

## Your child's diet after fundoplication surgery

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When your child can tolerate fluids after surgery, he or she will gradually start eating soft foods. Your child will need to eat soft foods for a period of time after surgery. **Your child's surgeon will decide when your child can return to eating regular foods.**

It is not unusual for a child to lose some weight after fundoplication surgery. To help maintain your child's weight, the dietitian may recommend giving your child a liquid supplement, such as or Pediasure<sup>®</sup> or Ensure<sup>®</sup>.

Make sure that your child:

- eats slowly
- eats small amounts often
- chews all foods well
- eats only soft vegetables and fruits
- eats only minced meats that are mixed with gravy
- drinks fluids with each meal
- avoids carbonated drinks
- avoids soft, doughy bread products

On the back of this page is a chart that lists the foods that your child **can** and **cannot** eat. Use this chart to help plan your child's meals. You may find it helpful to put this chart on your fridge.

**If you have questions about your child's diet,  
please ask to speak with a dietitian.**

Your child's diet after fundoplication surgery

Type of food	✓ Foods allowed	✗ Foods not allowed
Cereals and Grains	<ul style="list-style-type: none"> <li>• all hot cereals</li> <li>• dry cereals that soften easily with milk and are well-soaked</li> <li>• pasta</li> <li>• soft rice</li> </ul>	<ul style="list-style-type: none"> <li>• shredded wheat type cereals</li> <li>• cereals with nuts, raisins</li> <li>• granola bars</li> </ul>
Breads	<ul style="list-style-type: none"> <li>• Melba toast, crackers, plain cookies such as arrowroot or digestive if chewed well</li> <li>• try dipping cookie in milk to soften</li> </ul>	<ul style="list-style-type: none"> <li>• bread, toast, rolls, doughnuts, muffins, cakes, pastries, pancakes, waffles, pita bread</li> </ul>
Dairy Products	<ul style="list-style-type: none"> <li>• milk, yogurt, ice cream, milk shakes</li> <li>• cheese sauces, cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• stringy, cooked cheese, such as cheese on pizza</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• soft cooked eggs such as scrambled, poached</li> </ul>	<ul style="list-style-type: none"> <li>• hard cooked eggs, unless moistened with mayonnaise</li> </ul>
Meat and Fish	<ul style="list-style-type: none"> <li>• minced meat or poultry that has been softened with gravy or sauces</li> <li>• moist casseroles or stews</li> <li>• legumes or lentils</li> <li>• canned fish with no bones</li> <li>• fresh or frozen fish that is soft after cooking</li> </ul>	<ul style="list-style-type: none"> <li>• all sliced meats or poultry</li> <li>• any fish with bones</li> <li>• fish with batter</li> <li>• bacon</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• soft cooked vegetables such as peas, carrots, squash</li> <li>• all vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>• raw vegetables, salads, coleslaw, corn</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• soft fruits such as ripe bananas and berries</li> <li>• canned fruits such as apple sauce, peaches, pears, apricots, mandarin oranges</li> <li>• all fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>• all other raw fruits</li> <li>• fruits with skins, seeds and fibrous sections such as apples, oranges and grapefruit</li> </ul>
Other	<ul style="list-style-type: none"> <li>• sugar sweetened drinks</li> <li>• weak tea</li> </ul>	<ul style="list-style-type: none"> <li>• peanut butter unless it is smooth and served in small amounts</li> <li>• carbonated drinks (pop)</li> <li>• hard candy, gum drop or ju-jube type candies</li> <li>• coconut, nuts, dried fruit</li> <li>• popcorn</li> <li>• tacos and tortilla chips</li> </ul>