



NUTRITION GUIDELINES FOLLOWING ESOPHAGEAL STENT PLACEMENT

WHY DO I NEED THIS DIET?

After your stent placement, this diet is necessary to make foods easy to swallow. The texture of your food needs to be altered to a moist/soft consistency so foods will go down your esophagus with ease.

GENERAL GUIDELINES

1. Chew all food thoroughly.
2. Eat 5-6 small meals per day if needed.
3. Eat slowly and take small bites.
4. Sit upright while eating.
5. Drink fluids in between meals if you feel “full” with meals.
6. Remain in an upright position 30-60 minutes after eating.
7. Foods should always be prepared so that they are **moist, soft, and easily swallowed**.
8. If food ever feels “stuck” in your throat, take a couple sips of Coca-Cola® (not Pepsi®). This will help dislodge food from your esophagus. You may want to repeat this throughout the day, especially before and after each meal.
9. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below) or homemade milkshakes as snacks/meal replacements. If you need ideas, ask to meet with the “GI” nutritionist.
10. Keep head elevated at all times. Yes No

Food Group	“Yes” Foods	Avoid
Milk & Dairy Products	Milk – All kinds. Yogurt, custard, ice cream. Soft or melted cheese. Cottage cheese, cream cheese.	Ice cream or yogurt with chunks of fruit or nuts.
Meat & Meat Substitutes	Soft eggs. Tofu. Casseroles. Moist fish. Strained baby meats (for easy preparation). All other meats must be bite-sized or ground— suggest adding a gravy or sauce.	Dry poultry. Peanut butter. All tough red and white meats.
Fruits	All juices. All canned fruits. Fresh fruits peeled – bananas. Stewed dried fruits. Strained baby fruits.	Fresh fruits with skins – plums, peaches, oranges, apricots. Dried fruits.

Vegetables	Well-cooked soft or pureed. Should be "fork tender." Strained baby vegetables.	Raw vegetables.
Bread & Starchy Foods	Cooked cereal. Mashed potatoes, sweet potatoes, yams. Baked potato without skin. Soft, moist rice. Noodles, macaroni, spaghetti. Dry cereals softened in milk. Pancakes softened with syrup/butter. Waffles softened with syrup/butter. Crackers or breads added to soups.	Hard bread with thick crust. Dry cereals without milk. Potato chips. Popcorn. Crackers.
Fats	Butter, margarine, mayonnaise. Salad dressings. Gravy. Cream: sour, whipping, coffee.	Bacon. Nuts. Deep fried, crispy food.
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts. Gelatin, puddings, mousse, custard. All cake-type desserts.	Cookies. Pie crust. Any dry desserts. Desserts containing nuts or skins.
Other	Sauces – cheese, white, barbeque, creamed, tomato. Syrup, honey, jam, jelly. Ketchup, mustard, relish.	

COMMERCIAL NUTRITIONAL SUPPLEMENTS

- Boost, Ensure, Kroger Fortify (Kroger brand), Equate (Wal-Mart brand).
- Nutra-Shakes (1-800-654-3691).
- Carnation Instant Breakfast or equivalent brand (made with whole milk).
- To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.
- Please see UVA Digestive Health website for high calorie and protein liquids.
www.healthsystem.virginia.edu/internet/digestive-health/nutrition.cf/pteducation.cfm

MEAL IDEAS

Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Iced tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink (creamer and sugar).	Egg salad/tuna salad on soft, crust-less, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, "bite-sized" hot dog with ketchup/mustard, baked beans. Iced tea.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned/soft fruit. Water to drink.	Quiche or omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.

****Remember to drink sips of Coke® if food feels stuck!!***

