

Thoracic Surgery Esophagectomy Diet

Many procedures performed on the esophagus require a slow and gradual progression of foods back into your diet. This diet is a guide to help you understand the diet that your provider has prescribed following your hospital stay.

Clear Liquid Diet

When beginning to eat, you will follow a clear liquid diet, which includes:

- Clear juice (apple, grape, and cranberry)
- Clear broth (chicken, beef, and vegetable broth without vegetables or meat)
- Flavored gelatin (Such as Jell-O®)
- Tea and coffee
- Clear Ensure

Sodas (carbonated drinks) are not allowed for 6-8 weeks after surgery. After this time, you can try sodas in small amounts if cleared by your surgeon. Please avoid the use of straws for the first 6-8 weeks as well as they may increase air intake and bloating.

Full Liquid Diet

A full liquid diet contains all the liquids of the clear liquid diet, and in addition:

- Blended yogurt (**not** with pieces of fruits or seeds)
- Smoothies
- Cream of wheat or cream of rice cereal
- Ice cream
- Instant breakfast drinks and liquid nutritional supplements (such as Boost® or Ensure®)
- Milk
- Pudding
- Sherbet
- Strained cream soups (**not** tomato or broccoli)

Note: Dairy products may cause diarrhea right after surgery. Dairy products include things like milk, cottage cheese, ice cream, and pudding. You may need to avoid dairy products at first. Try them in small amounts as you advance your diet. You can also try products that are reduced lactose or lactose free.

Soft Diet (remain on this diet until you are seen in the office by your surgeon)

A soft diet consists of bland, lower-fat, soft foods, and drinks. See below for recommended foods and foods to avoid. A general rule for soft diets is food that can be eaten if you had no teeth and had to gum the food.

Patient Education

Please crush all meds and put in a small amount of Jell-o, applesauce, or pudding.

Soft Diet

| Food Group | Foods to Choose | Foods to Avoid |
|---------------------------------|---|---|
| Breads | <ul style="list-style-type: none"> pancakes, waffles, and French toast crackers toasted bread | <ul style="list-style-type: none"> bread, bread products, and crackers that contain nuts, seeds, fresh or dried fruit, or coconut or are highly seasoned, (i.e. garlic or onion flavored crackers) |
| Cereals | <ul style="list-style-type: none"> any cereals (except those listed as foods to avoid) | <ul style="list-style-type: none"> coarse cereals such as bran, Grape Nuts®, and granola any cereals with fresh or dried fruit, coconut, seeds, or nuts |
| Desserts | <ul style="list-style-type: none"> plain cakes, cookies, and pies pudding and custard ice cream, ice milk, frozen yogurt, and sherbet gelatin made from allowed foods | <ul style="list-style-type: none"> desserts that contain chocolate, coconut, nuts, seeds, fresh or dried fruit, peppermint, or spearmint |
| Beverages | <ul style="list-style-type: none"> regular milk tea or coffee powdered drink mixes non-citrus juices such as cranberry, grape, apple, or blends of these nectars | <ul style="list-style-type: none"> sodas and other carbonated beverages alcoholic drinks citrus juices such as orange, grapefruit, lemon, and lime drinks that contain herbal ingredients, such as St. John's wart or ginseng |
| Eggs | <ul style="list-style-type: none"> any (except those listed as foods to avoid) | <ul style="list-style-type: none"> fried eggs and highly seasoned eggs, such as deviled eggs |
| Fats (eat in moderation) | <ul style="list-style-type: none"> butter and margarine mayonnaise and vegetable oils mildly seasoned salad dressings made with allowed ingredients plain cream cheese | <ul style="list-style-type: none"> highly seasoned salad dressings, cream sauces, and gravies bacon, bacon fat, ham fat, lard, and salt pork fried foods nuts |
| Fruits | <ul style="list-style-type: none"> any canned or cooked fruits or fruit juice (except those listed as foods to avoid) | <ul style="list-style-type: none"> all fresh and dried fruits fruits with seeds or skin, such as berries, figs, and raisins all citrus fruits and juices ripe bananas |

Patient Education

Soft Diet (continued)

| Food Group | Foods to Choose | Foods to Avoid |
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| Meats, fish, poultry, and cheese | <ul style="list-style-type: none"> finely ground lean beef, lamb, pork, veal, fish, and poultry prepared any way except fried cottage and ricotta cheese mild cheeses such as American, brick, baby Swiss, or mozzarella smooth peanut butter plain, flavored, or fruited yogurt (except those listed as yogurts to avoid) casseroles and stews prepared with allowed ingredients | <ul style="list-style-type: none"> tough meats with gristle fried, highly seasoned, smoked, and fatty meats, fish, or poultry such as frankfurters, lunch meats, sausage, bacon, spareribs, beef brisket, sardines, anchovies, duck, and goose chili and other spicy foods shellfish strongly flavored cheeses such as sharp cheese and cheese that contains peppers or other seasoning crunchy peanut butter any yogurt that contains nuts, seeds, coconut, strawberries, or raspberries |
| Potatoes and starches | <ul style="list-style-type: none"> peeled white or sweet potatoes rice and barley pastas, such as enriched noodles, spaghetti, and macaroni | <ul style="list-style-type: none"> Fried potatoes, potato skins, and potato chips Fried, brown, or wild rice Popcorn |
| Soups | <ul style="list-style-type: none"> Mildly flavored meat stocks Cream soups made with allowed ingredients | <ul style="list-style-type: none"> Highly seasoned soups and tomato-based soups |
| Sweets (eat in moderation with a meal) Note: If dumping syndrome occurs, you may need to avoid these | <ul style="list-style-type: none"> Sugar, syrup, honey, jelly, and seedless jam Unfilled hard candies and plain candies made with allowed ingredients Molasses Other candy made with allowed ingredients | <ul style="list-style-type: none"> Jam, marmalade, and preserves Marshmallows Any candy that contains nuts, seeds, fresh or dried fruit, coconut, peppermint, or spearmint |
| Vegetables | <ul style="list-style-type: none"> Cooked vegetables without seeds or skins, such as asparagus tips, baby peas, beets, carrots, chopped | <ul style="list-style-type: none"> Raw vegetables Tomatoes, tomato juice, tomato sauce, and vegetable juice (e.g., V-8®) |

Patient Education

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| | spinach, green and wax beans, and winter squash | <ul style="list-style-type: none">• Gas-producing vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, corn, cucumbers, green peppers, onions, radishes, rutabagas, sauerkraut, and turnips• Dried beans, peas, and lentils |
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