

## Post - Nissen Diet

A soft food Diet



### General Guidelines:

1. Eat 4-5 **small** meals a day.
2. Chew all food thoroughly.
3. Take sips of liquid between bites of food to help swallowing.
4. Remain upright sitting while eating and 30-60 minutes after eating.
5. Foods should be prepared so that they are **moist, soft, and easily swallowed**.
6. Avoid carbonated beverages for at least 2 weeks since they produce gas and can cause burping which may be difficult with surgery.

The following list includes foods and beverages that are allowed and those that should be avoided for the first 4 weeks after a Nissen fundoplication surgery for gastro esophageal reflux disease (GERD). As the body heals, you can slowly and gradually resume a normal healthy diet. During follow up appointments your doctor or nurse will let you know if you can start eating different foods.

| Food Group               | Foods Allowed   | Foods to Avoid  |
|--------------------------|---|---|
| <b>Beverages</b>         | Drinks that are smooth and do not contain chunks, like milkshakes and smoothies made with soft fruits.  | Drinks that have firm chunks, like smoothies that cannot fit through a straw.   |
| <b>Soups</b>             | Strained broth<br>Bullion cubes<br>Strained broth-based soup<br>Soft cooked ramen noodles<br>Chicken noodle soup with soft noodles<br>Smooth creamy soups | Bean<br>Chili<br>Gumbo<br>Rice<br>Chunky soups like chowder   |
| <b>Meats and Protein</b> | Very finely ground meat and poultry in gravy or sauces<br>Soft scrambled eggs<br>Eggs finely chopped<br>Tofu<br>Moist fish                                | Meat or Poultry that is <b>not</b> finely ground<br>Bacon<br>Sausage<br>Nuts<br>Peanut Butter<br>Beans<br>Any fried foods |

| <b>Food Group</b>              | <b>Foods Allowed</b>   | <b>Foods to Avoid</b>   |
|--------------------------------|--|---|
| <b>Dairy</b>                   | Milk: All types<br>Yogurt<br>Custard<br>Ice Cream<br>Cottage cheese (small curd)<br>Soft cheeses, such as cream cheese<br>Velveeta<br>Melted cheeses | Yogurt and ice cream with nuts or chunks of food<br>Cold hard cheeses such as:<br>Parmesan<br>Cheddar<br>Swiss<br>Cheese spreads or balls with nuts, seeds or whole herbs in them |
| <b>Fruits</b>                  | All juices<br>Cooked or canned fruits<br>Fresh fruits that are pureed<br>Ripe bananas<br>Ripe avocado  | Fresh fruits with skins: (e.g. plums, peaches, citrus)<br>All fresh fruits unless pureed<br>Dried fruits<br>Coconut<br>Pineapple  |
| <b>Vegetables</b>              | Well-cooked soft or pureed   | All raw vegetables not pureed and strained  |
| <b>Bread and starchy foods</b> | Cooked cereal<br>Baked potato (without skin)<br>Soft moist rice<br>Noodles<br>Macaroni<br>Spaghetti<br>Dry cereals softened in milk                  | Bread<br>Pancakes<br>Waffles<br>Dry cereals without milk<br>Potato chips<br>Popcorn<br>Crackers   |
| <b>Fats</b>                    | Butter<br>Margarine<br>Mayonnaise<br>Salad dressings   | Any fried food<br>Any crispy food   |
| <b>Desserts</b>                | Sherbet<br>Gelatin<br>Puddings<br>All cake type desserts   | Cookies<br>Pie crust<br>Dry desserts<br>Any containing nuts or skins  |