

Pureed Meals for Nissens Fundoplication

Nissens Fundoplication is performed to help relieve the chronic heartburn caused by severe reflux. This reflux usually occurs due to a weak "valve" muscle between the stomach and the esophagus which allows stomach acids to move back up into the esophagus.

To strengthen the "valve" between the stomach and the oesophagus your surgery involved wrapping the upper portion of the stomach, or fundus, around the bottom of your oesophagus. As you recover you will not be able to eat as you did previously.

Following your surgery you will need to follow a vitamised (or pureed) diet for approximately six weeks when you return home. At this time you can slowly increase the texture of your foods until your normal eating pattern has returned.

The foods recommended are those that are blended or pureed in a food processor or blender into a smooth moist consistency, so that no lumps are present. These foods should not require chewing and should be served with gravy and sauces to keep them moist, Many naturally smooth foods are also suitable e.g. custard, mousse.

You will also need a multivitamin and iron supplement. For example:

- Multivitamin: Macro M, Centrum or Supradyn (soluble) – one per day
- Iron supplement: 5mL Fergon Elixir (liquid) daily

You do not need extra Calcium if you drink plenty of milk.

It is important to monitor your weight. If you lose weight while following this diet, contact your dietitian.

If you are losing Weight

When you eat a diet that is different to your usual foods, it is easy to lose excess weight.

Try these ideas to add extra calories to your diet:

- Eat small meals often. Make sure you have snacks between meals.
- Drink nourishing milk-based or fruit-based drinks instead of low-energy drinks like tea, coffee and water (However you do need to ensure your total fluid intake is good).
- Add skim milk powder to milk, milk drinks, porridge, custard, mashed potato, sauces and cream soups.
- Extra margarine, cream and grated cheese can be added to soups, stews, vegetables and sauces.
- Add sugar and honey to drinks, desserts and cereals.
- Cream, ice cream, yoghurt and custard can be added to stewed fruit desserts and drinks.
- Try commercial products such as Sustagen, Ensure, Nutridrink, Build Up or Resource to boost your nutritional intake. These can be used as a base with milk or water to make a drink, or added to custards or other milk desserts.
- Poyjoule or polycose are powders with the same energy as sugar, without the taste. It can be added to sweet and savoury foods such as soup, juices, jellies or wet foods like casseroles or stews to boost the kilojoule content without changing the taste.

If Constipation is a Problem

1. Check Fluid intake is adequate
2. Increase walking if possible
3. Soak some rice bran into your breakfast cereal or even into a soup or stew or casserole
4. Try some prune juice
5. Metamucil may be suitable, but check with your doctor
6. If you still do not experience any improvement, check with your doctor.

Sample Meal Plan

Breakfast

Vitamised porridge or semolina (or other suitable cereal)
Pureed fruit
Yoghurt or Fruche
Purred baked beans

Morning Tea

Milkshake

Lunch

Creamed soup
Vitamised beef/chicken/fish with gravy or sauce
Vitamised potato, carrot, spinach, squash, etc.
Pureed tinned fruit
Custard or yoghurt

Afternoon Tea

Fruit juice

Tea

As for lunch

Supper

Milo

Note: Soft drinks (fizzy drinks) are not allowed following Nissens Fundoplication.

Guide to a Vitamised Diet

- Liquid is usually added to help vitamise solid foods, hence the amount of food required to meet nutritional requirements can be greater on a vitamised diet. It is therefore best to use milk, cream, gravy, sauces or fruit juice rather than water to vitamise food to the appropriate consistency.
- Family meals such as casseroles and pasta sauces can be quickly vitamised and reheated before serving. Meals such as roast lamb can be vitamised after adding an appropriate liquid, such as gravy.
- Cut food into small chunks before processing
- Cook foods until very soft prior to vitamising and allow to cool. Place in food processor and add some fluid to food being vitamised. After vitamising, more fluid may be necessary to achieve the desired consistency.
- Reheat vitamised food, as desired before serving.
- When preparing vitamised meals, it is best to vitamise and serve each item separately. This provides variety in taste and colour, making meals more appealing when served.
- Be sure to remove skins and seed from fruit and vegetables before blending
- Blend small quantities at a time to ensure there are no lumps
- Vitamised food should not be prepared long in advance as it does not store as well as whole foods.

Choose some items from each of the following Food Groups.

1. Breads and Cereals

At least 4-5 serves daily

1 serve is equal to:

- ◆ 1/2-2/3 cup cooked pasta
- ◆ 1/2-2/3 cup cereal

Foods Allowed

The following foods need to either be soaked, mixed with milk or cooked before being pureed. Any lumps must be strained out.

- Ground oats (Creamota), instant oats, semolina
- Sago, arrowroot flour, cornflour
- Ground rice pudding
- Baby rice cereals e.g. Farex
- Weetbix soaked in hot milk
- Milk arrowroot biscuits softened with hot water or milk

Foods To Avoid

- Most ready to eat breakfast cereals
- Pasta, spaghetti, macaroni, noodles, rice, barley, corn, tapioca
- Pies, pasties, cakes, biscuits
- Bread, bread rolls, muffins, crumpets

Menu Ideas

Breakfast Ideas

- Strained porridge
- Semolina
- Baby rice cereal
- Milk arrowroot biscuits softened with hot water or milk
- Pureed fruit or mashed banana
- Plain yoghurt
- Fruit Juice

Lunch and Dinner Ideas

- Vitamised soup
- Vitamised beef, chicken, lamb, turkey, meatloaf or pork served with a gravy or white sauce
- Vitamised fish (use steamed fish and add mashed potato) served with white sauce
- Vitamised casserole e.g. goulash, beef or chicken casserole, Apricot chicken or lamb, chicken cacciatore
- Vitamised savoury mince, bolognaise (mince sauce only)
- Vitamised macaroni cheese

Choose 2-3 of the following vegetables:

- Mashed potato
- Vitamised beans, carrot, pumpkin, broccoli, cauliflower, mushy peas

Dessert Ideas

- Custard
- Pureed fruit
- Pureed cream sago
- Chocolate mousse
- Yoghurt
- Jelly

5. Fats and Oils

4-5 Serves Daily

1 serve is equivalent to:

- ◆ 1 teaspoon oil, margarine, butter or mayonnaise
- ◆ 1 teaspoon cream

Foods Allowed

- Polyunsaturated or monounsaturated margarine and vegetable oil (in cooking)
- Whipped Cream, sour cream, thickened cream
- Mayonnaise

Foods to Avoid

- Dripping, lard and large amounts of other saturated animal fats

Other foods

Foods Allowed

- Jelly

The following can be used in cooking or drinks:

- Golden syrup, sugar, honey, flavoured syrup
- Vegemite, smooth peanut butter
- Herbs, spices, mustard, curry powder, stock powders
- Sauces: Worcestershire, soy, barbeque and tomato.
- Gravy and white sauces

Foods to Avoid

- Jam, marmalade, crunchy peanut butter
- Relish, pickles and chutney
- Chocolates, lollies

2. Fruits and Vegetables

At least 3 fruit and 4 vegetables daily

1 serve equals:

- ◆ 1/2-2/3 cup cooked vegetables
- ◆ 1/2 cup fruit or fruit juice

Foods Allowed

- Pureed stewed or tinned fruit
- Pureed fresh fruit e.g. strawberries, kiwi fruit, paw paw, mango (fruit with seeds will need to be strained)
- Well mashed banana
- Prunes that have been soaked, cooked and vitamised
- Fruit juices
- Pureed vegetables e.g. potato, pumpkin, beans, spinach, carrots, squash, sweet potato, yams, taro, turnips, cauliflower, broccoli, avocado
- Pureed cooked legumes e.g. pureed baked beans
- Instant mashed potato
- Vegetable juices

Foods To Avoid

- Whole stewed or fresh fruit
- Dried fruits
- Salad and raw vegetables
- Peas, corn
- Coconut

3. Meat and Meat Alternatives

At least 3-4 serves daily

1 serve is equal to:

- ◆ 30g cooked meat
- ◆ ½ cup cooked legumes (beans, lentils)

Foods Allowed

- Pureed meat e.g. beef, lamb, pork, veal, chicken and fish, vitamised with a gravy, stock or white sauce. Stews, and casseroles will vitamise the best
- Pureed cooked legumes e.g. beans and lentils (strained to remove any skins or shells)
- Pâtés
- Pureed Soufflés
- Cold Savoury mousses

Foods To Avoid

- Meat, fish or chicken - unless pureed
- Tough meats
- Sausages, Salami, frankfurters and other smallgoods
- Pies, sausage rolls
- Boiled, poached, fried eggs
- Nuts

4. Milk and Milk Products

At least 3-4 serves daily

1 serve is equal to:

- ◆ 250ml milk
- ◆ 30g cheese
- ◆ 1 x 200g tub yoghurt

Foods Allowed

- Milk, Milk Shakes
- Milk Pudding
- Ice Cream, baked custard, boiled custard
- Cheese sauce, cream cheese, ricotta cheese
- Cheesecake (without crust)
- Plain yoghurt
- Fruit yoghurt without fruit pieces (yoghurt with fruit pieces can be pureed)
- Fruche
- Mouse
- Crème caramel

Foods to Avoid

- Ice cream with nuts or fruit pieces
- Baked cheesecake
- Hard cheese, cottage cheese, cheese slices