

Post
Stomach and
Esophagus
Surgery
Dietary
Information

Stage 1

- DURATION: When approved by your surgeon.
- FOOD/BEVERAGES: Liquids and water – **1 to 2 ounces every 20 minutes while awake**
- SUGGESTIONS:
- 1) Sip slowly.
 - 2) Stop sipping as soon as you feel full. Never force yourself to finish. “When in doubt, wait it out!”
 - 3) Don’t drink anything that is very hot or very cold.

Stage 2

- DURATION: For 2 weeks after Stage 1.
- FOOD/BEVERAGES: Pureed foods and liquids.
No more than 3-4 ounces of food every 3 hours.
Slowly drink up to 4 ounces of liquids at one time. Wait 30 minutes before drinking again.
- SUGGESTIONS:
- 1) Eat slowly. Use a baby spoon or an espresso spoon to eat.
 - 2) Make sure that your food is the consistency of applesauce or baby food.
 - 3) Cheese, split pea soup, creamy peanut butter and jarred baby food do not need to be pureed.
 - 4) Mix baby food fruit into cottage cheese
 - 5) Melt low fat shredded cheese into fat free refried beans.
 - 6) Puree a meatball made with pasta sauce.
 - 7) Puree chili. Wendy’s makes a tasty, low fat, high protein chili.

STAGE 3

- DURATION: For 2 weeks after Stage 2
- FOOD/BEVERAGES: Soft solid food and liquids
- SUGGESTIONS:
- 1) Slowly eat small amounts of food. Take bites that are no bigger than the size of a dime and chew till mush before swallowing.
 - 2) Make sure that your foods are moist as dry foods can get stuck.

SOFT SOLID FOODS

Milk Group (High Protein)

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
Non-fat, fat free, lite or light yogurt, flavored or plain	

Protein Group (High Protein)

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
Fin fish, lobster, shrimp, scallops, crab	Clams, mussels, oysters, squid, octopus
<i>Ground</i> lean meat	All meats <i>except</i> pureed or ground*
<i>Ground</i> chicken or turkey <u>breast</u>	All poultry <i>except</i> pureed or ground chicken or turkey breast
<i>Soft cooked</i> eggs and egg substitutes	Hard boiled eggs
Beans (legumes)	
All cheese <i>with 3g of fat or less per serving</i>	
Tofu, miso paste, tempeh	Seitan

Vegetable Group

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
<i>Soft cooked</i> artichoke (leaf tips and bottom), beets, cabbage, carrots, onion, mushrooms, sauerkraut, turnips and <i>skinless</i> eggplant, summer squash, tomato and zucchini	All <i>raw</i> vegetables All cooked vegetables not listed on left

Fruit Group

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
<i>Canned</i> fruit packed in <i>water or natural juice</i>	
<i>Unsweetened</i> applesauce	
Banana, kiwi, melon, papaya, mango, raspberries, strawberries and <i>peeled</i> apricot, nectarine, peach or plum	All <i>raw</i> fruit not listed on left

Starch Group

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
Oatmeal, cream of wheat or rice, farina or grits, all <i>without any lumps</i>	Cooked multi-grain cereals, hot cereals with nuts and/or dried fruit
Soups that contain fish, ground turkey or chicken breast, pureed or ground lean meat or soft cooked vegetables	Soups with meat*, poultry, clams, oysters, mussels, octopus, and/or squid
<i>Low fat</i> cream soups	
<i>Toasted</i> bread, bread sticks, crackers, melba toast, matzoth, rice cakes	<i>Toasted</i> rolls, bagels
Corn, peas, lima beans, plantains, potatoes, yams, winter squash, yucca	
<i>Unsweetened</i> corn, wheat or oat bran flakes and Special K	All other <i>unsweetened</i> , cold cereals not listed on left
	Pasta*, noodles, rice* and other grains

***NOTE: Beef (except ground), rice and pasta should be avoided for 3 months after surgery.**

Fat Group

<i>SOFT SOLID FOODS</i>	FOODS TO AVOID
Avocado, butter, cream cheese, margarine, mayonnaise, Miracle Whip, oils, olives, creamy peanut butter, salad dressing, sour cream, tahini paste <i>NOTE: Choose the light or low fat versions or limit the amount of full fat versions. Choose natural PB without sugar.</i>	Bacon, nuts, seeds, crunchy peanut butter

STAGE 4

DURATION: On-going after the 2 weeks on soft solid foods.
FOOD: Regular solid food but bread and red meat should not be consumed unless all other foods are well tolerated.

If you have any questions about your diet, call Nancy Restuccia, MS, RD, CDN at 212-305-0118 or your surgeon.