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Diet after a Nissen Fundoplication

After a Nissen fundoplication, you may experience difficulty swallowing due to swelling at the site of the surgery. The increased tightness of the LES may also cause you to swallow more air when you eat. To speed your recovery, we recommend you follow a soft diet, and follow these suggestions:

(Please be aware that Nutritional Counseling will meet with you while at the hospital, please follow their recommendations. The information below is just a suggestion.)

- Eat small, frequent meals to prevent your stomach from stretching. We recommend eating 6 times per day, or every 2 to 3 hours.
- Eat foods that are easy to swallow and digest. These usually consist of soft, moist foods such as soup, gelatin, pudding, and yogurt. Avoid gummy foods such as bread and tough meats.
- Take small bites, chew your food well, and avoid gulping. This helps prevent gas build-up and aids in swallowing.
- To prevent swallowing air, which produces excess gas, avoid drinking through a straw and don't chew gum or tobacco. Also avoid caffeine, carbonated drinks, alcohol, citrus, and tomato products.
- Avoid any foods that you know cause stomach gas and distention, including corn, beans, peas, lentils, onions, broccoli, cauliflower, and cabbage.
- Use a blender to puree foods, such as soup or fruit, to a tolerable consistency.
- Remember to chew food well before swallowing. To preserve nutrients when cooking foods, steam, or microwave vegetables. When boiling potatoes, peel them after cooking.

The Soft Diet

A soft diet serves as a transition from liquids to a regular diet. It generally eliminates foods that are difficult to chew or swallow and also spicy, fried, or gas-producing foods.

DO NOT EAT FOODS BELOW:

• Tough meats • Raw fruits and vegetables • Chewy or crispy breads • Nuts and seeds • Fried, greasy foods • Spicy foods • High fiber foods like whole grain breads and cereals.

After Nissen Fundoplication surgery, your diet will change slowly from clear liquids to full liquids to a soft diet and then progress to a regular diet. A soft diet is recommended for the first 2 to 6 weeks following surgery. You will then slowly advance to a regular diet, depending on your progress and tolerance for food. The foods tolerable on this diet can vary greatly from one person to the next. Use the guidelines below to choose a soft diet and adjust it according to your own needs.



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Unless your dietitian or healthcare provider gives you different instructions, you can use these guidelines to help you decide which soft foods to eat. If you can't tolerate a food, avoid that food for a few weeks before you try it again.

Eating Guide for a Soft Diet

Food Group	Foods Allowed	Foods to Avoid
Meats and meat substitutes	Chicken, turkey, fish, tender cuts of beef and pork, ground meats, eggs, creamy nut butters, tofu, skinless hot dogs, sausage patties without whole spices	Tough fibrous meats with gristle, meat with casings (hot dogs, sausage, kielbasa), lunch meats with whole spices, shellfish, beans, chunky peanut butter, nuts
Fruits and juices	Fruit juices without pulp, banana, avocado, peeled apples and applesauce, canned peaches and pears, cooked fruit without skin/seeds, peeled ripe peaches and pears, ripe seedless melon	Juices with pulp, fresh fruit (except allowed peeled fruits), dried fruits, canned fruit cocktail and pineapple, coconut, frozen/ thawed berries
Vegetables	Well-cooked or canned vegetables without seeds or skin, potatoes without skin, tomato paste, puree & smooth sauces, vegetable juice, vegetable juice without pulp, olives	Raw or lightly cooked vegetables such as Brussels sprouts, broccoli, cabbage, onions, dark leafy greens, bell peppers, summer squash, corn (fresh, frozen, or canned), stewed tomatoes, potato skins, sauerkraut, pickles
Cereals and grains	Low-fiber dry or cooked cereals, white rice, pasta, macaroni, or noodles made with white or refined flour	Cereals with nuts, berries, dried fruits, whole grain cereals, bran cereals, granola or raw oats, brown/wild rice, pasta, macaroni, or noodles made with whole grain flour, barley, quinoa, popcorn
Breads and crackers	Breads and rolls made with white or refined flour, plain white bagel or toast, plain crackers made with white or refined flour, graham crackers	Breads and rolls made with whole grain flour, breads and rolls made with raisins, nuts or seeds, multigrain crackers
Dairy	Milk, powdered milk, evaporated milk, non-dairy milk kefir, cheese, yogurt, cottage cheese	Any dairy product mixed with fresh fruit (except allowed peeled fruits), berries, nuts or seeds, and granola
Desserts	Plain cake, pudding, custard, smooth ice cream, sherbet, gelatin, fruit whips, smooth milkshakes, marshmallows, cookies without dried fruits or nuts, snack chips and pretzels	Any dessert that contains nuts, dried fruits, coconut, or fruits with seeds
Herbs & Spices	All ground spices or herbs, salt	Whole spices like peppercorns, whole cloves, anise seeds, celery seeds, rosemary, caraway seeds, and fresh herbs
Snacks/other foods	Sugar, honey, smooth jelly without seeds, mayonnaise, smooth mustard, soy sauce, oil, butter, margarine, marshmallows	Carbonated beverages, jams, or jellies with seeds