



UVA Nutrition Services

**UVA Digestive
Health Center**

Nutrition Guidelines Following Gastrointestinal Luminal Stent Placement

WHY DO I NEED THIS DIET?

After your stent placement, this diet is necessary to make foods easy to swallow. The texture of your food needs to be altered to a moist/soft consistency so foods will pass through the stented area with ease.

GENERAL GUIDELINES

1. Chew all food thoroughly.
2. Eat 5-6 small meals per day if needed.
3. Eat slowly and take small bites.
4. Sit upright while eating.
5. Drink fluids in between meals if you feel "full" with meals.
6. Remain in an upright position at least 30-60 minutes after eating.
7. Foods should always be prepared so that they are moist, soft, and easily swallowed.
8. If food ever feels "stuck" in your throat take a couple sips of carbonated soda. This will help dislodge foods. You may want to repeat this throughout the day, especially before and after each meal.
9. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below) or homemade milkshakes as snacks/meal replacements. If you need ideas, ask to meet with the "GI" nutritionist.

FOOD GROUP	YES FOODS	AVOID
Milk and Dairy Products	Milk – all kinds Yogurt, custard, ice cream Soft or melted cheese Cottage cheese, cream cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs Tofu Casseroles Moist Fish Strained baby meats (for easy preparation) All other meats must be bite-size or ground – suggest adding a gravy or sauce.	Dry poultry Peanut butter All tough red and white meats

FOOD GROUP	YES FOODS	AVOID
Fruits	All juices All canned fruits Fresh fruits peeled – bananas Stewed dried fruits. Strained baby fruits	Fresh fruits with skins - plums, peaches, oranges, apricots Dried fruits
Vegetables	Well-cooked soft or pureed Should be “fork-tender” Strained baby vegetables	Raw vegetables
Bread and Starchy Foods	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potato without skin Soft, moist rice Noodles, macaroni, spaghetti Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers or breads added to soups	Hard bread with thick crust Dry cereals without milk Potato chips Popcorn Crackers
Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream: sour, whipping, coffee	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts, Gelatin, puddings, mousse, custard All cake type desserts	Cookies Pie crust Any dry desserts Desserts containing nuts or skins
Other	Sauces – cheese, white, barbeque, creamed, tomato Syrup, honey, jam, jelly Ketchup, mustard, relish	

MEAL IDEAS

Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Ice tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink (creamer and sugar).	Egg salad/tuna salad on soft, crust-less, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, "bite-sized" hot dog with ketchup/mustard, baked beans. Ice tea to drink.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned/soft fruit. Water to drink.	Quiche or omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.

*** Remember to drink sips of carbonated soda if food feels stuck!**

Examples of Commercial Nutritional Supplements*

- Boost[®] / Boost[®] Plus, Ensure[®] / Ensure[®] Plus or store brand equivalent
- Nutra-Shakes[®] (1-800-654-3691).
- Carnation[®] Instant Breakfast[™] or equivalent brand (made with whole milk).

*Examples only; other products also available. UVAHS does not endorse a certain brand or company.

To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.

For more recipes and information, see UVA Digestive Health website:
www.GInutrition.virginia.edu

Click on: Patient Education Handouts, then see handouts for "Increasing Calories."