



## **Nutrition Guidelines After a Nissen Surgery**

### **Why do I need this diet?**

This diet is designed to include foods and drinks that will pass more easily over the area that was operated on. This diet will also help you get enough calories and protein. This will help you heal and return to your normal life as soon as you are able.

### **How long will I have to follow this diet?**

You will need to follow this diet for about 3-4 weeks after surgery. Once your body has had time to heal, you can slowly resume a normal, healthy diet. At your first post-operative appointment, your doctor or nurse will let you know if you can start eating different foods. Keep in mind that you may always need to eat small, frequent meals.

### **Guidelines**

1. For the first two weeks after surgery, limit intake to full liquids. Full liquids are foods like broths, strained cream soups, milk, milkshakes, pudding, custard, popsicles, sherbet, vegetable and fruit juices, and other drinks that are not carbonated. See below for more ideas.
2. Eat 4-5 small meals a day.
3. Eat slowly, take small bites, and fully chew all food.
4. Sit upright while eating and remain upright for 30-60 minutes after eating.
5. Ask your physician or dietitian if any vitamin or mineral supplementation is necessary for you.
6. Prepare foods so that they are moist, soft, and easy to swallow.
7. All drinks are allowed except those that are carbonated, such as soda, beer, and champagne. Carbonated drinks should be avoided for life, as most people have trouble belching.
8. Nutrition supplements or homemade milkshakes can be used to replace meals or snacks. You may need this if you feel like you are having trouble taking in enough calories or protein. The examples below can be a part of a full-liquid diet. If you have trouble tolerating these products, try mixing them with ice cream or whole milk.
  - Carnation<sup>®</sup> Breakfast Essentials<sup>™</sup> mixed with milk, Ensure<sup>®</sup>, Boost<sup>®</sup>, or store brand equivalent – choose the “plus” kind for the most calories.

<b>Food Group</b>	<b>Include</b>	<b>Avoid</b>
Milk and Milk Products	Milk: All types Yogurt Custard Ice Cream Cottage Cheese Cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs (eggs finely chopped) Tofu Casseroles Moist Fish	Meat and poultry (chicken or turkey) Peanut butter
Fruits	All juices All canned fruits Fresh fruits/peeled: bananas, melons (seeded), berries, apples	Fresh fruit with skins: plums, peaches, nectarines, oranges, apricots Dried fruits
Vegetables	Well-cooked, soft, or pureed	Raw vegetables
Bread and Starchy Foods	Cooked cereal Mashed potatoes Baked potato (without skin) Soft, moist rice Noodles Macaroni Spaghetti Dry cereals softened in milk	Bread Pancakes Waffles Dry cereals without milk Potato chips Popcorn Crackers
Fats	Butter Margarine Mayonnaise Salad dressings Cream: sour, whipping, coffee Cream cheese Gravy	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet Gelatin Puddings All cake type desserts	Cookies Pie crust Dry desserts Desserts with nuts or skins

**Note for Patients with Lactose Intolerance:**

If you have lactose intolerance, lactose free nutritional supplements are available, such as Ensure<sup>®</sup> or Boost<sup>®</sup> (or store brand equivalents) and Resource<sup>®</sup> Breeze. Although yogurt contains lactose, it is usually well tolerated by individuals with lactose intolerance. Soy milk and Lactaid<sup>®</sup> milk are also good options. Try blending these with frozen fruits to make a low-lactose smoothie.

***Low-lactose smoothie ideas:***

- 1 cup frozen or fresh fruit
- 1 small frozen banana (optional)
- ½ cup yogurt
- ½ cup fruit juice or supplement (Ensure<sup>®</sup>, Boost<sup>®</sup>, etc) of your choice
  - You may choose to add a tablespoon of honey or sugar
  - You may also try adding one of the following for a twist: cinnamon, nutmeg, cloves, ginger or vanilla extract