

## Fundoplication Diet

This information is for patients who have recently had a Hiatal hernia repair and fundoplication. The diet will help prevent excess gas, bloating, and swallowing problems

### Keeping Your Stomach from Stretching

- Eat small, frequent meals (6 to 8 per day). This helps consume the majority of the nutrients you need without causing your stomach to feel full or distended.
- Large amounts of fluids with meals can stretch your stomach. You may drink fluids between meals, but limit to 1/2 cup (4 oz) with meals and one cup (8 oz) with snacks.
- Sit upright while eating and stay upright for 30 mi after each meal. Gravity Helps! Do not lie down after meals. Sit upright for 2 hr after your last meal or snack of the day.
- Eat very slowly. Chew food well. Take small bites. Chop meats in small pieces
- Avoid crusty breads, crackers, and sticky, gummy foods
- Cold drinks, ice cream and popsicles can cause contraction of the esophagus and subsequent food harder to swallow. Try to limit these for after meals or snacks.
- Lastly, if you eat sweets, consume them at the end of your meal to avoid a group of symptoms referred to as “dumping syndrome”. This describes the rapid emptying of foods from the stomach to the small intestine. Sweetened beverages, candy, and desserts move more rapidly and dump quickly into the intestines. This can cause symptoms of nausea, weakness, cold sweats, cramps, diarrhea, and dizzy spells.

**Avoiding Gas:** Avoid drinking through a straw. Do not chew gum or tobacco. These actions cause you to swallow air, which produces excess gas in your stomach. Chew with your mouth closed. Avoid any foods that cause stomach gas and distention. These foods include corn, dried beans, peas, lentils, onions, broccoli, cauliflower and any food from the cabbage family. Avoid carbonated drinks, alcohol, citrus, and tomato products.

**Clear Liquid Diet** The first diet after surgery is the clear liquid diet. It includes the following liquids: Apple juice, Cranberry juice, Grape juice, Chicken broth, Beef broth, Flavored gelatin (Jell-O®), Decaf tea and coffee, Popsicles, Italian ice

**Carbonated drinks (sodas) are not allowed for the first six to eight weeks after surgery. After this time you can try them again in small amounts.**

**Full Liquid Diet:** The full liquid diet contains anything on the clear liquid diet, plus: Milk, soy, rice and almond (no chocolate). Cream of wheat, cream of rice, grits, Strained creamed soups (no tomato or broccoli), Vanilla and strawberry-flavored ice cream, Sherbet Blended, custard styled or whipped yogurt (plain or vanilla only). Vanilla and butterscotch pudding (no chocolate or coconut), Nutritional drinks including Ensure®, Boost®, Carnation Instant Breakfast®

Food Group	Choose	Avoid
Beverages	Milk, Caffeinated Tea/Coffee, Non-citrus juices (apple, grape, cranberry), Fruit nectar, Boost, Ensure, Carnation	Chocolate Milk, Cocoa, Alcohol, Carbonated Drinks, Citrus (OJ, lemon, tomato)
Breads	Pancakes, French toast	Crackers, Bagels, English muffin, Doughnuts, Doughy breads
Cereals	Oatmeal (plain and flavored), Cheriots, Rice Krispies, Cornflakes, Special K	Bran, shredded wheat. Cereal with dried fruit, seed or nuts.
Potatoes and Starches	Mashed, boiled white/sweet potatoes, Baked potatoes w/o skin. Well cooked rice, noodles, barley, spaghetti	Fried potatoes, Potato chips, hard/soft taco shells. Fried, brown, or wild rice
Eggs	Poached, boiled, or scrambled	Fried or seasoned (devil) eggs
Vegetables	Well cooked, soft without seeds (beets, asparagus tips, carrots, spinach, squash, pumpkin)	Raw vegies, gas producing (corn, onion, broccoli, cauliflower, pepper, brussel sprouts, cabbage, pickle, olives, radish), Tomato juice/soup. Dried beans, lentils
Fruits (no skin)	Fruit juice, Canned or cooked fruit	All fresh fruit (citrus, banana, pineapple, apple), Dried fruits, Fruits with seeds (berry, kiwi)
Meat, Fish, Poultry	Tender, well cooked, moist cuts (beef, chicken, turkey, pork, veal, lamb), Flaky/ cooked fish, Canned tuna,	Fried, seasoned or smoked meat/fish/poultry (ribs, sausage, bacon, duck, goose). Sardines, anchovies, Chilli, Shellfish
Dairy	Cottage and ricotta, American, mozzarella, baby swiss. Blended fruit yogurt, Mac& cheese,	Crunchy peanut butter. Yogurt with nuts, seeds, berries. Strongly flavored (pepper) cheese, cheddar
Soups	Flavored meat stocks, cream soups from allowed foods	Seasoned or tomato soups, Creamed soup with vegies to avoid
Deserts	Plain cakes, cookies, creamed filled pies. Vanilla or butterscotch pudding, Gelatin. Popsicles. Ice cream and frozen yogurt in moderation	Deserts with chocolate, coconut, nuts, seeds, peppermint, dried fruit
Sweet	Syrup, honey, jelly, seedless jam. Plain hard candy. Marshmallows	Marmalade, Chocolate. Popcorn, potato chips, Pretzel
Misc.	Salt, mustard, vinegar, butter, margarine, mayo, plain cream cheese, sour cream	Fried, salad dressing, Chilli, ketchup, BBQ. Garlic, pepper, onion seasoning. Bacon/ham/pork fat

