

Fundoplication Diet

Why follow a diet for fundoplication?

You will need to follow this diet after you undergo a Nissen Fundoplication surgery and once your physician permits you to eat solid food. The diet is designed to help prevent uncomfortable side effects often associated with eating. The fundoplication diet is a temporary or “transitional” diet.

Goals of diet

- ◆To provide adequate energy and nutrients to support tissue healing following surgery.
- ◆To maintain or improve nutritional status and minimize weight loss.

The passageway within the body connecting the throat to the stomach, (the esophagus), becomes swollen and irritated temporarily after surgery. It is recommended to modify the texture, temperature, and the types of food you eat safely and nutritiously to assist the body heal.

How long do I need to follow the diet?

Individual diet progress varies depending on your ability to swallow and the degree of healing. It is recommended to follow the diet for about two weeks; it is important to advance to include chewable foods *slowly* as your swallowing ability improves and the swelling decreases. **INQUIRE WITH YOUR PHYSICIAN REGARDING DIET ADVANCEMENT.**

What can I eat?

Moist, cooked, finely minced foods are key terms to apply to food textures and consistencies when planning your meals and snacks. Your food should be cut in small pieces, the size of a small crouton, for adequate chewing and ease of swallowing and digestion.

Be extremely cautious eating meats, (beef, port, dry poultry), for two weeks following fundoplication surgery. Dry, solid, “heavy” foods such as whole meats are not well tolerated and should be temporarily limited/avoided to prevent further irritation to the esophagus.

Note: It is important to include all other diet modifications into your fundoplication meal plan, such as low sodium, diabetic restrictions, etc. as appropriate to your health status.

Tips for preparing your food

- ◆ Use well cooked, tender foods. Avoid “tough” meats and “doughy” breads.
- ◆ Add appropriate liquids to food to make it moist (i.e. broth, gravies, sauces)
- ◆ Add seasoning such as ground spices/herbs to make food more acceptable.
- ◆ Use a variety of foods to keep meals and snacks interesting.

Key Points to include in your diet

- ◆ To avoid “bloating” or excess gas, avoid using straws, slurping foods, chewing gum, sucking hard candy or ice cubes, and drinking carbonated beverages. Chew with mouth closed.
- ◆ Sit upright when eating. Remain in upright position for 40-60 minutes after eating. Avoid eating 2 hours before bedtime.
- ◆ Stop eating when you feel full.
- ◆ Sip liquids when taking solids at meals and snacks.
- ◆ Eat slowly and relaxed.
- ◆ Avoid extremely hot beverages and foods.
- ◆ Use the Food Guide Pyramid as a general guide to assist you meet your nutritional needs (attached).

Resource: Manual of Clinical Dietetics, sixth edition 2000, American Dietetic Association

Food Selection Guidelines Following Fundoplication Surgery

Food Group	Generally Well Tolerated	Avoid--- DO NOT
Beverages	All except those listed to avoid	Carbonated Drinks Extremely hot beverages
Milk/Milk Products	All except those listed to avoid	Any containing coconut, nuts, seeds, or dried fruit
Meat and Meat Alternatives EAT WITH EXTREME CAUTION	Tender, moist, finely minced meat, poultry, fish, with gravy or sauces Moist casseroles Stews, minced meat Soft cooked eggs Cottage cheese	Tough, dry stringy meats, (i.e. spareribs) Nuts, seeds Crunchy peanut butter Stringy cheese
Breads/Cereal	Hot Cereal Well-soaked cold cereals Pasta Moist rice Well chewed dry toast and crackers	Fresh or “doughy” bread Any containing coconut, nuts, sees, or dried fruit
Fruits	Canned/cooked fruit Ripe, fresh fruit with skins and seeds removed (i.e. peach, pear) Nectar Juice	Coarse, abrasive fresh fruit Dried fruit Coconut Seeds Skins
Vegetables	Well cooked, canned vegetables Use vegetables in stews, soups, casseroles, sauces	Coarse, abrasive raw vegetables (i.e. carrot, celery) Stringy or steamed/barely cooked vegetables (i.e. al dente)
Desserts and Snacks	Puddings, custards Gelatin Soft or well chewed cookies Cakes	Popcorn Chips Any containing coconut, nuts, seeds, or dried fruit
Fats and Oils	All	None