



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Meal Planning for a Mushy Soft Diet After Nissen Fundoplication

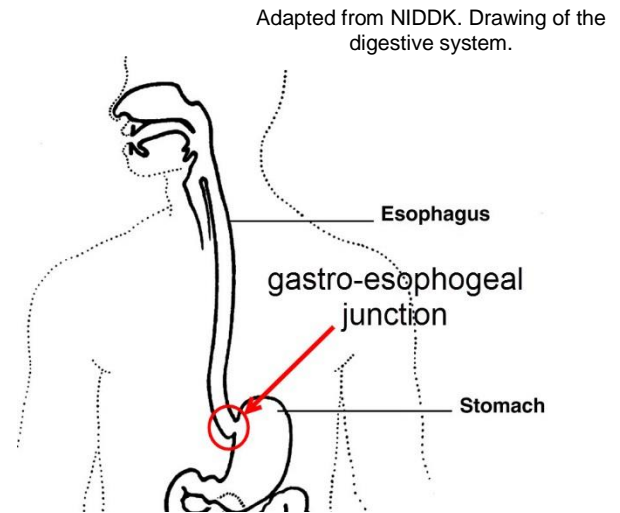
Name: _____ Date: _____

Dietitian: _____ Telephone: _____

Why is it necessary to follow this diet?

This diet is necessary for people who have had some types of esophageal surgeries. The **esophagus** is the passageway extending from the back of the mouth to the stomach.

Surgery in this area causes swelling at the gastro-esophageal junction. This is the place where your esophagus connects to the stomach. The diameter of this junction will be reduced because of this swelling.



To reduce pain and avoid blockage or other complications you will follow a diet of soft, easily chewed, and easily swallowed foods after the surgery.

Complications may result from swallowing foods that are too large or too rough in texture to pass through this swollen area. By simply modifying the texture of foods in your diet you will be able to easily meet your nutrition needs and, at the same time, allow your surgical site to heal properly

What are some general guidelines?

Do's:

- Prepare foods so that they are moist, soft, and easy to swallow, similar to baby food consistency. Chew your foods well.
- Try to eat 5 or 6 small meals rather than 3 large meals. Eat in a calm, relaxing environment

- It's suggested that you take one chewable multivitamin and mineral supplement per day for two months after surgery.
- Drink 5-6 (8-ounce) glasses of a nutrition supplement each day.

Don'ts

- Do not drink carbonated beverages. These include pop, beer, champagne, and sparkling beverages.
- Do not use straws for drinking.
- Avoid raw, crunchy fruits or vegetables - these foods have sharp edges which can irritate.
- Avoid dry bread products - these foods mix with your saliva and other fluids and may swell into a ball inside of your esophagus. This may cause irritation or blockage at the surgical site.
- Avoid large or tough pieces of meat - these can have difficulty passing from the esophagus into the stomach.

What are the contents of the diet?

Food Group	Allowed Food	Avoid
Bread and Starchy Foods	<ul style="list-style-type: none"> • Cooked Cereal • Baked potato (without skin) • Soft, moist rice • Pasta such as: <ul style="list-style-type: none"> ○ Spaghetti ○ Noodles • Dry cereals-Softened in milk except those listed to avoid 	<p>All breads:</p> <ul style="list-style-type: none"> • Toast • Rolls • Biscuits • English muffins • Muffins • Bagels • Cornbread • Pancakes • Waffles • Dry cereals: <ul style="list-style-type: none"> ○ Shredded wheat ○ Coarse, high fiber cereals • Popcorn • Crackers • French Fries • Lima beans • Pizza

Food Group	Allowed Food	Avoid
Vegetables	<ul style="list-style-type: none"> • Well-cooked soft or pureed vegetables • Tomato paste • Tomato puree 	<ul style="list-style-type: none"> • Corn • Raw vegetables • Deep fried vegetables
Fruits	<ul style="list-style-type: none"> • All juices • All canned fruits • Fresh fruits: <ul style="list-style-type: none"> ○ Banana ○ Cantaloupe ○ Melon (seeded) ○ Grapefruit sections (no membranes) ○ Berries ○ Avocado ○ Apple (peeled) ○ Pear (peeled) 	<ul style="list-style-type: none"> • Fresh fruit with skins: <ul style="list-style-type: none"> ○ Plums ○ Peaches ○ Nectarines ○ Oranges ○ Apricots • Dried Fruit
Milk and Milk Products	<ul style="list-style-type: none"> • Milk: All types • Yogurt • Custard • Ice Cream • Cottage cheese • Cheese 	Foods that may be difficult to swallow or cause discomfort
Meat and Meat Substitutes	<ul style="list-style-type: none"> • Soft eggs (eggs finely chopped) • Egg salad (eggs finely chopped) • Tofu • Poultry prepared: <ul style="list-style-type: none"> ○ Tender or chopped, well-cooked, soft, minced, with gravy or sauces added • Casseroles without meat • Moist fish 	<ul style="list-style-type: none"> • Hard boiled eggs • Dry poultry: <ul style="list-style-type: none"> ○ Chicken ○ Turkey • Peanut Butter <p>All meats except poultry in the allowed foods list</p>

Food Group	Allowed Food	Avoid
Fats	<ul style="list-style-type: none"> • Butter • Margarine • Mayonnaise • Salad dressings • Cream: <ul style="list-style-type: none"> ○ Sour ○ Whipping ○ Coffee • Cream cheese • Gravy • Olives 	<ul style="list-style-type: none"> • Bacon • Nuts Deep fried, crispy food
Desserts	<ul style="list-style-type: none"> • Sherbet • Gelatin, smooth or with allowed foods Puddings, smooth or with allowed foods 	<ul style="list-style-type: none"> • All cake-type desserts such as: <ul style="list-style-type: none"> ○ Brownies ○ Cakes ○ Doughnuts ○ Scones • Cookies • Pie crust • Dry desserts Desserts containing nuts or skins
Beverages Drink 5-6 (8-ounce) glasses of nutrition supplement each day	<ul style="list-style-type: none"> • Milk • Milkshake • Instant Breakfast <ul style="list-style-type: none"> ○ Ensure ○ Sustacal ○ Boost High calorie, high protein drinks (p. 6) 	Carbonated beverages

Turn the page for a sample menu 

What does a sample menu look like?

Breakfast:	Orange Juice Oatmeal Soft cooked egg Milk
Snack:	Yogurt
Lunch:	Cream of Tomato Soup Tuna noodle casserole Well cooked green beans Margarine Canned pears Milk
Snack:	Milkshake
Dinner:	Macaroni and cheese Well cooked peas Margarine Applesauce Pudding Milk
Snack:	Canned peaches Cottage cheese

What are some recipes for high calorie, high protein drinks?

Vanilla Milkshake- Makes 1 cup			
Vanilla ice cream	½ cup	Calories	289 per cup
Whole milk	½ cup	Protein	12 g
Skim milk powder	1 Tbsp.	Fat	13 g
Vanilla	⅛ tsp.	Carbohydrates	31 g
Chocolate Milkshake- Makes 1 cup			
Chocolate ice cream	½ cup	Calories	321 per cup
Whole milk	½ cup	Protein	11 g
Skim milk powder	1 Tbsp. + 1 tsp	Fat	13 g
Chocolate syrup	1 Tbsp.	Carbohydrates	40 g
Swiss Miss Drink- Makes 1 cup			
Vanilla ice cream	1 cup	Calories	470 per cup
Whole milk	¼ cup + 2 Tbsp.	Protein	14 g
Swiss Miss mix	1 pkg. or ⅓ cup	Fat	18 g
		Carbohydrates	60 g
Peanut Butter Drink- Makes 1 cup			
Heavy whipping cream	½ cup	Calories	829 per cup
Smooth peanut butter	3 Tbsp.	Protein	15 g
Chocolate Syrup	3 Tbsp.	Fat	65 g
Vanilla ice cream	½ cup	Carbohydrates	46 g
Creamy Milkshake- Makes 1 cup			
Vanilla ice cream	½ cup	Calories	670 per cup
Heavy whipping cream	½ cup + 2 Tbsp.	Protein	16 g
Sugar	1 Tbsp.	Fat	54 g
		Carbohydrates	30 g

Fortified Shake*- Makes 2 cups			
Vanilla ice cream	2 cups	Calories	410 per cup
Vanilla Instant breakfast	1 pkg.	Protein	12 g
Whole milk	1 cup	Fat	9 g
		Carbohydrates	50 g
*can make chocolate fortified shake by using chocolate ice cream.			

Fortified Shake*- Makes 2 cups			
Vanilla ice cream	2 cups	Calories	410 per cup
Vanilla Instant breakfast	1 pkg.	Protein	12 g
Whole milk	1 cup	Fat	9 g
		Carbohydrates	50 g
*can make chocolate fortified shake by using chocolate ice cream.			

Fortified Creamsicle Shake- Makes 2 cups			
Whole milk	1 cup	Calories	335 per cup
Vanilla Carnation Instant Breakfast	1 pkg.	Protein	4 g
		Fat	6 g
Orange sherbet**	1 ½ cup	Carbohydrates	65 g
Vanilla ice cream	½ cup		
**or try raspberry			

Note: Calorie/protein amounts for all milkshakes vary with different ice cream brands.

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