



Esophageal Stent Diet

UHN

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: _____

Phone:  _____

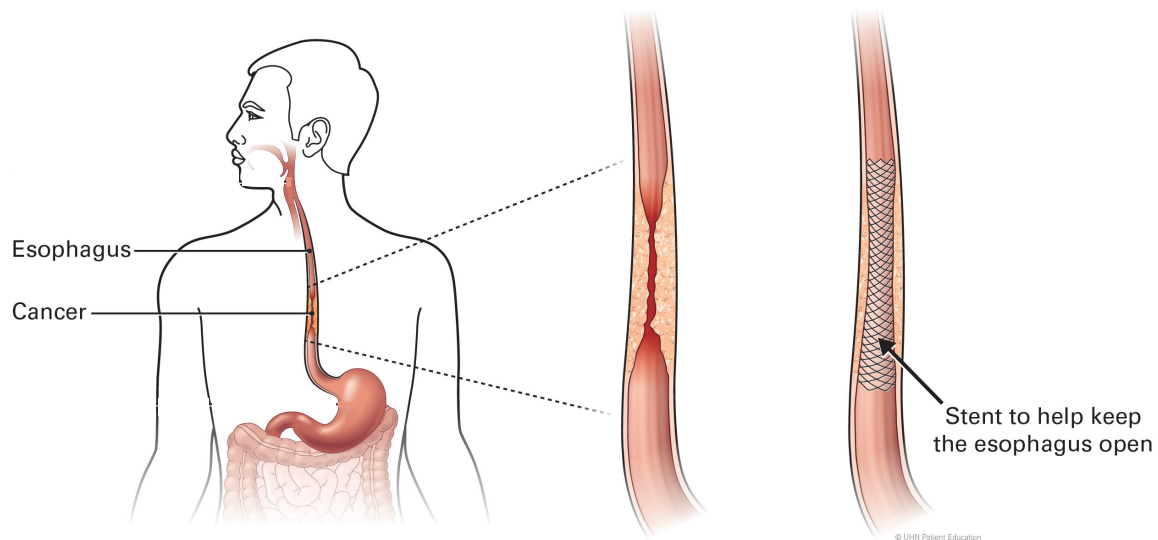
This document is intended to be used with instruction by a Registered Dietitian.
Developed by Registered Dietitians of the University Health Network (2015).

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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.
 - 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.** 5 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 (for example, 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	<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 	<ul style="list-style-type: none"> • Tough meat • Meats, poultry and fish which are not minced • Fish with bones
Meat alternatives	<ul style="list-style-type: none"> • Scrambled, soft boiled, poached or fried eggs • Quiche with soft crust • Tender mashed beans or lentils, hummus • Tofu 	<ul style="list-style-type: none"> • 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 (for example, 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, jello • 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