



Meal Planning for a Mushy Soft Diet After Laparoscopic Myotomy

Name: _____ Date: _____

Dietitian: _____ Telephone: _____

Why is it necessary to follow this diet?

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

What are some general guidelines for following this diet?

- Foods should be prepared so that they are moist, soft, and easy to swallow.
- All beverages are encouraged except carbonated beverages. These include pop, beer, champagne, and sparkling beverages.
- It's suggested that you take one chewable multivitamin and mineral supplement per day for two months after surgery.
- Straws should not be used for drinking.
- Drink 5-6 (8-ounce) glasses of a nutrition supplement each day.

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 	<ul style="list-style-type: none"> • All breads: <ul style="list-style-type: none"> ○ Toast ○ Rolls ○ Biscuits ○ English muffins ○ Muffins

	<ul style="list-style-type: none"> ○ Noodles ● Dry cereals-Softened in milk except those listed to avoid 	<ul style="list-style-type: none"> ○ 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
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
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

Food Group	Allowed Food	Avoid
Meat and Meat Substitutes	<ul style="list-style-type: none"> ● Soft eggs (eggs finely chopped) ● Egg salad (eggs finely chopped) ● Tofu 	<ul style="list-style-type: none"> ● Hard boiled eggs ● Dry poultry: <ul style="list-style-type: none"> ○ Chicken ○ Turkey ● Peanut Butter

	<ul style="list-style-type: none"> • 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"> • All meats except poultry in the allowed foods list
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

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 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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