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:__________________________
Phone:________________________________________

This document is intended to be used with instruction by a Registered Dietitian. Developed by Registered Dietitians of the University Health Network (Reviewed 2018).
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.** 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

<table>
<thead>
<tr>
<th>Type of food</th>
<th>✅Allowed foods</th>
<th>✗Foods to avoid</th>
</tr>
</thead>
</table>
| **Fruit**    | • Soft fresh fruit (remove skins and seeds)  
                • Cooked or canned fruit  
                • Pureed fruit, applesauce  
                • Fruit juice  
                • Fruit smoothies (seeds and skins strained) | • Crisp fruit  
                • Fresh fruit with peel  
                • Berries with skin, seeds or pits  
                • Fibrous fruits (for example, orange, grapefruit or pineapple)  
                • Dried fruit |
| **Vegetables** | • 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 | • Raw, crisp vegetables  
                 • Stringy vegetables (for example, celery or green beans)  
                 • Corn, peas  
                 • Potato skins  
                 • Leafy green vegetables, salad greens |
| **Grains**    | • 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) | • Bread  
                • Dry crackers  
                • Croutons  
                • Granola cereal  
                • Cereal with dried fruit or nuts and seeds |
<table>
<thead>
<tr>
<th>Type of food</th>
<th>✔️Allowed foods</th>
<th>✗Foods to avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy</td>
<td>• Milk</td>
<td>• Hard cheeses</td>
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<tr>
<td></td>
<td>• Yogurt</td>
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<td></td>
<td>• Cottage cheese or ricotta cheese</td>
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<td></td>
<td>• Grated or shredded cheese, cheese slices</td>
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<tr>
<td></td>
<td>• Cheese sauce</td>
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<tr>
<td>Meat, poultry and fish</td>
<td>• Ground meat or poultry with gravy</td>
<td>• Tough meat</td>
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<tr>
<td></td>
<td>• Minced meat or poultry cut into 1 cm cubes or smaller, moistened with sauce</td>
<td>• Meats, poultry and fish which are not minced</td>
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<tr>
<td></td>
<td>• Moist, flaky fish</td>
<td>• Fish with bones</td>
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<tr>
<td></td>
<td>• Meat sauce</td>
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<tr>
<td></td>
<td>• Meat, poultry or fish casserole</td>
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<tr>
<td></td>
<td>• Scrambled, soft boiled, poached or fried eggs</td>
<td>• Nuts and seeds</td>
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<tr>
<td></td>
<td>• Quiche with soft crust</td>
<td>• Hard-boiled egg</td>
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<tr>
<td></td>
<td>• Tender mashed beans or lentils, hummus</td>
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<tr>
<td></td>
<td>• Tofu</td>
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<tr>
<td>Soup</td>
<td>• Pureed soups</td>
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<tr>
<td></td>
<td>• Strained cream soups</td>
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<tr>
<td></td>
<td>• Broth, bouillon, consommé</td>
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<tr>
<td></td>
<td>• Soups with small pieces of soft vegetables or meat, noodles, grains</td>
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<tr>
<td>Type of food</td>
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</table>
| **Beverages**| • 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 | • Smoothies with fruit skins or seeds |
| **Desserts** | • 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) | • 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** | • Sauces  
• Seedless jam or jelly  
• Ketchup and mustard  
• Dried herbs and spices | • Chips  
• Pretzels  
• Popcorn |

**Important:** This is not 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.