NISSEN FUNDOPPLICATION 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.
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods to Choose</th>
<th>Foods to Avoid</th>
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<tbody>
<tr>
<td>Beverages</td>
<td>Milk</td>
<td>Chocolate drinks</td>
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<td></td>
<td>Non-citrus juices (apple, grape, cranberry)</td>
<td>Regular coffee/tea</td>
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<td></td>
<td>Decaf tea or coffee</td>
<td>Carbonated drinks</td>
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<td></td>
<td></td>
<td>Alcohol</td>
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<td></td>
<td></td>
<td>Citrus juices such as orange, grapefruit, lemon, and lime</td>
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<tr>
<td>Breads/Cereals Starches</td>
<td>Pancakes, French toast, waffles Crackers Toast Any cereals except those listed in the avoid column Peeled white or sweet potatoes White rice, noodles, pasta</td>
<td>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</td>
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<tr>
<td>Desserts/Sweets</td>
<td>Plain cakes, cookies and pies Pudding and custard Ice cream, ice milk, frozen yogurt and sherbet Gelatin Fruit ices and popsicles</td>
<td>Desserts containing, nuts, chocolate, coconut, seeds, fresh or dried fruit Jam, marmalade, preserves with seeds</td>
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<tr>
<td>Fats</td>
<td>Butter and margarine Mayonnaise and vegetable oils Mildly seasoned cream sauces, gravies, and salad dressings with allowed ingredients Plain cream cheese</td>
<td>Highly seasoned salad dressings, cream sauces and gravies Bacon, bacon fat, ham fat, lard and salt pork Fried foods Nuts</td>
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<tr>
<td>Foods to Choose</td>
<td>Foods to Avoid</td>
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<td>--------------------------------------------------------------------------------</td>
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<tr>
<td><strong>Meats/Protein</strong></td>
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<tr>
<td>Finely ground lean beef, lamb, pork, veal, poultry and fish—prepare any manner except fried</td>
<td>Tough meats, fried, highly seasoned, or smoked meats</td>
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<tr>
<td>Cottage cheese, ricotta cheese, mild cheeses such as American, mozzarella, Swiss</td>
<td>Sausage, bacon, sardines, spare ribs, hot dogs, luncheon meats</td>
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<tr>
<td>Smooth peanut butter</td>
<td>Strongly flavored cheeses such as sharp cheddar, pepper jack</td>
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<td>Yogurt—plain, flavored or fruited</td>
<td>Crunchy peanut butter</td>
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<td>Scrambled eggs, hard boiled eggs, omelettes with allowed foods</td>
<td>Yogurt with nuts, seeds, coconut or berries</td>
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<td></td>
<td>Fried eggs</td>
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<tr>
<td><strong>Vegetables</strong></td>
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<tr>
<td>Cooked vegetables without seeds or skin</td>
<td>Raw vegetables, tomato products, gas producing vegetables such as broccoli, Brussels sprouts, cabbage, corn, cauliflower, onions, cucumbers, green peppers</td>
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<tr>
<td></td>
<td>Dried beans, peas and lentils</td>
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<tr>
<td><strong>Miscellaneous</strong></td>
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<tr>
<td>Salt, mild spices and herbs</td>
<td>Strong flavored herbs, spices, seasonings and condiments</td>
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<tr>
<td>Ketchup, mustard and vinegar in moderation</td>
<td>Carbonated drinks, alcohol</td>
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<td></td>
<td>Caffeinated drinks</td>
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</tbody>
</table>

Dietitian ______________________

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