

Full Liquid Diet After Esophagectomy

The esophagus is the tube that moves food from your mouth to your stomach. Surgery to remove all or part of the esophagus is called an **Esophagectomy**.

Nutrition is very important to help you heal and prevent weight loss after surgery. After this type of surgery, you will need to change the type of foods you eat and follow a special diet. To help you with this change, you will need to follow a full liquid diet for 1 to 2 weeks after surgery. Please use liquid medicines or crush pills in applesauce, pudding or yogurt. During your first follow-up appointment, your doctor will check to see how well you are healing and tell you when you can add other types of foods to your meals.

Full Liquid Diet

Do not eat solid foods when you are on a full liquid diet. It is best to eat small meals throughout the day. Eat 6-8 small meals each day, eat one meal every couple of hours. Do not drink more than 8 ounces of liquid at each meal. It is also important that you do not drink carbonated (fizzy) drinks.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Here are the diet guidelines to follow for a full liquid diet.

Food Group	Choose	Do NOT Choose
Beverages	<ul style="list-style-type: none"> • Water • Coffee or tea (hot or cold) • Milk (skim, 1%, 2% or whole, soy, almond, rice, coconut or cashew) • Creamer, Half and Half • Nutritional Supplements such as: <ul style="list-style-type: none"> • Boost • Ensure • Carnation Instant Breakfast • Resource • Breeze • Protein shake or drink • Plain smoothies without chunks • Syrup 	<ul style="list-style-type: none"> • Carbonated beverages • Alcoholic beverages
Breads and Cereals	<ul style="list-style-type: none"> • Thin hot cereals such as: <ul style="list-style-type: none"> • Grits • Oatmeal • Cream of wheat/rice • Porridge 	<ul style="list-style-type: none"> • Hard crusty breads • Dry cereals • Bread products with seeds, nuts or raisins
Fruits/Vegetables	<ul style="list-style-type: none"> • Smooth applesauce • Clear fruit juices with no pulp • Pureed fruit and veggies (baby food consistency) • Vegetable juice with or without pulp • Thin, pureed vegetable soups • Mashed potatoes and gravy 	<ul style="list-style-type: none"> • Canned fruit • Fresh fruit • Frozen fruit • Dried fruit • Citrus fruits or juices • Bananas

Food Group	Choose	Do NOT Choose
Desserts	<ul style="list-style-type: none"> • Custard • Pudding • Smooth fruit ices • Smooth yogurt • Gelatin (Jell-O) • Popsicles • Smooth frozen yogurt • Plain ice cream • Smooth milkshakes 	<ul style="list-style-type: none"> • Fruit ices with chunks of fruit • Yogurt with fruit, granola or candy chunks • Ice cream with fruit, nuts or candy chunks • Nuts, seeds or coconut
Soups	<ul style="list-style-type: none"> • Clear broths • Bouillon • Fat free consommé • Strained cream soups 	<ul style="list-style-type: none"> • Soups that have chunks such as vegetables, noodles, rice, meats or other chunks of food
Oils	<ul style="list-style-type: none"> • Almond, avocado, canola, cashew, corn, grapeseed, olive, safflower, sesame, soybean, sunflower • Butter (melted) • Margarine (melted) that does not contain trans fat (read the product label) 	<ul style="list-style-type: none"> • No butter or margarine in its solid form

To increase the amount of calories or protein in your full liquid diet:

- Add powdered milk into your foods.
- Add an unflavored protein powder such as Beneprotein or Unjury.
- Add nut butter to oatmeal and thin with whole milk.
- Add olive oil, butter, sour cream, cream cheese, cheese sauce or whipped cream to foods you are eating. Do not add too much, try 1 tablespoon or less.