

Esophageal Stent Diet

Information for patients and caregivers

Read this booklet to learn:

- what an esophageal stent is
- why you need this diet
- what diet instructions to follow
- which foods are safe to eat

Name: _____

Date: _____

Registered Dietitian: _____

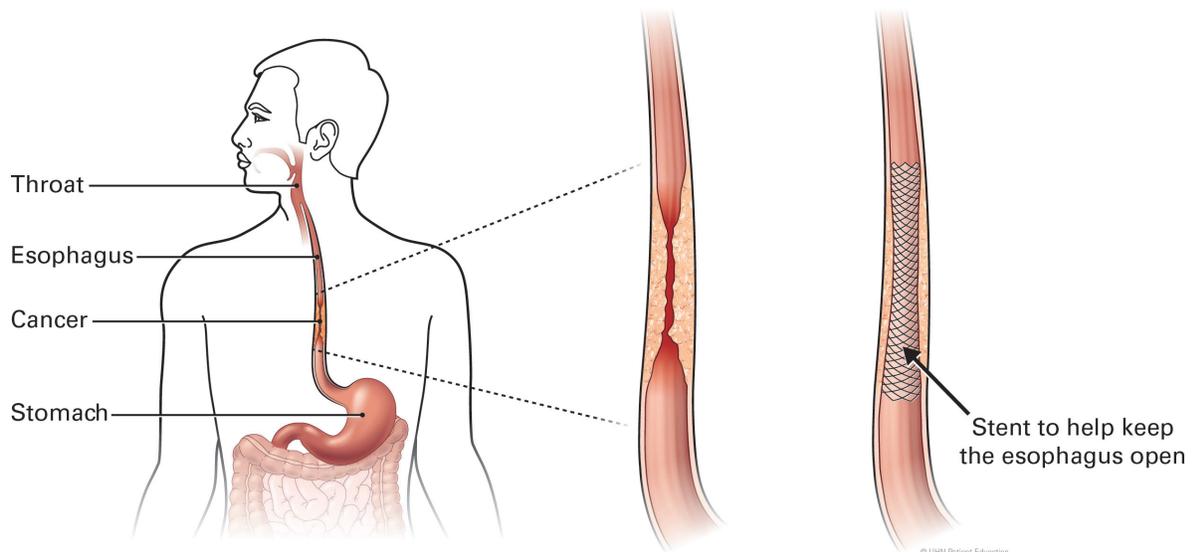
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This document is intended to be used with instruction by a Registered Dietitian. Developed by Registered Dietitians of the University Health Network (Reviewed 2022).



What is an esophageal stent?

An esophageal stent is a plastic or metal tube that is placed in your esophagus to help keep it open. This stent makes it easier for food and liquids to pass through.



Why do I need this diet?

The stent is a narrow tube and may become blocked or clogged if you eat foods that are too hard or sticky.

It is less likely that the stent will get blocked if you:

- ✓ choose foods that are soft and moist
- ✓ chew your foods well
- ✓ take your meals with lots of fluids

Diet instructions to follow:

- 1. Start with a liquid diet for the first 1 or 2 days after your stent is placed.** This gives the stent time to fully expand. After this, you can start gradually eating solid foods.
- 2. Choose foods that are soft and moist, either naturally or when cooked.**
 - Do not eat dry, crumbly textures unless they can be softened with a liquid (for example, cookies dipped in milk or crackers in soup).
 - Add sauces, gravies, butter or margarine to moisten the foods that you eat.
- 3. Take small bites and chew your foods well.**
- 4. Drink plenty of fluids during and after meals.** Drinking carbonated beverages (pop) and warm liquids after meals may help keep the stent clean.
- 5. Sit up straight when eating.** Sit for at least 30 to 60 minutes after eating.
- 6. Have small meals often during the day.** Five or 6 small meals a day may be easier for you to manage, especially if you don't have an appetite.
- 7. If you have trouble eating enough to keep your weight up, try adding a nutrition supplement** (for example, Ensure or Boost). Contact your dietitian if you are not able to keep up your weight.

Use this table to help you choose safe foods

Type of food	✓ Allowed foods	✗ Foods to avoid
Fruit	<ul style="list-style-type: none"> • Soft fresh fruit (remove skins and seeds) • Cooked or canned fruit • Pureed fruit, applesauce • Fruit juice • Fruit smoothies (seeds and skins strained) 	<ul style="list-style-type: none"> • Crisp fruit • Fresh fruit with peel • Berries with skin, seeds or pits • Fibrous fruits (for example, orange, grapefruit or pineapple) • Dried fruit
Vegetables	<ul style="list-style-type: none"> • Mashed potato with butter, margarine or gravy • Baked potato flesh (no skin) with butter, margarine or gravy • Soft chopped or mashed vegetable moistened with sauce, butter or margarine • Vegetable juice 	<ul style="list-style-type: none"> • Raw, crisp vegetables • Stringy vegetables (for example, celery or green beans) • Corn, peas • Potato skins • Leafy green vegetables, salad greens
Grains	<ul style="list-style-type: none"> • Rice, barley, quinoa, couscous • Soft pasta or noodles with sauce • Hot cereal (for example, oatmeal or Cream of Wheat) • Cold cereal, softened with milk for 5 to 10 minutes (such as Rice Krispies, Corn Flakes, Bran Flakes, Shreddies) • Plain muffin or biscuit softened with milk • Pancakes, waffles • Crackers with dip to moisten (for example, hummus or guacamole) 	<ul style="list-style-type: none"> • Bread • Dry crackers • Croutons • Granola cereal • Cereal with dried fruit or nuts and seeds

Type of food	✓ Allowed foods	✗ Foods to avoid
Dairy	<ul style="list-style-type: none"> • Milk • Yogurt • Cottage cheese or ricotta cheese • Grated or shredded cheese, cheese slices • Cheese sauce 	<ul style="list-style-type: none"> • Hard cheeses
Meat, poultry and fish Meat alternatives	<ul style="list-style-type: none"> • Ground meat or poultry with gravy • Minced meat or poultry cut into 1 cm cubes or smaller, moistened with sauce • Moist, flaky fish • Meat sauce • Meat, poultry or fish casserole • Scrambled, soft boiled, poached or fried eggs • Quiche with soft crust • Tender mashed beans or lentils, hummus • Tofu 	<ul style="list-style-type: none"> • Tough meat • Meats, poultry and fish which are not minced • Fish with bones • Nuts and seeds • Hard-boiled egg
Soup	<ul style="list-style-type: none"> • Pureed soups • Strained cream soups • Broth, bouillon, consommé • Soups with small pieces of soft vegetables or meat, noodles, grains 	

Type of food	✓ Allowed foods	✗ Foods to avoid
Beverages	<ul style="list-style-type: none"> • Fruit smoothies (seeds and skins strained) • Coffee, tea • Crystal fruit drinks, sports drinks • Carnation Breakfast Anytime • Nutritional supplements (such as Ensure or Boost) • Carbonated beverages after meals 	<ul style="list-style-type: none"> • Smoothies with fruit skins or seeds
Desserts	<ul style="list-style-type: none"> • Pudding, custard, mousse, Jell-o • Smooth ice cream, frozen yogurt, sherbet • Popsicles • Moist cake, soft pie • Chocolate without dried fruit or nuts and seeds • Cookies dipped in milk or tea to moisten (for example, arrowroot, gingersnaps or chocolate wafers) 	<ul style="list-style-type: none"> • Crisp cookies • Dessert with hard or crumbly crusts • Dessert with nuts, coconut pieces, dried or candied fruit • Hard, crumbly cookies made with nuts or dried fruit
Other	<ul style="list-style-type: none"> • Sauces • Seedless jam or jelly • Ketchup and mustard • Dried herbs and spices 	<ul style="list-style-type: none"> • Chips • Pretzels • Popcorn

Important: This resource does not include a full list of brands or products. The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.

Make homemade smoothies with more calories and protein

Choose 1 item from each group and blend together.

To create a higher calorie smoothie, avoid using fruit juices or nut milks.

Choose
1 cup of fresh,
frozen or canned
fruit (250 ml)

- banana, mango
- apple, pear (remove skin and seeds)
- melon or watermelon (remove seeds)
- nectarine, peach (remove skin)
- raspberries or strawberries (strained, remove seeds)
- blueberries (blended well)

Add 1 cup
of liquid
(250 ml)

- buttermilk or evaporated milk
- milk (1%, 2% or homogenized, chocolate, lactose-free)
- plant based milk (almond, cashew, coconut or soy)
- yogurt
- nutrition supplement beverages (Ensure®, Boost®, Resource 2.0® or store brand)
- 100% fruit juice (pulp free) or fruit flavoured nutrition supplement juice

Add a
calorie
booster

- avocado (half medium)
- coconut cream or canned coconut milk (½ cup/125 ml)
- coconut oil, vegetable oil, margarine or butter (1 tbsp)
- high fat yogurt 3–10% MF (½ cup or 125 ml)
- oats, dry (⅓ cup or 75 ml)
- ice cream, frozen yogurt or non-dairy frozen dessert (½ cup or 125 ml)
- nut or seed butters, smooth (almond, peanut, sunflower) (2 tbsp or 30 ml)
- sour cream (½ cup or 125 ml)
- sweetened condensed milk (1 tbsp or 15 ml)

Add a
protein
booster

- cottage cheese or ricotta cheese (¼ cup or 60 ml)
- cooked lentils or white beans (blend well) (½ cup or 125 ml)
- Greek or Icelandic yogurt (½ cup or 125 ml)
- nut or seed butter (2 tbsp)
- pasteurized egg whites (¼ cup or 60 ml)
- protein powder (1 scoop) (Boost Just Protein® unflavored)
- skim milk, whole milk or soy milk powder (¼ cup or 60 ml)
- soft or silken tofu (½ cup)

Add a flavour booster (optional), blend together and enjoy!

- canned pumpkin
- cocoa powder
- extracts (almond, lemon, vanilla)
- hot chocolate powder

Sample Recipes

Adapted from Oncology Nutrition BC Cancer Agency, July 2019

Chocolate Peanut Butter Shake

- 1 banana (fresh or frozen)
- 1 cup 3% milk
- 2 tablespoons smooth peanut butter
- ¼ cup of whey protein powder or plant-based protein powder
- 1 tablespoon cocoa powder

Instructions: Using a blender, blend all ingredients together until smooth.

Makes 1¾ cup.

This recipe has 580 calories and 39 grams of protein.

For every cup (250 millilitres), this recipe has 330 calories and 22 grams of protein.

Peach and Cinnamon Shake

- 1 cup peeled peaches (canned, fresh or frozen)
- ½ cup 3% milk
- ½ cup plain Greek yogurt
- ½ cup vanilla frozen yogurt
- 1 teaspoon honey
- ¼ teaspoon cinnamon

Instructions: Using a blender, blend all ingredients together until smooth.

Makes 2 cups.

This recipe has 370 calories and 20 grams of protein.

For every cup (250 millilitres), this recipe has 185 calories and 10 grams of protein.

Plant-Based Blueberry Shake

- 1 cup frozen blueberries (blended well)
- 1 cup non-dairy milk (soy or protein enriched almond)
- ½ cup non-dairy vanilla frozen dessert
- 2 tablespoons almond butter
- ¼ cup plant-based protein powder
- ½ teaspoon vanilla extract

Instructions: Using a blender, blend all ingredients together until smooth.

Makes 2 cups.

This recipe has 660 calories and 41 grams of protein.

For every cup (250 millilitres), this recipe has 330 calories and 20 grams of protein.

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