

AspireAssist[®]

Dietary

Information

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A. After the tube is placed in your stomach but before the port is attached:

For the first 1-2 days consume only liquids. Then, consume your regular diet but start making healthier food choices, lean proteins and non-starchy vegetables. It is very important to start chewing your food very well, about 25-30 times before swallowing. Basically, you should be pureeing your food in your mouth.

B. After the port is attached:

First Week – Stage 1

Food: Pureed, foods that do not need chewing. See examples below. For other foods, you will need to use a food processor or blender to puree your food to the consistency of applesauce. This will require adding some liquid such as broth or water.

Purpose: To consume foods that can be aspirated easily while learning how to use the device.

Fluids: Drink at least one 16-ounce bottle of water with each meal to help the flow of stomach contents through the tube.

Utensils: Use a baby spoon, espresso spoon or Godinger 3-piece Diet Tools® cutlery.

Aspirate: After each of 3 meals. Keep snacks to a minimum or eliminate them entirely as you do not generally aspirate after snacks.

Stage 1 Foods that do NOT need to be pureed		
<u>High Protein Foods</u>	<u>Fruits and Vegetables</u>	<u>Grains and Carbohydrates</u>
Cottage cheese (Fat free, 1% or 2%)	Applesauce (No sugar added)	Watery mashed potatoes
Ricotta cheese Fat free, Lite or Part Skim)	Baby food vegetables	Watery oatmeal or other hot cereal without any lumps
Yogurt without bits of fruit (Fat free or Light)	Baby food fruits	
Hummus		
Split pea soup without carrots or ham.		

Second Week – Stage 2

Food: Soft or ground food, foods that need a little chewing
Each bite should be *smaller than a pencil eraser* and pureed in your mouth before swallowing. *Eat slowly!*

Purpose: To consume foods that can still be aspirated easily.

Fluids: Drink at least one 16-ounce bottle of water with each meal to help the flow of stomach contents through the tube.

Utensils: Use a baby fork or Godinger 3-piece Diet Tools® cutlery.

Aspirate: 20-30 minutes after each of 3 meals. Keep snacks to a minimum or eliminate them entirely as you do not generally aspirate after snacks. Keep an aspiration journal.

Stage 2 Food Suggestions		
<u>High Protein Foods</u>	<u>Fruits and Vegetables</u>	<u>Grains and Carbohydrates</u>
Ground meats, including hamburger, meatball and meatloaf	Well-cooked and finely chopped vegetables	Cold cereal in milk
Scrambled or poached eggs	Soft fresh fruits²	Soft bread, cut into eraser-size bites
Soft fish¹ (boiled, baked or broiled)	Canned fruits	Well-cooked pasta
Tuna salad without anything added (e.g. celery, onions)		
Finely chopped nuts		
Casseroles with ground meat and finely chopped vegetables		

1-Soft fish: Sole, flounder, whiting, pink salmon, scallops, crab, rainbow trout

2-Banana, melons, pears, raspberries, blackberries, strawberries, mango, papaya

Foods to avoid during Stage 2: Steak, chicken (except ground), shrimp, raw vegetables, leafy salads, fruits with tough skins or flesh (examples: apple, oranges or grapefruit)

Third Week – Stage 3

Food: Regular food.

No piece of food should be larger than a pencil eraser before swallowing. It is easier to chew a small bite well than it is a large bite. *Eat slowly!*

Fluids: Drink at least one 16-ounce bottle of water with each meal to help the flow of stomach contents through the tube.

Utensils: Use a baby fork or Godinger 3-piece Diet Tools® cutlery.

Aspirate: After each of 3 meals. Keep snacks to a minimum or eliminate them entirely as you do not generally aspirate after snacks.

Aspiration should be as easy as during Stages 1 and 2 and should not take longer than 5-10 minutes. You should be able to remove about 30% of the meal.

Acceptable Beverages Between Meals		
Water	Broth	Coffee
Tea	CORE Organic	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	Bai	Sugar free frozen fruit pops
No sugar added frozen fruit pops	Sugar free hot cocoa	Diet soda

Call your dietitian with any diet-related questions.

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