



## Post-op Foregut Diet

### Phase 1

- Start with a full liquid diet, focusing on protein containing liquids. Boost, Ensure, or Unjury protein supplements are acceptable. You can also use a blender, as long as fluids can go through a strainer.
- Once you tolerate liquids without difficulty, you can advance to a soft diet.

### Phase 2

- Soft foods should be a very soft consistency – crushable with a plastic fork.
- Chew foods very well before swallowing; allow 20-30 minutes per meal.
- Eat every 3-4 hours, have 3 small meals and 2-3 small snacks
- This diet is typically followed for at least 2 weeks after surgery or until otherwise directed by your surgeon.

Acceptable Foods	Foods to Avoid
<ul style="list-style-type: none"> <li>• Eggs or egg beaters</li> <li>• Greek yogurt</li> <li>• Cottage cheese</li> <li>• Cheese sticks or shredded cheese</li> <li>• Soft fish (salmon, white fish, tuna)</li> <li>• Beans, lentils, or lentil soup</li> <li>• Tuna or egg salad</li> <li>• Refried beans</li> <li>• Protein shakes</li> <li>• Loosely cooked/crumbled ground turkey, chicken, or beef</li> <li>• Thinned oatmeal or cream of wheat</li> <li>• Over cooked, soft/mushy vegetables</li> <li>• Fruits canned in natural juices</li> <li>• Pureed food</li> </ul>	<ul style="list-style-type: none"> <li>• Solid/Tough meats: chicken, steak, hamburgers, hot dogs, pork chops, meatloaf, etc.</li> <li>• Bread, rice, pasta, macaroni and cheese</li> <li>• High-fat foods</li> <li>• High-sugar foods</li> <li>• Raw vegetables</li> <li>• Junk food</li> <li>• Crunchy foods (chips, popcorn, nuts, pumpkin and sunflower seeds)</li> </ul>

<ul style="list-style-type: none"><li>• Sweet potatoes, well cooked, no skin</li><li>• Winter squash, well cooked, no skin</li><li>• Applesauce</li><li>• Tomato, carrot ginger or butternut squash soup</li></ul>	
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### **Phase 3**

- After you tolerate the soft diet without difficulty for at least a week, you can advance to regular diet
- Remember to still moisten solid foods well and chew thoroughly
- If you experience trouble swallowing, back up to soft diet for several days
- If you still experience trouble, please contact your surgeon