Diet After Fundoplication

Fundoplication is a type of surgery to treat gastroesophageal reflux disease (GERD). GERD happens when the muscle at the end of the esophagus is too loose. Food and other stomach contents come up into the esophagus which can be very painful. This surgery tightens this muscle, so food and stomach contents then stay in the stomach. The pain and heartburn will go away.

You will be on a full liquid diet for 2-3 weeks to help you heal. The full liquid diet includes any clear liquids, fruit and vegetable juices, cooked cereals, milk, yogurt, strained soups and frozen desserts.

Purees allow you to eat thin, pourable foods. These foods have an applesauce-like consistency. You may thin foods with water, broth, milk or fruit juice. You will need a blender or food processor to puree your food. Please follow this diet until you see your surgeon at your post-surgery visit.

Diet Guidelines

- Eat and drink slowly.
- Aim for small, frequent meals. This will help you meet your calorie and protein goals.
- All foods must be thinned enough to pour off a spoon.
- Protein smoothies and oral nutritional supplements are best.
- Avoid carbonated drinks.
- No straws. Straws cause you to swallow air leading to pain.
- Do not chew gum and tobacco.
- Very hot or cold foods may cause esophageal spasms.
- Try to eat smaller amounts of citrus, tomato, caffeine, and chocolate if they are causing heartburn.
- If you are sensitive to dairy products, try lactose reduced milk (Lactaid®). Other dairy free milk options are almond, cashew, soy or rice milk.
- Medicines can be taken whole; they do not need to be crushed. Talk to your doctor if start taking a new medicine.
- You need more protein to help you heal. Include a good source of protein with meals and snacks. You should eat 60-80 grams per day.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

Full Liquid/ Pureed Diet

Food Group	Allowed	Avoid
Cereals, Bread, Grains, Legumes	• Thinned, cooked cereal (cream of wheat, cream of rice, Malt-o-Meal®, cornmeal, Cocoa Wheats®, or thin quick-cooking oatmeal) • Pasta, rice and legumes pureed in soup, thinned	• Bread, rolls, tortillas, baked goods, donuts, crackers • Dry (cold cereals) • Popcorn • Seeds such as chia and flax • Whole rice, potatoes, pasta and legumes
Fruits	• Fruit juice • Pureed fresh, frozen or canned fruit. • Applesauce without chunks • Baby food fruit- Stage 1- no solids • Soft fruits blended in smoothies (i.e. banana)	• Whole fresh, frozen or canned fruit • Dried fruits • Toddler baby food or baby food with solids
Vegetables	• Pureed cooked vegetables- thinned as needed. • Tomato and vegetable juices • Sweet or white potato- mashed and thinned. • Baby food vegetables- Stage 1	• Raw vegetables • Whole cooked vegetables • Toddler baby food or baby food with solids
Meat, Poultry, Fish, Eggs and Meat Substitutes	• Pureed and thinned beef, chicken, lamb, pork, turkey, veal, wild game, eggs, fish • Thinned refried beans or hummus. • Stage 1 baby food meats • Smooth or powdered nut butters in a smoothie or shake	• Whole or ground meats, poultry, fish, eggs • Nuts and seeds. • Stage 3 baby food with solid pieces
Milk and Dairy	• Whole, 2%, 1%, skim, lactose reduced, flavored milks. • Soy, rice and nut-based milks • Yogurt without fruit • Pureed cottage cheese • Melted cheeses mixed into purees. • Thin milkshakes and malts made with allowed ingredients. • Kefir, pasteurized eggnog	• Solid aged and processed cheese

Food Group	Allowed	Avoid
Soups	• Broth, stock, bouillon • Pureed broth based or cream soups that are thinned	• Soups that contain solid pieces
Smoothies, Other Liquids & Ready-to-Drink Nutrition or Protein Drinks	• Smoothies made with allowed ingredients. • Medical nutrition supplements such as: Boost, Carnation Breakfast Essentials, Ensure, Equate, Orgain and Premiere Protein • Protein powders- we suggest whey protein isolate. • Coffee, tea, lemonade	• Smoothies and shakes that contain solid pieces. • Carbonated drinks
Desserts	• Pudding- thinned. • Frozen desserts: ice cream, custard, sherbet, sorbet, ices, popsicles, frozen yogurt • Gelatin- without solids • Hard candy	• Frozen desserts that contain solid pieces • All other (cakes, cookies, donuts, pies, etc.)
Condiments	• Salt, pepper, spices, seasonings, butter, margarine, mayo, gravy, most condiments allowed	• Any that contain solids

Sample One Day Menu

Meal/Snack	Food Ideas
Breakfast	Cooked, thin hot cereal, milk, pureed fruit; and a protein smoothie or ready-to- drink nutrition drink
Snack	Yogurt or pureed cottage cheese; pureed fruit
Lunch	Pureed soup; milk or protein or nutrition drink; gelatin, pudding or sorbet/sherbet
Snack	Shake or smoothie made with protein powder or ready-to-drink nutrition drink
Dinner	Pureed soup, pureed fruit, ice cream; milk, protein smoothie or ready to drink nutrition drink
Snack	Milk, Greek yogurt, protein shake or smoothie or ready-to-drink nutrition drink
Hydration	Between meals and snacks, take small drinks of water.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#397.