

NISSEN FUNDOPLICATION DIET

The purpose of this handout is to review the Nissen Fundoplication diet. This diet is given to help control problems that may occur after Nissen Fundoplication surgery. These problems include diarrhea, gas and swallowing problems.

General tips to follow after surgery:

- Eat six small meals a day in place of three large meals. Chew your food thoroughly.
- Drinking too much liquid with meals may stretch your stomach. Limit liquids to ½ cup (4 ounces) with meals and wait at least 30 minutes after a meal before drinking more liquids. Sip drinks – do not gulp and do not use straws.
- Stop eating when you feel full to prevent nausea and vomiting.
- Avoid alcohol, caffeine, chocolate, carbonated drinks (for six months after surgery), acidic or citrus foods, and foods that may increase gas and distention – ex: corn, dried beans, peas, lentils, broccoli, cauliflower, cabbage.
- Be sure to take in enough protein – a liquid protein supplement (Boost, Ensure, Carnation Instant Breakfast, etc.) can be taken two to three times a day as part of your six small meals.
- After surgery your physician will advance you from a clear liquid diet to a full liquid diet, then the Nissen diet.



**LewisGale
Medical Center**

HCA Virginia Health System

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	Foods to Choose	Foods to Avoid
Beverages	Milk Non-citrus juices (apple, grape, cranberry) Decaf tea or coffee	Chocolate drinks Regular coffee/tea Carbonated drinks Alcohol Citrus juices such as orange, grapefruit, lemon, and lime
Breads/Cereals Starches	Pancakes, French toast, waffles Crackers Toast Any cereals except those listed in the avoid column Peeled white or sweet potatoes White rice, noodles, pasta	Bread/crackers with nuts, seeds, dried fruit, coconut or those that are highly seasoned Bran cereals or any cereal with fresh or dried fruit, coconut, seeds or nuts Fried potatoes, potato skins, potato chips Fried rice, brown or wild rice Popcorn
Desserts/Sweets	Plain cakes, cookies and pies Pudding and custard Ice cream, ice milk, frozen yogurt and sherbet Gelatin Fruit ices and popsicles	Desserts containing, nuts, chocolate, coconut, seeds, fresh or dried fruit Jam, marmalade, preserves with seeds
Fats	Butter and margarine Mayonnaise and vegetable oils Mildly seasoned cream sauces, gravies, and salad dressings with allowed ingredients Plain cream cheese	Highly seasoned salad dressings, cream sauces and gravies Bacon, bacon fat, ham fat, lard and salt pork Fried foods Nuts

	Foods to Choose	Foods to Avoid
Meats/Protein	<p>Finely ground lean beef, lamb, pork, veal, poultry and fish-prepare any manner except fried</p> <p>Cottage cheese, ricotta cheese, mild cheeses such as American, mozzarella, Swiss</p> <p>Smooth peanut butter</p> <p>Yogurt – plain, flavored or fruited</p> <p>Scrambled eggs, hard boiled eggs, omelettes with allowed foods</p>	<p>Tough meats, fried, highly seasoned, or smoked meats</p> <p>Sausage, bacon, sardines, spare ribs, hot dogs, luncheon meats</p> <p>Strongly flavored cheeses such as sharp cheddar, pepper jack</p> <p>Crunchy peanut butter</p> <p>Yogurt with nuts, seeds, coconut or berries</p> <p>Fried eggs</p>
Vegetables	<p>Cooked vegetables without seeds or skin</p>	<p>Raw vegetables, tomato products, gas producing vegetables such as broccoli, Brussels sprouts, cabbage, corn, cauliflower, onions, cucumbers, green peppers</p> <p>Dried beans, peas and lentils</p>
Miscellaneous	<p>Salt, mild spices and herbs</p> <p>Ketchup, mustard and vinegar in moderation</p>	<p>Strong flavored herbs, spices, seasonings and condiments</p> <p>Carbonated drinks, alcohol</p> <p>Caffeinated drinks</p>

Dietitian _____

For more information contact the dietitian at 540-776-4144