

Esophagectomy Diet

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Your surgeon has removed part or all of your esophagus and a portion of your stomach. The esophagus is the tube that moves food from your mouth to your stomach.

The following eating plan will help you:

- get used to smaller food and drink portion size
- get enough calories and protein after surgery.

Your surgeon will talk with you when you can eat solid foods. Over the next several months you will become familiar with how much you can eat and drink and be comfortable.

For the first few weeks as you begin to eat it is important to keep a food journal. Write down what you eat and drink, how much you eat and drink, and any symptoms you have such as diarrhea, nausea or feeling full.

General Guidelines

These guidelines can help you avoid symptoms such as diarrhea, nausea, stomach cramps and feeling full too early:

- Eat 5 to 6 small meals a day.
- Sit up while you eat. Do not lie down for 30 to 60 minutes after eating.
- Eat slowly.
- Eat foods and drink liquids that are room temperature.

- Take small bites and chew your food well.
- Eat soft, bland foods that are high in fiber such as oatmeal and bananas.
- Drink 4 ounces (½ cup) of room temperature liquid with meals. Drink up to 8 ounces of liquid 1 hour before or after a meal.
- Ask your surgeon when you can again drink carbonated liquids such as soft drinks and fizzy water.

Get Enough Calories and Protein

- Eat foods that are high in calories and high in protein such as:
 - peanut, almond, cashew and soy butter
 - guacamole
 - hummus.
- Keep a supply of healthful snack foods.
- Eat your favorite foods any time of the day.
- Drink nutrition supplements or homemade milkshakes to replace a meal or snack.
- Make meals appealing:
 - Eat foods in a variety of colors and textures.
 - Serve small portions on salad plates.

(over)

Dumping Syndrome

Foods with sugar, candies, fruit juice and soda may cause water to collect in your stomach or small intestine. Food then moves too quickly through your small intestine and may cause some of the following symptoms.

- Early symptoms of dumping syndrome begin 20 to 30 minutes after a meal or snack and include:
 - abdominal pain
 - bloating
 - diarrhea
 - nausea.
- Late symptoms begin 1 to 3 hours after a meal or snack and include:
 - confusion
 - shakiness
 - sweating
 - weakness.
- Eating foods that contain fiber may help improve symptoms. Examples of foods high in fiber are:
 - apples
 - bananas
 - beans
 - nuts
 - oatmeal
 - spinach.

Trouble Swallowing

- Tell your surgeon if you have trouble swallowing.
- Eat soft, moist foods such as meatloaf and gravy, macaroni and cheese, mashed potatoes, pureed foods or liquid supplements.

Sample Menu

Breakfast

- ½ cup oatmeal
- 4 ounces milk
- ½ banana

Snack

- 6 ounces yogurt
- 4 ounces water

Lunch

- 4 ounces chicken soup
- ½ tuna salad sandwich

Snack

- 3 tablespoons hummus
- ¼ pita bread
- 4 ounces 100% juice or water

Dinner

- 3 ounces baked chicken
- ½ cup mashed potatoes
- ½ cup cooked carrots
- 4 ounces water

Snack

- ½ peanut butter sandwich
- 4 ounces milk

When to Call Your Surgeon

Call your surgeon if you:

- feel dizzy or lightheaded
- have nausea and vomiting that won't stop
- have pain or trouble when swallowing
- have any questions or concerns.

Food Group	Includes	Avoid or Use Sparingly
milk and dairy Choose lactose-free products if you have lactose intolerance after surgery.	<ul style="list-style-type: none"> ■ milk (all types) ■ yogurt without fruit ■ custard ■ ice cream without fruit ■ cottage cheese ■ cheese 	<ul style="list-style-type: none"> ■ ice cream or yogurt with chunks of fruit or nuts ■ chocolate milk or dairy products with added sugar
meat and plant proteins	<ul style="list-style-type: none"> ■ soft eggs (finely chopped) ■ tender, well-cooked or ground meats ■ tofu ■ casseroles ■ moist fish with no bones ■ creamy peanut butter 	<ul style="list-style-type: none"> ■ chunky peanut butter ■ fried, tough, chewy or stringy meat ■ lunch meats and hot dogs ■ dried beans and peas ■ chili and other spicy foods
fruits	<ul style="list-style-type: none"> ■ juices without pulp ■ canned fruits without sugar or syrup ■ fresh, peeled fruits: bananas, melons, apples 	<ul style="list-style-type: none"> ■ fresh fruit with skins or hard edges such as plums, peaches, nectarines, oranges and apricots ■ dried fruits such as prunes or raisins, coconut
vegetables	<ul style="list-style-type: none"> ■ well-cooked, soft or pureed vegetables without seeds or skins ■ strained vegetable juice 	<ul style="list-style-type: none"> ■ raw vegetables ■ vegetables with skins or seeds such as beets, broccoli, Brussels sprouts, collards, cabbage, cauliflower and corn
bread and starchy foods	<ul style="list-style-type: none"> ■ cooked cereal ■ mashed potatoes ■ baked potato without skin ■ soft, moist rice ■ pasta made from white or refined flour ■ dry cereals softened in milk 	<ul style="list-style-type: none"> ■ bread and toast ■ pancakes ■ waffles ■ dry cereals without milk ■ potato chips ■ popcorn ■ crackers
fats	<ul style="list-style-type: none"> ■ butter and margarine ■ oils ■ mayonnaise and salad dressings ■ cream: sour, whipping, coffee, cream cheese ■ gravy 	<ul style="list-style-type: none"> ■ bacon ■ nuts ■ fried foods
desserts	<ul style="list-style-type: none"> ■ sherbet ■ gelatin ■ puddings ■ all cake type desserts 	<ul style="list-style-type: none"> ■ cookies ■ pie crust ■ dry desserts ■ desserts with nuts or skins

Food Journal

List foods and drinks and how much of each

Symptoms you have
(diarrhea, nausea, feel full,
trouble swallowing)

Example
breakfast ½ cup oatmeal, 4 ounces milk, ½ banana

felt full half way through