



Post-Nissen Diet

A soft food diet after surgery for GERD

After a Nissen fundoplication surgery for GERD, your child should eat only soft foods for 3 to 4 weeks.

Nissen fundoplication surgery for gastroesophageal reflux disease (GERD) affects your child's ability to swallow in the first few weeks after surgery. During this time, it is important that your child avoids foods that will hurt them and slow healing. The following lists include foods and drinks that are allowed and those that should be avoided for the first 3 to 4 weeks after surgery. Your child's healthcare team may recommend a pureed diet for the first week after surgery.

Food group	Foods to choose	Foods to avoid
Drinks	<ul style="list-style-type: none"> • Drinks that are smooth and do not contain chunks • Milkshakes or smoothies made with soft fruits • High-calorie drinks like Carnation Instant Breakfast, Scandishakes, Ensure, Pediasure and Boost 	<ul style="list-style-type: none"> • Drinks that have firm chunks like smoothies that cannot fit through a straw • Drinks with bubbles (carbonated)
Soups	<ul style="list-style-type: none"> • Soup with mildly seasoned broth, strained broth, or bouillon • Soft-cooked ramen noodles or chicken soup with soft noodles • Smooth and creamy soups 	<ul style="list-style-type: none"> • Bean, gumbo or soup with rice • Chunky soups or chowders
Meats and protein	<ul style="list-style-type: none"> • Very finely ground meat and poultry (like chicken or turkey) in gravy or sauce • Soft scrambled eggs • Casseroles that are processed or blended to a smooth or slightly lumpy consistency 	<ul style="list-style-type: none"> • Fried chicken or fish • Fish with bones • Chunks of meat or poultry • Sausage, smoked meats, or cold cuts • Hard-boiled eggs • Peanut butter • Nuts or seeds

Food group	Foods to choose	Foods to avoid
Dairy	<ul style="list-style-type: none">• All kinds and flavors of milk, eggnog and smooth yogurt• Ice cream without nuts or chunks• Cottage cheese (small curd)• Soft cheeses (cream cheese, Velveeta, melted cheeses, processed cheese slices)• Puddings or custards	<ul style="list-style-type: none">• Yogurt and ice cream with nuts or chunks• Cold (unmelted) hard cheeses (parmesan, cheddar, Swiss)• Holiday cheese balls or other cheeses with nuts, seeds or whole herbs
Fruits	<ul style="list-style-type: none">• Cooked or canned fruits (except grapes or cherries)• Fresh fruit that is pureed• Applesauce• Ripe soft banana or avocado	<ul style="list-style-type: none">• All raw fruit (unless it is pureed)• Dried fruits• Coconut• Citrus fruits• Pineapple
Vegetables	<ul style="list-style-type: none">• Cooked or canned vegetables that are very soft• Mashed potatoes• Vegetable juice like V-8 or V-8 Splash	<ul style="list-style-type: none">• All raw vegetable, including corn, cucumbers and peppers.• All fried vegetables and potatoes, including french fries and hash browns
Grains	<ul style="list-style-type: none">• Cooked cereal (oatmeal, cream of rice or cream of wheat)• Overcooked, very soft pasta• Cold cereal is only OK if it is soaked until very soggy.• Pancakes are OK if they are soaked in butter and/or syrup)	<ul style="list-style-type: none">• All cold cereal (unless soaked until soggy)• Breads and rolls (white or whole-grain)

To Learn More

- Nutrition
206-987-4758
- Ask your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Food group	Foods to choose	Foods to avoid
Fats	<ul style="list-style-type: none">• Butter or margarine• Salad dressing• Mayonnaise• Gravy and smooth sauces• Cream and cream substitute• Sour cream• Vegetable or olive oil	<ul style="list-style-type: none">• Fried foods
Desserts	<ul style="list-style-type: none">• Smooth ice cream, ice milk, frozen yogurt, sherbet or sorbets (without seeds)• Custard and pudding• Moist cakes that are soaked with sauce and/or liquid)	<ul style="list-style-type: none">• Desserts or candy made with dried fruit, nuts, coconut or chunks• Candied fruit and peanut brittle
Seasonings and spices	<ul style="list-style-type: none">• All spices, unless they cause upset stomach because they are too spicy	<ul style="list-style-type: none">• Whole seeds, like sesame seeds or cumin seeds.

Other Important Tips:

1. Help your child remember to take small bites and chew all foods very well.
2. Encourage your child to eat small meals and snacks often. Your child may feel full quickly after eating.
3. Drinking liquids between bites of food will help to keep foods moist and help with swallowing.
4. Avoid giving your child drinks with bubbles (carbonated beverages), like soda pop. Also avoid having them use a straw or chew gum, since these may cause a lot of gas and may make your child uncomfortable.
5. Use spices to flavor food, but watch to make sure that your child’s stomach is not upset.

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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