Esophageal Soft Diet

Follow these guidelines for 6 weeks after your surgery or dilation. **If you have an esophageal stent, you will need to follow this diet as long as your stent is in place.** This diet includes soft, moist foods and fluids that are easy to swallow. It is important to follow this diet to avoid foods that may irritate your throat or block your stent.

**Diet guidelines**

1. Eat and drink slowly. Take small bites and chew solid foods very well.
2. Eat 6 small meals per day.
3. Use sauces and gravies to moisten food. Cut food into small pieces. Do not swallow any hard chunks.
4. Take a sip of liquid after each bite and at the end of your meal.
5. Stop eating when you start to feel full.
6. Avoid very hot or very cold food or drinks.
7. Sit upright when eating and stay upright for at least 45 minutes after eating. Stop eating and drinking 3 hours before bedtime.
8. To avoid gas or bloating: do not use straws, chew gum, or eat hard candies, mints, or lozenges. Avoid carbonated (bubbly) drinks like pop. Chew food with your mouth closed.
Step 1: Purée Diet
Have only liquids and smooth puréed foods such as:

› Water, juice, milk.
› Milkshakes.
› Smooth yogurts, puddings.
› Broth, strained or blended soups.
› Ice cream, sherbet, sorbet.
› Jell-O® (soften Jell-O® to a liquid in your mouth before swallowing).
› Carnation Breakfast Anytime®, Ensure® or Boost®-type drinks.
› Store-bought bottled puréed meat, vegetables, and fruit (no chunks).
› Campbell’s Trepuree® frozen puréed entrees, homemade strained puréed foods.
› Foods should be the consistency of smooth applesauce or pudding with no chunks or strings.
› Limit yourself to 1 cup (250 ml) per hour for the first 1-2 days, and consume slowly.
› Your dietitian can give you the booklet *How to Purée Foods*.

› Campbell’s Trepuree® Frozen Entrees are available for purchase from the VON in some communities.

› Include 3-4 commercial or homemade (see recipes) high-protein high-calorie drinks daily, such as Ensure®, Boost®, or Carnation Breakfast Anytime®.

› For extra calories, choose Ensure Plus® or Boost Plus Calories®.

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**Step 2: Esophageal Soft Diet**

<table>
<thead>
<tr>
<th>Best choices</th>
<th>Foods to avoid</th>
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</thead>
<tbody>
<tr>
<td>Grain products</td>
<td>• Fresh “doughy”</td>
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<tr>
<td>• Cooked cereal and dry cereal that softens easily with milk</td>
<td>or crusty bread, muffins, biscuits, pancakes, waffles</td>
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<tr>
<td>• Pasta and soft, moist rice in soups and sauces</td>
<td>• Granola, Shredded Wheat®</td>
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<tr>
<td>• Crushed crackers and pieces of bread with crusts off, soaked in soup</td>
<td>• Breads and cereals containing seeds, nuts, coconut, and dried fruit</td>
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<tr>
<td>Best choices</td>
<td>Foods to avoid</td>
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<tr>
<td><strong>Vegetables and fruit</strong></td>
<td>• Raw or stir-fried vegetables, salads, coleslaw</td>
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<tr>
<td>• Soft, very well-cooked vegetables with skins removed, chopped fine and used in soups, sauces, and stews</td>
<td>• Tough or stringy cooked vegetables (such as spinach, celery, whole peas, whole green and yellow beans, Brussels sprouts, stewed and diced tomatoes, asparagus, corn)</td>
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<tr>
<td>• Soft, moist mashed or scalloped potatoes in gravy or sauce</td>
<td>• Raw fruit (bananas are OK)</td>
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<tr>
<td>• Canned, ground, or crushed tomatoes, tomato juice, and tomato soup</td>
<td>• Pineapple, grapes, kiwi, grapefruit, oranges, rhubarb, berries</td>
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<tr>
<td>• Minced yellow or green beans and minced peas in gravy or sauce</td>
<td>• Dried or candied fruit (raisins, currants, dates)</td>
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<tr>
<td>• Canned and cooked fruit with peels removed</td>
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<tr>
<td>• Ripe banana</td>
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<tr>
<td>• Applesauce, apple blends</td>
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<td><strong>Best choices</strong></td>
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<tr>
<td><strong>Milk products</strong></td>
<td>• Stringy cooked cheese, such as melted cheddar or mozzarella</td>
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<tr>
<td>• Milk, smooth yogurt, pudding, ice cream, mousse, creamy cottage cheese, thin cheese sauce</td>
<td>• Hard cheese</td>
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<td></td>
<td>• Yogurt with nuts or granola</td>
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<tr>
<td><strong>Meat and alternatives</strong></td>
<td>• Dry, tough, or stringy meats</td>
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<tr>
<td>• Minced tender meat, poultry, or boneless fish, always in gravy, sauce, or broth</td>
<td>• Bacon</td>
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<tr>
<td>• Scrambled, poached, or soft-boiled eggs, chopped and topped with melted margarine or sauce</td>
<td>• Nuts and seeds</td>
</tr>
<tr>
<td>• Well-cooked, tender legumes and lentils in soup or sauce (for example, <strong>soft</strong> baked beans)</td>
<td>• Hard-boiled and fried eggs</td>
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<tr>
<td></td>
<td>• Peanut butter (unless blended in a smoothie)</td>
</tr>
</tbody>
</table>
Best choices | Foods to avoid
---|---
Other
• Nutritional beverages such as Ensure®, Boost®
• Milkshakes, Carnation Breakfast Anytime®
• Commercial eggnog, sherbert, Jell-O®

• Popcorn, chips, tacos
• Foods containing coconut, nuts, seeds, or dried fruit
• Pickles, olives
• Gelatin-type candies (gum drops, jelly beans)
• Cake, pie, pastry

Note: Ask your dietitian if you should take a liquid or chewable multi-vitamin mineral supplement. Chew tablets completely and have a drink to help any particles go down.
High-Protein High-Calorie Drink Recipes

High-Protein Milk
• 1 cup (250 ml) whole milk
• ¼ cup (60 ml) skim milk powder
Add powder to milk. Mix until dissolved. Refrigerate.
Makes 1 serving.
Energy: 260 calories
Protein: 19 grams
Can be used:
› As a beverage, in milkshakes
› On cereal and cooked or puréed fruit
› In soups, puddings, cream sauces, and mashed potatoes

High-Protein Milkshake
• 1 cup (250 ml) whole milk
• ½ cup (125 ml) plain ice cream or frozen yogurt
• ¼ cup (60 ml) skim milk powder
• ½ cup (125 ml) fruit (try bananas or peaches)
Place ingredients in blender. Blend ingredients together until smooth. Refrigerate.
Makes 1 serving.
Energy: 345 calories
Protein: 22 grams
For safe use of homemade drinks

1. Keep drinks refrigerated and throw out after 24 hours.

2. Do not keep drinks at room temperature for longer than 2 hours.

3. Do not add raw eggs to your blended drinks. Egg beaters® or Naturegg Break-Free™ commercial egg substitutes can be used. These are found in the cold or frozen section at your local grocery store.