

# 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 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> <li>Cooked Cereal</li> <li>Baked potato (without skin)</li> <li>Soft, moist rice</li> <li>Pasta such as: <ul> <li>Spaghetti</li> <li>Noodles</li> </ul> </li> </ul>	All breads:     Toast     Rolls     Biscuits     English muffins     Muffins     Bagels     Cornbread

	Dry cereals-Softened in milk except those listed to avoid	<ul> <li>Pancakes</li> <li>Waffles</li> <li>Dry cereals: <ul> <li>Shredded wheat</li> <li>Coarse, high fiber</li> <li>cereals</li> </ul> </li> <li>Popcorn</li> <li>Crackers</li> <li>French Fries</li> <li>Lima beans</li> <li>Pizza</li> </ul>
Vegetables	<ul><li>Well-cooked soft or pureed vegetables</li><li>Tomato paste</li><li>Tomato puree</li></ul>	<ul><li>Corn</li><li>Raw vegetables</li></ul>
Fruits	<ul> <li>All juices</li> <li>All canned fruits</li> <li>Fresh fruits: <ul> <li>Banana</li> <li>Cantaloupe</li> <li>Melon (seeded)</li> <li>Grapefruit sections <ul> <li>(no membranes)</li> <li>Berries</li> <li>Avocado</li> <li>Apple (peeled)</li> <li>Pear (peeled)</li> </ul> </li> </ul></li></ul>	<ul> <li>Fresh fruit with skins:</li> <li>Plums</li> <li>Peaches</li> <li>Nectarines</li> <li>Oranges</li> <li>Apricots</li> <li>Dried Fruit</li> </ul>
Milk and Milk Products	<ul> <li>Milk: All types</li> <li>Yogurt</li> <li>Custard</li> <li>Ice Cream</li> <li>Cottage cheese</li> <li>Cheese</li> </ul>	Foods that may be difficult to swallow or cause discomfort

Food Group	Allowed Food	Avoid
Meat and Meat Substitutes	<ul> <li>Soft eggs (eggs finely chopped)</li> <li>Egg salad (eggs finely chopped)</li> <li>Tofu</li> <li>Poultry prepared:</li> </ul>	<ul> <li>Hard boiled eggs</li> <li>Dry poultry: <ul> <li>Chicken</li> <li>Turkey</li> </ul> </li> <li>Peanut Butter</li> <li>All meats except poultry in the allowed foods list</li> </ul>

	<ul> <li>Tender or chopped, well-cooked, soft, minced, with gravy or sauces added</li> <li>Casseroles without meat</li> <li>Moist fish</li> </ul>	
Fats	<ul> <li>Butter</li> <li>Margarine</li> <li>Mayonnaise</li> <li>Salad dressings</li> <li>Cream: <ul> <li>Sour</li> <li>Whipping</li> <li>Coffee</li> </ul> </li> <li>Cream cheese</li> <li>Gravy</li> <li>Olives</li> </ul>	<ul><li>Bacon</li><li>Nuts</li><li>Deep fried, crispy food</li></ul>
Desserts	<ul> <li>Sherbet</li> <li>Gelatin, smooth or with allowed foods</li> <li>Puddings, smooth or with allowed foods</li> </ul>	<ul> <li>All cake-type desserts such as:</li> <li>Brownies</li> <li>Cakes</li> <li>Doughnuts</li> <li>Scones</li> <li>Cookies</li> <li>Pie crust</li> <li>Dry desserts</li> <li>Desserts containing nuts or skins</li> </ul>
Beverages Drink 5-6 (8-ounce) glasses of nutrition supplement each day	<ul> <li>Milk</li> <li>Milkshake</li> <li>Instant Breakfast <ul> <li>Ensure</li> <li>Sustacal</li> <li>Boost</li> </ul> </li> <li>High calorie, high protein drinks (p. 6)</li> </ul>	Carbonated beverages

# What does a sample menu look like? Orange Juice **Breakfast:** Oatmeal Soft cooked egg Milk Snack: **Yogurt** Cream of Tomato Soup Lunch: Tuna noodle casserole Well cooked green beans Margarine Canned pears Milk Snack: Milkshake Macaroni and cheese Dinner: 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	⅓ tsp.	Carbohydrates	31 g
Chocolate Milkshake- M	akes 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- Make	s 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 1/3 cup	Fat	18 g
		Carbohydrates	60 g
Peanut Butter Drink- Ma	kes 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 breakfast1 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		Protein	4 g
Breakfast	1 pkg.	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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