

► Indication

This diet is used for patients who have had surgery on the esophagus and stomach.

► Description

This diet contains foods that are soft, easy to swallow and are not irritating to the esophagus.

It is important that foods consumed be smooth in texture to facilitate the movement of food through the swollen areas of the esophagus or stomach. Bread products that can expand with fluid are avoided entirely.

► What to Do:

- Take small bites of food
- Avoid tough meats, fresh 'doughy' bread, rolls, and abrasive food. Avoid hard bread crust or bread containing seeds
- Sip fluids when taking solids at meals and snacks to moisten food
- Sit upright when eating. Remain in a sitting position for at least 60 minutes after eating. Try to minimize eating three hours before bed time.
- Eat small, frequent meals and snacks rather than three large meals

► Nutrition Adequacy

This diet meets the Dietary Reference Intakes (DRI) for most nutrients.

Food Groups	Foods Recommended	Foods to be Avoided
Beverages	All except those listed on the avoided list	Carbonated beverages, juices with pulp, alcohol, hot drinks, iced drinks
Milk and Milk Products	All	Yogurt with fresh fruit or seeds
Meat, Meat Substitutes, Eggs, Beans	Ground/tender meat, poultry mixed with gravy, soft flaked fish without bones; scrambled eggs and egg substitutes; cooked dried beans and peas; Casseroles with ground meat; smooth nut butters; lunch meat	Stringy, dry, or fibrous type meat; meats w/ peppercorn or gristle; sausage and bacon; chunky peanut butter, nuts, seeds; stringy cooked cheeses
Breads and Starches	Cooked cereals without nuts, seeds or dried fruit; ready to eat cereals; noodles; potatoes; pasta	Fresh or 'doughy' breads may cause 'sticking;' Avoid all fresh bread, rolls, muffins, biscuits, rice
Fruits	Canned, cooked or frozen fruit; all fruit juices (without pulp)	Raw, coarse or abrasive fruit; dried fruit
Vegetables	Canned, cooked, frozen vegetables that are soft and without skin; all vegetable juices	All raw vegetables, including salads; cooked vegetables that are fibrous, 'woody' or contain seeds (broccoli, tomato, celery)
Desserts and Snacks	Pudding, soft cookies	Popcorn, chips, desserts with nuts, seeds or coconut

References:

1. American Dietetic Association. *Low Residue Diet Nutrition Therapy*. <http://www.nutritioncaremanual.org>. Accessed 1/4/2018
2. Cedar Sinai Medical Center. Esophageal Soft Diet. Accessed January 4, 2018
3. USC Keck Medical Center. Esophageal Soft Diet. Accessed December 10, 2012.

