

Eating After Esophageal Injury/Surgery - Blenderized

Diet for: _____

Phone: **BC Healthlink Dietitian 8-1-1**

After injury and/or surgery you may have swelling in your esophagus. By following these guidelines you will be able to eat foods more easily. Use of a blender, food processor or immersion blender will be necessary.

Blenderized foods are pureed foods that are thinned with additional liquid so that they can be consumed without chewing. Some items will also need to be strained through a sieve to remove small pieces. These foods can be sipped from a cup or spoon.

1. Follow this diet for three weeks after surgery. Check with your surgeon before you advance to a regular diet.
2. Choose only pureed/blenderized foods (see table for list).
3. Eat slowly, and take small sips and bites of food at a time.
4. Sit upright when eating, and for at least 45 minutes after a meal.
5. Wait at least one hour after a meal before lying down.
6. Avoid swallowing air. Do not drink through a straw. Avoid carbonated beverages and chewing gum
7. Avoid frozen foods like ice cream and sherbet.

Food	Foods to Choose	Foods to Avoid
Meat and Alternates	<ul style="list-style-type: none"> • Pureed meat, fish (no bones), poultry • Soft well-cooked lentils (ex. Dahl), other soft cooked and pureed legumes. • Soft dessert tofu, or blenderized firm tofu • Smooth nut butters (in shakes/smoothies) 	<ul style="list-style-type: none"> • Meat, fish, poultry that has not been pureed • Chickpeas and soy beans • Eggs, Bacon, sausages • Nuts and seeds • Crunchy nut butters
Breads and Grain Products	<ul style="list-style-type: none"> • Soft cooked cereals (ex. Oatmeal, cream of wheat) • Pureed breads, toast, muffins, loaves, biscuits, polenta • Pureed meals containing pasta, noodles, couscous, rice or barley • Crackers, when crumbled into soup and pureed. • Pureed congee 	<ul style="list-style-type: none"> • Cooked cereals containing seeds, hard pieces (ex. Sunny Boy®, Red River®) • Cold cereals and granola • All bread products and baked goods like muffins, bagels, scones, pitas, roti, naan that has not been pureed etc. • Crackers, Pasta, rice or cooked grains that have not been pureed
Milk and Milk Products	<ul style="list-style-type: none"> • Milk, or milk alternatives (ex. Soy milk, oat milk) • Yogurt without pieces of fruit (ex. Greek yogurt) • Cottage cheese 	<ul style="list-style-type: none"> • Yogurt with pieces of fruit • Hard cheeses • Ice cream and sorbet
Fruits and Vegetables	<ul style="list-style-type: none"> • All fruit and vegetable juices • Pureed soft cooked fruits and vegetables (fresh, frozen, canned) • Mashed banana, avocado, potatoes, squash 	<ul style="list-style-type: none"> • Dried fruits like apricots, raisins and coconut • Fruits and vegetables that have not been pureed smoothly/mashed. • Salads
Miscellaneous	<ul style="list-style-type: none"> • Puddings, custards, mousse, Jello® • Pureed soups, stews and casseroles • Nutritional supplement drinks (ex. Boost®, Ensure®, Carnation Instant Breakfast®) 	<ul style="list-style-type: none"> • Chips, popcorn, candy • Cookies, cakes, pies, tarts that have not been pureed.

Pureed and Blenderized Diet Tips

- Some soft foods (e.g. ripe banana, avocado) can be mashed with a fork, to a uniform consistency without any lumps or solid pieces.
- Cook meat only until tender, over cooking foods makes them hard to puree. Puree while still warm and use about ¼ cup (60 ml) of broth for each 3 ounces (90 g) cooked meat.
- Gravy, broth, sauces or the cooking liquid from pasta or vegetables can be used to puree meat, poultry, pasta, rice and some casseroles.
- Milk, liquid nutritional supplements, juice, or water can be added to breads, cereals and desserts to moisten these foods prior to pureeing. Add 1-2 Tbsp at a time.
- Add sweeteners (eg. honey, jam), seasoning (herbs, spices), sauces (e.g., tomato sauce) or smooth condiments (e.g., ketchup, mustard) to enhance flavours.
- Add instant coffee powder to reduce the sweetness of nutritional supplements and milkshakes.
- Test the temperature of hot foods before you eat them
- To keep food safe, refrigerate or freeze prepared foods within one hour of preparation. Try freezing in single portions or in an ice cube tray for easier use later.
- Only reheat the amount of food you want for your meal as any food that has been reheated, but not eaten, must be discarded.



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and families

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