

## Diet Progression After Esophageal Surgery

### Stage 1 Esophageal Diet:

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Water
- Protein shakes: 2-3 servings/day
- Tea/Coffee with or without milk
- Skim or 1% Milk (if not lactose intolerant)
- Diluted no sugar added apple juice
- Crystal Light®, sugar-free lemonade, sugar-free iced tea
- Sugar free or regular Jell-O®
- Sugar free or regular ice pops
- Regular or no sugar added Italian ice (Luigi's®)
- Low sodium chicken, beef, or vegetable broth

### Stage 2 Esophageal Diet:

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stage 1 clear liquids
- Protein shakes: 2-3 servings/day
- Skim, 1% milk or 2% milk
- Strained cream soups (low sodium)
- Sugar free or regular pudding
- Low sugar yogurt (< 15 grams), no pieces of fruit
- Farina
- No sugar added or regular hot chocolate
- Low-sodium original V8®
- Poached egg

Date: \_\_\_\_\_

### **\*\*Start taking your vitamins\*\***

- 1 chewable multivitamin

### Stage 3 Esophageal Diet (pureed diet):

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stage 1 and Stage 2
- Protein shake: 1 serving/day
- Plain Oatmeal/Farina/Cream of Rice
- Cottage cheese
- Ricotta cheese
- Poached egg
- Pureed fruits and vegetables; **must be blended for at least 3 minutes to a liquid consistency**
- Pureed meat, pureed fish (no chicken)

Date: \_\_\_\_\_

### Stage 4 Esophageal Diet (soft diet):

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stages 1-3
- Protein shake: 1 serving/day
- Tuna fish (canned) with 1 Tbsp. mayo
- Soft, flaky fish (flounder, sole, scrod, etc.)
- Ground beef (no meatballs except if pureed)
- Poached egg
- Well-cooked vegetables (cooked or steamed until very soft and mushy)
- Canned fruit, no sugar added
- Homemade fruit and vegetable smoothie (well blended), no added sugar

Date: \_\_\_\_\_

**\*Avoid raw fruits/vegetables, raw fish, nuts/seeds and chicken until 6-8 weeks after surgery**

## Protein Supplements

<b>Brand Name</b>	<b>Serving Size</b>	<b>Nutrition</b>	<b>Where To Buy</b>
<b>Protein Powders</b>			
<b>*Mix in 8 oz. water, milk, or unsweetened soy or almond milk*</b>			
<b>Body Fortress Super Advanced Whey</b> *Gluten free	<b>1 scoop</b>	<b>200 calories 30 gm protein 2 gm sugar</b>	<b>Walmart, CVS, Walgreens, Amazon</b>
<b>Isopure Zero Carb</b> *Gluten and Lactose free	<b>1 scoop</b>	<b>110 calories 25 gm protein 0 gm sugar</b>	<b>GNC, Vitamin Shop &amp; Amazon</b>
<b>Pure Protein 100% Whey</b> *Gluten free	<b>1 scoop</b>	<b>160 calories 25 gm protein 2 gm sugar</b>	<b>Target, Walmart, BJ's, Costco, CVS, Vitamin Shoppe, Stop &amp; Shop, ShopRite</b>
<b>Ready to Drink Protein Shakes</b>			
<b>Ensure MAX</b> *Gluten free, halal, kosher	<b>11 oz carton</b>	<b>150 calories 30g protein 1g sugar</b>	<b>Target, Walmart, Walgreen, CVS, ShopRite</b>
<b>GNC Lean Shake</b> *Lactose Free	<b>14 oz. bottle</b>	<b>170 calories 25 gm protein 2 gm sugar</b>	<b>GNC, Amazon</b>
<b>Premier</b> *Gluten & Soy free	<b>11 oz. carton</b>	<b>160 calories 30 gm protein 1 gm sugar</b>	<b>Costco, BJ's, Sam's Club, Shoprite</b>
<b>Isopure Zero Carb Clear Liquid Drink</b> *Gluten and Lactose Free	<b>20 oz. bottle</b>	<b>160 calories 40 gm protein 0 gm sugar</b>	<b>GNC, Vitamin Shoppe, Amazon</b>