



Nutritional Recommendations for TIF Patients

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1 General Guidance

The TIF surgical intervention you just underwent requires modifying your diet for **6 weeks**. It is important that you follow the dietary recommendations below as strictly as possible to promote good healing of the reconstructed valve.

The modification primarily involves a change in food **consistency** and **portion size**. Indeed, the food, which is initially **liquid**, should become progressively **soft** (= homogeneous and smooth), and then **solid** but without fibrous meat and vegetables. Eating **small meals** through the whole 6-week period is critical for preventing stomach distension.

For the first 2 weeks you will consume **liquids** such as water, diluted juices, enriched milk, drinkable yogurt, and strained soup. Over the next 2 weeks, you will be allowed to add gradually some variety to your diet by introducing **soft food** such as vegetables and potatoes pureed in a blender, fruit mousses, scrambled eggs, smooth creams (puddings, custards etc.), whipped cheese, fruit compotes etc. During the final 2 weeks you will return to your normal **solid diet**, except fibrous meat and vegetables.

The following food should be avoided during the first 6 weeks after TIF:

- Bread
- Meat
- Cereals and dry fruits
- Fibrous vegetables, raw vegetables (salads etc.) and acidic fruits
- Fat and spicy food
- Sodas, sparkling water or wine
- Any food or drink that used to give you reflux in the past

To prevent gnawing feeling in your stomach you should:

- Split up your food into 5 or 6 meals (3 meals and 3 snacks).
- Eat in a quiet environment.
- Chew your food slowly.
- Don't drink during meals.



- Keep sugary foods (sweets etc.) until the end of the meals because they speed up digestion.

To facilitate food transit from the esophagus to the stomach you should:

- Eat in a sitting position; do not lie down until at least one hour after the meal.
- Eat very small pieces of food and chew for a long time before swallowing.
- Eat soft, smooth, cooked food.
- Avoid foods such as bread, rice and asparagus, which are more difficult to swallow.

To avoid bloating sensation and burping:

- Don't consume foods that can cause discomfort such as: broccoli, cauliflower, cabbage, beans, onions, garlic, tomato-based products, mint, or bell peppers.
- Don't consume sparkling drinks, champagne, beers or caffeinated drinks.
- Don't speak during meals, don't chew gum, and, if possible, avoid smoking. All these actions can encourage the presence of gas in the stomach and thus cause burping. The act of burping can undo a staple and with it the suture placed on the rebuilt valve.

Notes



2 Diet During 6 Weeks After TIF

<p>Week 1 & 2 LIQUID DIET Day 1-3: CLEAR LIQUIDS 6-8 times/day ½ cup/meal Day 4 and After: FULL LIQUIDS 4-6 times/day ½ - 1 cup/meal</p>	<p>CLEAR LIQUIDS: Water Broth Diluted fruit or vegetable juices Sugar-free drinks Jello</p> <p>FULL LIQUIDS: Blended soups Skim milk Protein shakes Low-fat yogurt</p>
<p>Week 3 & 4 SOFT DIET</p> <p>3-4 meals/day Max 1 cup/meal</p>	<p>Water Pureed meats Scrambled eggs Cottage cheese Fruits Vegetables Oatmeal</p>
<p>Week 5 & 6 SOLID DIET</p> <p>3 meals/day Max 1 cup/meal</p>	<p>Water Tender meats Scrambled eggs Soft fruits Vegetables Mashed potatoes</p>
<p>Week 7 and After REGULAR DIET</p> <p>3 meals / day Max 1 cup/meal</p>	<p>Water Baked meats, fish and poultry Cottage cheese Most vegetables Most fruits Limited amount of grains</p>

Notes



3 Week 1 and Week 2: Liquid Diet

The first 2 weeks after your procedure are extremely important. That's why we ask you to be particularly cautious with your diet. We recommend **liquid food exclusively**.

You will stay on **clear liquids** for the first 1-3 days after the TIF procedure. This diet contains only fluids that are clear and very low in sugar. The diet is not nutritionally adequate and is not to be used for more than a few days.

Here are some ideas of food that is allowed:

- Water
 - Milk, decaffeinated tea, caffeine-free drinks
 - Diet drinks
 - Strained soups
 - Liquid puddings and creams
 - Sherbets
 - Non-acidic fruit or vegetable juices without chunks
 - Ice-creams without chunks
 - Milk-shakes (not too icy)
 - Diet lemonade
 - Diet Snapple
 - Diluted, Light, or Diet apple juice
 - Diluted Gatorade
 - Diluted, Light, or Diet white grape juice
- Be sure to drink a minimum of 4-8 oz of water between each meal.
 - Sip on these fluids all day or at least 6-8 times a day but no more than ½ cup each time.
 - Do not take a large gulp. Sip your clear liquids and rest in between them. Allow 20 minutes to drink ½ cup.
 - The following protein supplements can be used starting on day 4:
 - Protein-enriched milk-shakes. Please refer to **Appendix 1** for a list of commercially available protein drinks.



- You can also add one scoop of concentrated protein powder to your bowl of soup or glass of juice. Please refer to **Appendix 2** for a list of commercially available protein powders.
- During **week 2** the liquid diet is still recommended but you can add rather liquid, potato-based and non-stringy vegetable mashes.
- This diet consists of high-protein full liquids and blended solids. The portions remain very small and should not exceed a ½ cup to help prevent vomiting and proper healing of plications.
- Your meals will be only liquid or blended. They may include milk, vegetable or diluted fruit juice. Sip liquid meals very slowly. Drink 4oz or ½ cup, over 20-30 minutes.
- Eat **4-6 small meals each day**. The amount you will be able to eat at one time is very small and should not exceed a ½ cup. Choose one item from the meat or the milk group at each meal. These foods are higher in protein and should be eaten first. Protein helps your body heal from surgery.
- **Avoid beverages with alcohol, caffeine, or carbonation** (soft drinks). You will also want to avoid beverages that are more acidic like tomato, grapefruit, and orange juice.
- **Take your vitamin/mineral supplements every day**. This will help to prevent vitamin and mineral deficiencies.
- **Restaurant foods are not recommended during the first few weeks.**
- **Tips on how to blend foods:**
 - Cut foods into small pieces
 - Place food into blender or food processor
 - Add liquid such as broth, juice, or milk
 - Blend or puree until smooth
 - Strain foods that do not blend in a completely smooth consistency
 - Season foods to taste.



Recipes:

Protein Fortified Breakfast Drink

½ packet *Carnation Instant Breakfast*

½ scoop of whey protein powder

4 oz skim milk

Amount per serving (½ cup): 120 calories, 15 g protein

P2 Pudding

1 packet sugar-free pudding

¼ cup dry milk

¼ cup peanut butter

2 cups skim milk

Amount per serving (¼ cup): 100 calories, 6 g protein

Eggnog

½ cup skim milk

½ package *Carnation Instant Breakfast*

¼ cup liquid egg substitute

Amount per serving (½ cup): 110 calories, 13 g protein

Refer to Appendices 1-3 for a list of commercially available protein drinks, protein powders and grocery/pantry.

Notes



4 Week 3 and Week 4: Soft Diet

This diet consists of blended foods with one new solid food added daily. Portions should be small and not exceeding 1 cup to help prevent vomiting and proper healing of your plications.

Here are some ideas of food that is allowed:

- Water, milk, fruit juices and vegetable juices
- Tea and coffee in small quantities
- Mashed potatoes and/or mashed vegetables
- Oatmeal
- Puddings
- Ice-creams, sherbets
- Butter and margarine
- Soups without chunks
- Ground food: You can slowly introduce finely ground fish and chicken fillets

Here are foods that you still should avoid:

- Raw food
 - Alcoholic beverages
 - Pasta, bread
 - Cakes, pancakes, waffles, cookies etc.
 - Chips, French fries, popcorn etc.
 - Pepper and hot sauces
 - Dry fruits and cereals
 - High-fat food
- Consume vitamin-rich fruit juices each day (but refrain from oranges and lemons).
 - Taking plum juice and apricot juice will help to avoid constipation problems.

Notes



5 Week 5 and Week 6: Solid Diet

Depending on your tolerance level you may introduce:

- Pasta (small noodles) and rice
- Thicker soups or soups with small pieces of vegetables
- Sauces
- Bananas
- Soft cheeses
- Cooked vegetables

Here are foods that you still should **avoid**:

- Fibrous meats
 - Fibrous vegetables
- Eat seated, in a quiet place, without stress, and always make sure you really chew your food and eat slowly.
 - Avoid consuming large quantities of food, and avoid drinking sparkling drinks and alcohol.
 - If you have a burning sensation after consuming a particular food, try to avoid it and mention it to your physician at your next visit.
 - The burning sensation could in fact mean that your valve is operating correctly. However, if your symptoms persist, contact your physician as quickly as possible.
 - At the start of the 7th week you can go back to eating normal food. However, it is better to continue eating small meals.



6 Appendix 1: Protein Powders

Protein Powders	Serving Size	Calories	Protein (grams)	Sugar (grams)
Pure Protein Powder Natural Whey Chocolate	1 scoop	110	23	1
Syntrax Nectar Carribbean Cooler	1 scoop	90	23	0
BeneProtein	1 scoop/ 1 packet	25	6	0
No Sugar Added Carnation Instant Breakfast	1 packet	70	4	7
Walker Diet Low Carb Shake Mix	2 scoops	175	24	<1
<i>*Available in Banana Cream, Chocolate, Cappuccino, Peach, Strawberry, Vanilla</i>				
Designed Whey	1 scoop	100	18	2
<i>*Available in French Vanilla, Chocolate, Vanilla Praline, Strawberry, Chocolate Peanut, Caramel</i>				
ProCel Whey Protein powder	6.6g	28	5	<1
GNC Pro Performance 100% Whey Protein	1 scoop	130	20	2
<i>*Available in Chocolate, Cookies & cream, and Chocolate Caramel</i>				
GNC Pro Performance Soy Protein 95	1 scoop	130	25	2
<i>*Available in Chocolate, Strawberry, Banana, and Unflavored</i>				
Unjury	1 scoop	100	20	2
<i>*Available in Vanilla, Strawberry sorbet, Chicken soup, Chocolate & unflavored</i>				
HMR 70 Plus Lactose Free	1 packet	110	14	13
Met-Rx Protein Powder	3 scoops	220	46	2
<i>*Available in chocolate & vanilla</i>				
CytoSport Muscle Milk Light	2 scoops	195	25	2
<i>*Available in Strawberry & Chocolate</i>				

* Nutrient content may vary slightly between a Product's various flavors



7 Appendix 2: Protein Drinks

Ready to Drink Protein Shakes	Serving Size	Calories	Protein (grams)	Sugar (grams)
Pure Protein Shakes	1 can	160	35	1
Boost Glucose Control	8oz	190	16	4
<i>*Available in Strawberry, Vanilla, and Chocolate</i>				
Slim Fast Shakes: High Protein	1 can	190	15	13
<i>*Available in extra creamy Strawberry, Chocolate and Vanilla</i>				
Slim Fast Low Carb	1 can	190	20	1
Mighty Milk Nutritional drink Cookies 'n Cream	8.5 oz	160	14	4
EAS AdvantEdge Carb Shake Chocolate Fudge	11oz	100	15	0
Myoplex Lite Shake Vanilla Cream	1 packet	180	20	1
CytoSport Muscle Milk Meal Replacement	1 packet	250	40	1
<i>*Available in Vanilla & Strawberry</i>				

Nutrient content may vary slightly between a Product's various flavors



8 Appendix 3: Grocery/ Pantry List

- Applesauce (No Sugar Added)
- Baby Food (Strained)
- Beverages (Crystal Light, decaf teas, *Kool-aid* sugar free, flavored waters non-carbonated, diet V8 Splash)
- Broth or bouillon
- Canned light fruit (in own juice)
- Canned chicken, tuna, or beef in water
- Cream of wheat (plain or low sugar)
- Creamed soups (low fat and strained)
- Cottage cheese
- Dry milk (non-fat)
- Egg substitutes (liquid)
- Fudgsicles (sugar-free)
- Instant breakfast drink (no sugar added)
- Jell-O* (sugar-free)
- Low carb smoothies
- Milk (skim, 1%, Lactaid)
- Mashed potatoes (instant boxed or frozen low fat)
- Oatmeal (instant, plain, or low sugar)
- Peanut butter (smooth)
- Popsicles (sugar-free)
- Puddings (boxed, sugar-free)
- Protein powders and drinks (low carb type) (see Appendix 2)
- Refried beans (fat free or vegetarian)
- Tomato Juice or V8
- Yogurt (Light)

Notes
