

# Food Guide

## EsophyX™

Transoral Incisionless Fundoplication

● Yes ○ No

POST-PROCEDURE WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Chicken broth	●	●	●	●	●	●	●	●	●	●	●	●
Strained soups (not tomato based)	●	●	●	●	●	●	●	●	●	●	●	●
Nutritional supplements	●	●	●	●	●	●	●	●	●	●	●	●
Pudding	●	●	●	●	●	●	●	●	●	●	●	●
Milk	●	●	●	●	●	●	●	●	●	●	●	●
Gelatin	●	●	●	●	●	●	●	●	●	●	●	●
Yogurt	●	●	●	●	●	●	●	●	●	●	●	●
Cottage cheese	●	●	●	●	●	●	●	●	●	●	●	●
Well-cooked & pureed vegetables	●	●	●	●	●	●	●	●	●	●	●	●
Chewable multi-vitamin supplement	●	●	●	●	●	●	●	●	●	●	●	●
Moist & boneless fish	○	○	●	●	●	●	●	●	●	●	●	●
Canned fruits (without skins)	○	○	●	●	●	●	●	●	●	●	●	●
Bananas	○	○	●	●	●	●	●	●	●	●	●	●
Melons	○	○	●	●	●	●	●	●	●	●	●	●
Berries	○	○	●	●	●	●	●	●	●	●	●	●
Tofu	○	○	●	●	●	●	●	●	●	●	●	●
Meatless casseroles	○	○	●	●	●	●	●	●	●	●	●	●
Soft eggs	○	○	●	●	●	●	●	●	●	●	●	●
Cooked vegetables	○	○	●	●	●	●	●	●	●	●	●	●
Mashed potatoes	○	○	●	●	●	●	●	●	●	●	●	●
Pasta	○	○	●	●	●	●	●	●	●	●	●	●
Soft & moist rice	○	○	●	●	●	●	●	●	●	●	●	●
Noodles	○	○	●	●	●	●	●	●	●	●	●	●
Cereals (softened in milk)	○	○	●	●	●	●	●	●	●	●	●	●
Fresh vegetables	○	○	○	○	○	○	●	●	●	●	●	●
Meats	○	○	○	○	○	○	●	●	●	●	●	●
Bread	○	○	○	○	○	○	●	●	●	●	●	●
Citrus	○	○	○	○	○	○	●	●	●	●	●	●
Alcohol	○	○	○	○	○	○	●	●	●	●	●	●
Carbonated Beverages (sodas, sparkling water)	○	○	○	○	○	○	●	●	●	●	●	●