

Diet Guidelines for Nissen Fundoplication

Food Group	Allowed/Recommended	Avoid/Use Sparingly
breads/ starches 6 to 11 servings	<ul style="list-style-type: none"> ■ crackers softened in soup only ■ smooth, refined hot cereals such as Cream of Wheat® ■ thin mashed/baked potatoes (no skin) with butter, gravy or sour cream; mashed/soft rice or pasta 	<ul style="list-style-type: none"> ■ all breads ■ any other crackers, popcorn ■ dry cereals ■ any other potatoes, pasta, or rice
vegetables 3 or more servings	<ul style="list-style-type: none"> ■ cooked, soft vegetables or strained baby vegetables without seeds/skins 	<ul style="list-style-type: none"> ■ any others ■ gas-producing vegetables
fruit 2 or more servings	<ul style="list-style-type: none"> ■ soft fruits or strained baby fruits ■ canned or cooked fruit or fruit juice, except those listed in the “avoid” column 	<ul style="list-style-type: none"> ■ avoid skins and seeds ■ juices with pulp ■ raw or dried fruits
meat and substitutes 2 or more servings	<ul style="list-style-type: none"> ■ cubed, cooked meat or poultry softened with broth or cream soup ■ cottage cheese, mild cheeses, melted cheeses, cheese sauces or spreads ■ eggs used in puddings or egnogs ■ smooth peanut butter ■ flavored/plain yogurt 	<ul style="list-style-type: none"> ■ any others ■ dried beans, peas, lentils
milk 2 cups or the equivalent	<ul style="list-style-type: none"> ■ milk, milkshakes, egnog, malts, instant breakfast mixes, Sport Shakes® nutritional supplements, yogurt, puddings (These are all good sources of protein.) 	<ul style="list-style-type: none"> ■ none
soups and combination foods	<ul style="list-style-type: none"> ■ broth soups and strained cream soups; combination baby foods ■ spaghetti or soft casseroles 	<ul style="list-style-type: none"> ■ any others
fats and oils eat in moderation	<ul style="list-style-type: none"> ■ butter, margarine, half-and-half, whipping cream, sour cream, whipped toppings, gravy ■ mildly seasoned salad dressings 	<ul style="list-style-type: none"> ■ any others

(over)

Food Group	Allowed/Recommended	Avoid/Use Sparingly
desserts and sweets eat in moderation	<ul style="list-style-type: none"> ■ gelatin, fruit ice, sherbet, ice cream, ice milk, pudding, custard, yogurt ■ frozen desserts with no seeds or skin from fruits ■ strained baby desserts ■ sugar, honey, syrup, jelly 	<ul style="list-style-type: none"> ■ products that contain pieces of fruit, nuts, candy or chips ■ chocolate ■ jam, marmalade, preserves
miscellaneous	<ul style="list-style-type: none"> ■ ketchup, mustard and vinegar in moderation ■ salt, flavoring extracts, spices and herbs 	<ul style="list-style-type: none"> ■ fried/highly seasoned foods ■ pickles and olives ■ alcoholic beverages

Guidelines for Nissen Fundoplication

- Gradually, your diet will progress from liquids to minced (mechanical soft) foods, to solid foods.
- Limit liquids to ½ cup (4 ounces) with meals and 1 cup (8 ounces) with snacks. Drink liquids between meals as often as you like. Alternate a bite of food with a drink of liquids.
- Eat slowly. Take small bites and chew well.
- Avoid carbonated sodas and very cold beverages.
- Sit upright when you eat and remain upright for at least 20 minutes after eating.
- Sweet foods tend to cause quicker digestion. Eat sweet foods at the end of a meal.
- Foods that are soft and moist are easier to digest.
- Avoid drinking with a straw.
- Do not chew gum.
- Do not use chewing tobacco.
- Crush pills that are OK to crush for 2 weeks after your surgery.

When you go home, you should eat several small meals a day. This is because the total amount of food you can tolerate will be small at first. As long as you are not having any trouble tolerating foods, you can increase the amount of food you eat every 2 days.

For foods to eat and avoid, please see the list above.

Sample One-day Menu

Breakfast:

- 1 cup oatmeal
- 1 cup milk
- caffeine-free herbal tea

Lunch:

- 3 ounces beef patty (finely ground)
- ½ cup mashed potatoes
- ½ cup canned peaches
- 1 teaspoon margarine
- 1 cup milk

Snack:

- 8 ounces cottage cheese, sprinkled with cinnamon

Dinner:

- ½ cup cooked carrots
- ½ cup rice
- 3 ounces roast chicken (finely ground)
- 1 teaspoon margarine
- ½ cup canned pears
- ½ cup low-fat ice cream