

► **Indication**

This diet is used for patients who have had surgery on the esophagus and stomach.

► **Description**

This diet contains foods that are soft, easy to swallow and are not irritating to the esophagus.

It is important that foods consumed be smooth in texture to facilitate the movement of food through the swollen areas of the esophagus or stomach. Bread products that can expand with fluid are avoided entirely.

► **Nutrition Adequacy**

This diet meets the Dietary Reference Intakes (DRI) for most nutrients.

<u>Food</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Beverages	All except alcohol	Alcohol
Breads	Pureed pancakes, waffles, French toast,	All breads and sweet breads; rolls, biscuits, cornbread, saltine and graham crackers, dressing or stuffing. Breads and crackers containing coarse whole grains, bran, nuts or seeds
Cereals	Cream of wheat and rice, grits, oatmeal, Malt-O-Meal, cornmeal, puffed wheat, puffed rice, cornflakes and other refined cereals	Cereals containing coarse whole grains, bran, nuts, seeds; i.e., bran flakes, shredded wheat, granola
Desserts	Gelatin desserts, fruit ices, smooth ice cream and sherbet, plain pudding, custard plain cakes, plain frosting,	Pastries, pies and other desserts containing nuts, seeds, coconut, dried fruit, fruits with small seeds plain cookies. Pastries and pies without seeds, nuts or coconuts
Fats and Oils	Butter, margarine, mayonnaise, vegetable oil, mildly seasoned salad dressing containing allowed ingredients, plain gravies, cream sauces	Fried foods, highly seasoned gravy
Fruits	All fruit juices; all baked, canned, cooked fruit (without seeds, membranes or tough skins), fresh ripe banana, peeled ripe apricot, peach, nectarine and pear;	All fresh and dried fruits with seeds or skins; i.e. grapes, dates and figs Fresh orange, grapefruit,

<u>Food</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
	Note: citrus fruit without membranes (oranges, lemons, limes, tangerines or grapefruit) may be irritating to the esophagus	tangerine, mandarin oranges, lemon, or lime sections with membrane
Meat, Fish, Egg Cheese	Well cooked tender lean beef, veal, lamb, liver, fresh pork, fish, and poultry with gravy or sauce or in soups Meat should be broiled, baked, stewed, roasted, or creamed. Meat may be ground or chopped, fish may be flaked Eggs (except fried) Cooked beans Casseroles with ground or flaked meat, i.e. tuna noodle casserole Smooth peanut butter Soft cheeses such as parmesan or ricotta, cottage cheese, cream cheese	Stringy or fibrous meats Shrimp, crab, lobster Highly cured, seasoned, smoked, pickled meats and fish (i.e., frankfurters, cold cuts, corned beef, sausage), fatty or tough meats; fried meat, fish, poultry, strong flavored cheeses. Fried eggs, bacon, sausage American, Cheddar, Jack, Swiss, or Mozzarella cheese
Potato and Starches	Potatoes: baked (no skin), boiled, scalloped or mashed potatoes, with gravy or sauce Rice with sauce or gravy Mashed sweet potatoes (no skin), Noodles, macaroni, pasta	Any starch without sauce or gravy Fried potatoes, potato chips, wild rice
Soup	Creamed and broth-base soups using allowed ingredients	Any made with ingredients to be avoided, i.e. chili, bean soup, split pea, lentil, corn chowder
Vegetables	Canned or cooked vegetables without seeds or skins; artichokes, asparagus, beets, carrots, pureed corn, eggplant, green or wax beans, green peas, spinach, squash, tomatoes, mushrooms, pumpkin, pimento; all vegetable juices; tomato sauce and paste; iceberg or butter lettuce	All raw vegetables (except iceberg, butter lettuce), broccoli, Brussels sprouts, cabbage, celery, cauliflower, dried split peas, beans, lentils, whole or creamed corn, lima beans, onions, rutabagas, turnips
Sweets	Sugar, honey, molasses, syrup, jelly, plain candy, chocolate without nuts, coconut or dried fruit	Jam with seeds, marmalade, candy with nuts, coconut or dried fruits
Miscellaneous	Mild mustard, soy sauce, smooth peanut butter, vinegar, catsup, salt, seasonings and spices such as lemon, pepper as	Highly seasoned foods, condiments not tolerated by patient, mustard seed, pickles,

<u>Food</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
	tolerated, cocoa powder. As tolerated by patient; mustard, chili powder, basil, thyme, nutmeg	popcorn, olives, nuts, coconut, crunchy peanut butter, chili pepper, garlic. All others not tolerated by patient.

Sample Daily Menu

Breakfast	Lunch	Dinner
½ c. Apple Juice ½ c. Cream of Wheat ® 1 Scrambled Egg 1 Banana 1 c. Low fat Milk 6 oz. Coffee Sugar and Salt	6 oz. Tomato Basil Soup 3 oz. Roast Turkey with Gravy ½ c. Mashed Potatoes with Gravy ½ c. Dilled Carrots ½ c. Diced Peaches 16 oz. Iced Tea Sugar and Salt	6 oz. Vegetable Soup 4 oz. Turkey Meat Sauce 2/3 c. Pasta ½ c. Green Beans ½ c. Chocolate Pudding 1 c. Low Fat Milk 6 oz. Coffee Sugar and Salt

Reference:

USC Keck Medical Center. Esophageal Soft Diet. Accessed December 10, 2012.