following diet guidelines may help prevent difficulties. We recommend following this diet for 6-8 weeks after surgery. After that, slowly progress to your regular diet. Please note that everyone's tolerance and progress is different.

General Guidelines

- The head of your bed must be *permanently* elevated 6-8 inches (15-20cm).
- Sit up right when eating.
- Wait at least 1 hour after a meal before lying down.
- Eat six small meals per day. You should be eating something every 2-3 hours.
- Eat slowly, take small bites of food and chew your food well.
- Limit fluid consumption at meals. Drink your liquids 30-60 minutes before or after meals.
- Avoid acidic foods and very hot or very cold foods or liquids.
- To help prevent bloating, limit carbonated beverages and straws.
- To manage diarrhea, avoid foods high in sugar.
- **Weigh yourself weekly and record your weight on the chart provided below:**

Day									
Weight									

If you are losing weight please call your Surgeon or Dietitian

Recommended Diet:

Generally Well Tolerated	Generally Not Well Tolerated
<p><i>Grain Products:</i></p> <ul style="list-style-type: none"> • Oatmeal ,cream of wheat, well soaked cold cereal • Toasted bread, crackers, melba toast • Pasta and rice <p><i>Vegetables</i></p> <ul style="list-style-type: none"> • All soft cooked vegetables with skins and seeds removed (e.g. turnips, carrots, potatoes and parsnips) • All vegetable juices, tomato paste or sauce • Ripe fresh, soft fruit <p><i>Fruit:</i></p> <ul style="list-style-type: none"> • Soft, canned or fresh fruit with skins and seeds removed • All fruit juice <p><i>Meats and Alternatives:</i></p> <ul style="list-style-type: none"> • Ground, soft or tender meat/poultry/fish with sauce to moisten • Cottage cheese, cheese spread • Soft cooked eggs • Smooth peanut butter, legumes and lentils <p><i>Dairy:</i></p> <ul style="list-style-type: none"> • All <p><i>Other:</i></p> <ul style="list-style-type: none"> • Casseroles, stews, soups • Puddings, gelatin desserts • All fats and oils 	<p><i>Grain Products:</i></p> <ul style="list-style-type: none"> • Fresh or doughy breads, rolls, bagels and all those containing coconut, nuts, seeds or dried fruit • Granola <p><i>Vegetables:</i></p> <ul style="list-style-type: none"> • Raw vegetables; tough or stringy cooked vegetables(e.g. cabbage, potato skins, bean sprouts, spinach, brussel sprouts, asparagus) <p><i>Fruit:</i></p> <ul style="list-style-type: none"> • Apples, pears, pineapple, rhubarb, dried fruit, grapes, berries and kiwi <p><i>Meats and Alternatives:</i></p> <ul style="list-style-type: none"> • Dry, tough or stringy meat, fish or poultry • Hard cooked eggs • Nuts, seeds, crunchy peanut butter • Stringy, cooked cheese (e.g. Mozzarella) <p><i>Dairy:</i></p> <ul style="list-style-type: none"> • Yogurt containing coconut, nuts, seeds or dried fruit <p><i>Other:</i></p> <ul style="list-style-type: none"> • Popcorn, chips, tacos • Coconut, nuts and seeds • Carbonated beverages

If you have a poor appetite:

- Choose high calorie and high protein foods and beverages (High energy and high protein handout available from your Dietitian).
- Try nutritional supplements such as Ensure, Boost, Carnation Breakfast Anytime or other similar products.

Meal Suggestions:*Breakfast:*

- Toast with margarine and peanut butter, banana and vanilla yogurt
- Or
- Cheese omelet, toast with margarine and cantaloupe
- Or
- Cereal in milk and soft poached egg on toast with margarine

Lunch:

- Salmon salad sandwich with margarine and mayonnaise and a peeled peach
- Or
- Macaroni with cheese, cookies and milk

Dinner:

- Minced chicken with gravy, mashed potatoes with margarine and gravy, cauliflower with cheese sauce and butterscotch pudding

Snack Suggestions:

- Custards/puddings
- Cream soups
- Milk/Juice
- Egg/tuna/chicken/salmon salad sandwiches
- Crackers with margarine, cheese or peanut butter
- Plain yogurt with recommended fruit (e.g. banana, peeled peach)

Your Dietitian: _____ Phone #: _____

This handout was adapted from the Manual of Clinical Dietetics Esophageal Surgery patient resource.

Produced by Dietitians of the Niagara Health System, 2006

