

SURGICAL FUNDOPLICATION DIET

Fundoplication is a surgical procedure used to treat gastroesophageal reflux disease (GERD). Classic symptoms of GERD include burping, heartburn, chest pain, cough, or bad taste in the mouth and are caused by the contents of the stomach refluxing or flowing back into the esophagus (food pipe). This occurs when the muscle between the stomach and the esophagus becomes weak. Fundoplication is a surgery where the upper part of the stomach is wrapped around the esophagus to tighten the connection between the two and prevent the stomach contents from refluxing into the esophagus. To learn more about fundoplication surgery before your procedure, please visit uclahealth.org/esophageal-center/nissen-fundoplication

After your fundoplication, please follow this diet for maximum healing. This diet will help you get the calories, protein, vitamins and minerals you need to maintain overall health while you are unable to eat solid foods. For the first 1-2 weeks after surgery, you will be on a blenderized diet. If your surgeon feels that you are ready, you will add in soft foods the following week, and finally transition to a regular diet a week later (except for breads and solid meat). Breads and solid meats can be resumed 6 weeks after surgery if approved by your surgeon.



Foods to Avoid During the Entire Healing Process

- Food and drink that triggered your reflux in the past
- Carbonated beverages
- Alcohol
- Spicy foods
- Extreme temperatures – very hot or very cold
- Gas-forming, acid-producing foods, or foods that slow gastric emptying such as tomato-based products, peppermint, black pepper, caffeinated drinks, onions, green peppers, fatty foods, beans and citrus fruits
- Fiber supplements



General Tips

- Try not to vomit, cough, retch or strain so that your new valve can heal in the proper shape.
- To avoid chest pain take small bites and chew for 30 seconds.
- Over-the-counter, anti-gas medications (such as simethicone) before meals may be helpful.
- Remain in an upright position for 1 hour after eating.
- Do not eat for at least 2 hours before bedtime.
- Do not use straws.
- Restaurant foods are not recommended during the first few weeks.
- Do not smoke.

Weeks 1-2 / Blenderized Diet

The good news is you can eat ANY food you want, as long as it is liquefied with a blender to a smooth consistency. **The consistency should be drinkable and it should be free of solids that require chewing or are difficult to swallow.**



Tips

- Thoroughly clean all parts of the blender to decrease your risk of food-borne illnesses. If you do not have a blender, baby foods including squeeze pouches and to-go smoothies may be used.
- Portions should not exceed ½ cup or 4 ounces.
- Sip liquid meals very slowly over 20-30 minutes.
- Make sure all foods are blended to a very smooth consistency:
 - Cut foods into small pieces and place in a blender or food processor.
 - Add liquid (juice, milk/milk substitutes, broth, vegetable juice, gravy) to blender.
 - Use equal amounts of food and liquid.
 - Cooked or canned soups can be blended for added variety.
- If you cannot or do not want to drink the whole portion, refrigerate or freeze leftovers for later. Refrigerate for no more than 3 days or freeze for up to 6 months.



Getting Enough Protein and Calories

- Instead of water, use high calorie drinks (these will provide both calories AND fluid) such as 100% juices, whole milk, non-dairy milk substitutes and liquid meal replacement beverages.
- Fortify beverages with plain, unflavored protein powder, such as pea-based, whey-based, soy-based or any other protein powder of your choice.
- Fortify milk by adding 2 tablespoons nonfat dry-milk powder to 1 cup of milk (or 1 cup powder to 1 quart milk). Use this as a beverage or in recipes that call for milk.
- Use whole milk, evaporated milk, coconut milk, or silken tofu instead of skim or 2% milk for drinking, or for preparing “cream” soups, custards, puddings, milkshakes or creamy fruit/vegetable smoothies.
- Prepare custards and puddings with eggs or egg substitutes.
- Use smooth yogurts without fruit pieces or seeds. Select yogurts with the highest protein content such as Icelandic or Greek versions. Read nutrition facts labels.
- Prepare homemade shakes with ice cream (dairy/non-dairy) and liquid meal replacements.
- Make smoothies with a yogurt (dairy/non-dairy) of your choice, a scoop of protein powder, a soft fruit without seeds or skin and avocado (optional).

Sample 1-Day Menu / Week 1-2 / Blenderized Diet

Breakfast	Mix well in a blender until smooth 1 cup cooked Cream of Wheat/Rice® 1 cup 2% milk or milk substitute ¼ - ½ teaspoon cinnamon 1 teaspoon brown sugar
Mid-Morning Snack	Mix well in a blender until smooth 1 cup liquid pasteurized eggs (such as Egg Beaters®) 1 very ripe banana, mashed 1 cup whole milk or milk substitute ¼ - ½ teaspoon vanilla ¼ - ½ teaspoon nutmeg
Lunch	Mix well in a blender until smooth 2 cups your choice of cream soup ¼ cup tender-cooked chicken or 2 scoops protein powder of your choice ½ cup mashed potatoes ½ cup cooked recommended vegetables
Mid-Afternoon Snack	12 ounces ready-made, liquid supplement
Evening Meal	Mix well in a blender until smooth 1 cup of any broth 2 ounces tender-cooked meat or plant-based meat substitute or tofu Enough vegetable juice to make the blended food drinkable, if needed
Bedtime Snack	Mix well in blender (or stir well) 2 cups blended ice cream of your choice with 1 cup milk or milk substitute

Week 2 / Mechanical-Soft Diet / Adding in Medium-Soft Foods

- You may start to add in medium-soft foods along with pureed foods, blenderized and clear liquids.
- Medium-soft foods are moist, soft-textured and easy to chew and swallow.
- The texture of the foods is modified, but the food is seasoned like a regular diet.
- Raw fruits and vegetables as well as seeds, nuts and dried fruits are not allowed.
- Soft fruits and vegetables are allowed.
- Foods that are hard, sticky or crunchy will need to be avoided as well.



Tips

- Eat smaller more frequent meals; aim for 4-5 medium-soft foods per day.
- Take small bites and chew food well. Avoid swallowing large amounts of food.
- Be sure to drink a minimum of 4-8 ounces of water between meals.
- Keep meals very low fat to minimize heartburn symptoms.

Week 2 / Mechanical-Soft Diet / Adding in Medium-Soft Foods

Food Group	Foods Recommended	Foods to Avoid During This Stage
Breads, cereals and other starches	<p>Cooked, refined cereals - Cream of Wheat/Rice®</p> <p>Dried cereals that will moisten when combined with milk, such as Corn Flakes®, Total®, Cheerios®</p> <p>Mashed potatoes, hash browns, scalloped or creamed potatoes, baked potatoes and yams (without skins)</p> <p>Soft noodles, soft rice, polenta and risotto</p>	<p>Cereals containing seeds, dried fruits, nuts and/or coconut</p> <p>Coarse or crunchy cereals that do not soften in milk like Shredded Wheat®, Captain Crunch® and Raisin Bran®</p> <p>All breads</p> <p>Muffins, tortillas, rolls and pancakes</p> <p>Potatoes with skin, potato chips, corn chips, popcorn and couscous</p> <p>Pasta or rice that is hard, sticky or “Al dente”</p>
Vegetables	<p>Well-cooked soft vegetables without seeds or skins</p> <p>Finely chopped cooked greens</p>	<p>All raw vegetables</p> <p>Cooked vegetables with skins and/or seeds</p> <p>Tomato-based products, onions, and green peppers</p>
Fruits	<p>Applesauce, ripe soft banana, canned soft fruits, or soft fruit cups</p> <p>Mashed avocado</p>	<p>All raw unripe fruits with seeds or skins</p> <p>Citrus</p>
Plant-based protein sources	<p>Mashed beans, lentils and other legumes</p> <p>Creamy nut butters</p> <p>Nut-based, oat, or coconut milk yogurt</p> <p>Silken tofu</p>	<p>Nuts and seeds</p> <p>Crunchy nut butters</p> <p>Cooked or canned beans in the whole form</p> <p>Extra firm tofu</p> <p>Beans</p>
Meats and other animal-based protein sources	<p>Ground or chopped, moist meats or poultry (chicken salad)</p> <p>Flaked fish without bones (tuna salad)</p> <p>Eggs or egg substitutes (egg salad)</p> <p>Soft cheeses (ricotta, cottage)</p> <p>Greek yogurt</p>	<p>Whole cut, tough, stringy meats, poultry, fish</p> <p>Hot dogs, sausages</p>
Desserts and sweets	<p>Soft cakes, cookies, cooked fruit pie without nuts and dried fruits</p> <p>Soft chocolates (without nuts)</p> <p>Seedless jams and jelly</p> <p>Blended yogurt, pudding, custard, sherbet, ice cream, Jello®, popsicles</p> <p>Sugar, honey</p>	<p>All desserts and sweets containing nuts, coconut or raw fruits, fried, tough or chewy items, hard candies and jams with seeds</p>
Oils	<p>Almond oil, avocado oil, canola oil, cashew oil, corn oil, grapeseed oil, olive oil, safflower oil, sesame oil, soybean oil, sunflower oil</p> <p>Butter, soft tub margarine that does not contain trans-fat (melted or blended into foods)</p>	<p>None</p>

Week 2 / Mechanical-Soft Diet / Adding in Medium-Soft Foods (Continued)

Food Group	Foods Recommended	Foods to Avoid During This Stage
Other	Seasonings, ground spices and smooth condiments, gravies and sauces, tartar sauce, relish and chopped olives	Whole pickles and whole olives Black pepper, spicy foods, spicy condiments
Beverages	Non-carbonated beverages, non-caffeinated beverages	Alcohol, carbonated beverages, peppermint tea, caffeinated beverages

Sample 1-Day Menu / Week 2 / Mechanical-Soft Diet / Adding in Medium-Soft Foods

Breakfast	1 ripe soft banana 1 scrambled egg ¾ cup cereal well-moistened with milk or milk-alternative 1 cup milk or milk alternative
Mid-Morning Snack	1 can diced pears ¾ cup hot cereal with a tablespoon of creamy nut butter <i>Oral nutrition supplement if able</i>
Lunch	3 ounces chicken salad ½-¾ cup non-sticky rice ¾ cup carrot or potato soup
Mid-Afternoon Snack	1 cup of yogurt or yogurt alternative <i>Oral nutrition supplement if able</i>
Dinner	4 ounces lean ground beef ½-¾ cup small, soft noodles with 1 tablespoon butter or oil ½ cup soft zucchini or summer squash
After-Dinner Snack	½ cup cottage cheese and ½ cup soft fruit cup <i>Oral nutrition supplement if able</i>

Week 3-Week 5 / Regular Diet (Except Bread and Solid Meats)

Three weeks after surgery, IF your surgeon approves, slowly add in foods that you would normally eat except for bread and solid meats. Your surgery team will tell you when you can add these foods back into your regular diet.