

## Stent Diet

Diet modifications are important following surgery for stent placement. Use these tips for best success with eating:

- Take ½ of your usual bite of food and chew very well before swallowing
  - Try chewing 20-30 times.
  - Food should feel pureed or liquid in your mouth before swallowing.
- Eat small, frequent meals (5-6 meals/day).
- Large pieces of beef, poultry, pork and shellfish are most likely to cause a blockage of your stent:
  - Shred, mince or grind meats and shellfish.
  - Slow cook meats until tender.
  - Fish the texture of salmon, tuna, cod and tilapia do not need to be modified.
- Breads and dried fruits may cause blockage of your stent.
- Moist foods are easier to chew.
  - Add gravy, sauces, oils, butter, jelly, mayonnaise, sour cream or salad dressing to add moisture.
- Drinking at least 8 ounces of liquid throughout your meal helps food pass through your stent.
- Incorporate homemade smoothies or premade nutritional drinks to help add calories and protein if needed.
  - Consider using a protein powder.
- To minimize chances of reflux:
  - Eat while sitting upright in a chair.
  - Use a wedge or pillows to elevate the head when sleeping.
- Ask your medical provider if your pills and/or capsules are small enough to be swallowed whole.
  - Drink at least 4 ounces of a clear liquid to aid swallowing pills.
- If you notice difficulty swallowing solid foods, reduce your diet to the Full Liquid/Pureed and contact your medical team.

Call your medical provider if you experience:

- Vomiting of food or blood
- Abdominal pain, bloating or hardness
- Difficulty or pain with swallowing that continues for more than one day
- Difficulty breathing

## Food Suggestions for Home

Try These:	Limit/avoid these:
<b>Dairy Products</b> <ul style="list-style-type: none"><li>• Cottage cheese</li><li>• Cheese</li><li>• Milk (soy, almond, rice, cow)</li><li>• Buttermilk</li><li>• Yogurt</li><li>• Sour cream</li></ul>	<ul style="list-style-type: none"><li>• Any dairy product containing hard fruit chunks or nuts.</li></ul>
<b>Protein</b> <ul style="list-style-type: none"><li>• Fish</li><li>• Poultry</li><li>• Lamb</li><li>• Lean beef or pork</li><li>• Soft-cooked eggs</li><li>• Casseroles</li><li>• Tofu</li><li>• Lentils, blended or refried beans</li><li>• Hummus</li><li>• Ground or fine-chopped nuts/seeds</li></ul> <ul style="list-style-type: none"><li>✓ Needs to be flaky, shredded or ground texture.</li><li>✓ Adding moisture helps swallow.</li></ul>	<ul style="list-style-type: none"><li>• Tough, hard or dry meats (examples: bacon, fried meats, shellfish, etc)</li><li>• Whole nuts, seeds or membranes may not be tolerated.</li></ul>
<b>Breads/Cereals/Grains</b> <ul style="list-style-type: none"><li>• Soft breads, pancakes, waffles</li><li>• Soft rice</li><li>• Cereals with milk</li><li>• Barley</li><li>• Quinoa</li><li>• Well-cooked pasta</li></ul>	<ul style="list-style-type: none"><li>• Popcorn seeds and hulls</li><li>• Cereals without milk</li><li>• Chips</li><li>• Crackers</li></ul>
<b>Fruits</b> <ul style="list-style-type: none"><li>• Any cooked, blended or canned</li><li>• Soft, ripe, peeled and deseeded</li><li>• Fruit juice</li><li>• Avocado</li><li>• Applesauce</li></ul>	<ul style="list-style-type: none"><li>• Fresh fruit with seeds/skins</li><li>• Dried fruits</li></ul>
<b>Vegetables</b> <ul style="list-style-type: none"><li>• Any cooked, blended or canned</li><li>• "Fork tender"</li><li>• Vegetable juice</li></ul>	<ul style="list-style-type: none"><li>• Fresh vegetables with skins/seeds</li><li>• No raw carrots, cabbage.</li></ul>

The material in this handout was intended to be given as part of a nutrition consult by SCCA registered dietitian

Created by the SCCA Medical Nutrition Therapy Department, 2015. Questions? Call 206-606-1148.