Nutritional Guide
After Esophageal Stent Placement

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Get in touch with Dr. Fontaine to learn more about esophageal cancer surgery and treatment options.
**What is an esophageal stent?**

A stent is a plastic/metallic cylinder or pipe that was placed in your esophagus to open the obstruction (blockage).
Why do I need this diet?

This stent or “pipe” can get “clogged” if you attempt to eat foods that are hard or very sticky. Getting the stent “clogged” is a serious problem that may require surgery to have it “unclogged”. This is a guide to eating foods that are not likely to “clog” your stent

General Guidelines

1. Chew all foods thoroughly
2. Eat 5-6 small meals per day if needed
3. Eat slowly and take small bites
4. Sit upright when eating
5. Drink a small amount of fluids after every 2-3 bites
6. Foods should always be prepared so that they are moist, soft and easily swallowed.
7. If food ever feels “stuck” in your throat or chest, take a few sips of Coca-Cola or any carbonated drink. This will help dislodge the food from your esophagus.
8. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below)

COMMERCIAL NURTITIONAL SUPPLEMENTS
- Boost, Ensure, Kroger Fortify (Kroger brand), Equate (Walmart brand).
- Nutra-Shakes (1-800-654-3691).
- Carnation Instant Breakfast or equivalent brand (made with whole milk).
- To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.
<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>YES FOODS</th>
<th>AVOID</th>
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<tbody>
<tr>
<td>Milk and Dairy Products</td>
<td>Milk – all kinds, Yogurt, custard, ice cream, Soft or melted cheese, Cottage cheese, cream cheese</td>
<td>Ice cream or yogurt with chunks of fruit or nuts</td>
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<tr>
<td>Meat and Meat Substitutes</td>
<td>Soft eggs, Tofu, Casseroles, Moist Fish, Strained baby meats (for easy preparation), All other meats must be bite-size or ground – <strong>suggest adding a gravy or sauce.</strong></td>
<td>Dry poultry, Peanut butter, All tough red and white meats</td>
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<tr>
<td>Fruits</td>
<td>All juices, All canned fruits, Fresh fruits peeled – bananas, Stewed dried fruits.</td>
<td>Fresh fruits with skins - plums, peaches, oranges, apricots, Dried fruits</td>
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<tr>
<td>Vegetables</td>
<td>Well-cooked soft or pureed, Should be “fork-tender”, Strained baby vegetables</td>
<td>Raw vegetables</td>
</tr>
<tr>
<td>FOOD GROUP</td>
<td>YES FOODS</td>
<td>AVOID</td>
</tr>
<tr>
<td>Bread and Starchy Foods</td>
<td>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</td>
<td>Hard bread with thick crust, Dry cereals without milk, Potato chips, Popcorn, Crackers</td>
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<tr>
<td>Fats</td>
<td>Butter, margarine, mayonnaise, Salad dressings, Gravy, Cream, sour, whipping, coffee</td>
<td>Bacon, Nuts, Deep fried, crispy food</td>
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<tr>
<td>Desserts</td>
<td>Sherbet, ice cream, Italian ice, frozen yogurts, Gelatin, puddings, mousse, custard, All cake type desserts</td>
<td>Cookies, Pie crust, Any dry desserts, Desserts containing nuts or skins</td>
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<tr>
<td>Other</td>
<td>Sauces – cheese, white, barbeque, creamed, tomato, Syrup, honey, jam, jelly, Ketchup, mustard, relish</td>
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