

## IMPORTANT TIPS:

- Chew carefully, eat slowly, take small bites and eat small amounts.
- This diet does not refer to the types of foods (e.g. spicy) but rather to the consistency of the food.
- Stop eating when you feel full.
- If you are on a special diet (diabetic, low-salt, etc.) due to a medical condition, please continue it, but change the consistency of the foods.
- If you experience increased bloating or intestinal gas, you may want to take an anti-gas medication (e.g. Phazyme, Gas-X, Mylanta II).
- You were given Colace for constipation while in the hospital. If you require further medication, try Milk of Magnesia.

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## Esophageal Soft Diet

## ESOPHAGEAL SOFT DIET

This diet is recommended for those patients who have difficulty swallowing due to narrowing or postoperative swelling in the esophagus. It will help the passage of food and make eating more comfortable.

## MILK AND DAIRY PRODUCTS

All milk and dairy products are okay excluding yogurt with fruit.

## MEAT AND MEAT SUBSTITUTES

Use ground, tender meat only. Puree meat as necessary. Eat casseroles with ground meat, eggs, smooth peanut butter and luncheon meats. Dried beans and peas as tolerated.

**Avoid:** stringy, dry or fibrous-type meats (e.g. fish, seafood, stew meat, roast beef, chicken and turkey). Meats containing gristle or peppercorns, sausage, bacon or chunky peanut butter.

## BREADS AND STARCHES

Breads may cause \*sticking\* initially and should be avoided until you are comfortable with eating most soft foods. You can have cereals without nuts and dried fruits, noodles, potatoes and pasta.

**Avoid:** popcorn, rice and all breads with nuts.



## FRUIT

You may have canned, cooked or frozen fruit without membranes, skin or seeds (e.g. canned peaches, applesauce). You may also have bananas and melons without seeds.

## VEGETABLES

Canned, cooked or frozen vegetables that are soft (e.g. mashed potatoes, squash, carrots, spinach).

**Avoid:** all raw vegetables, including salads.

Cooked vegetables that are fibrous, tough, "woody," or contain seeds (e.g. broccoli, tomato, okra or celery).

## MISCELLANEOUS

All beverages, fats and sweets as tolerated. Soups with allowed meats and vegetables as tolerated. Carnation Breakfast Essentials or Ensure may be beneficial if you cannot eat or drink enough at first.

**Avoid:** nuts, seeds, trail mixes, peppercorns.

Soups with chunks of meat, particularly if not ground.

## SAMPLE MEAL PLAN

### BREAKFAST

1/2 cup orange juice  
1 egg, scrambled  
1 slice toast/margarine  
1/2 cup milk

### MIDMORNING SNACK

1 oz. soft cheese  
6 crackers  
1/2 cup milk

### LUNCH

1/2 cup macaroni and cheese  
1/2 cup cooked carrots  
1/2 cup fruited gelatin  
1/2 cup milk

### MID-AFTERNOON SNACK

1 cup yogurt  
3 graham crackers  
1/2 banana

### DINNER

2 oz. meatloaf  
1/2 cup mashed potatoes with gravy  
1/2 cup peaches  
1/2 cup milk

### EVENING SNACKS

1/2 egg salad sandwich  
1/2 cup juice