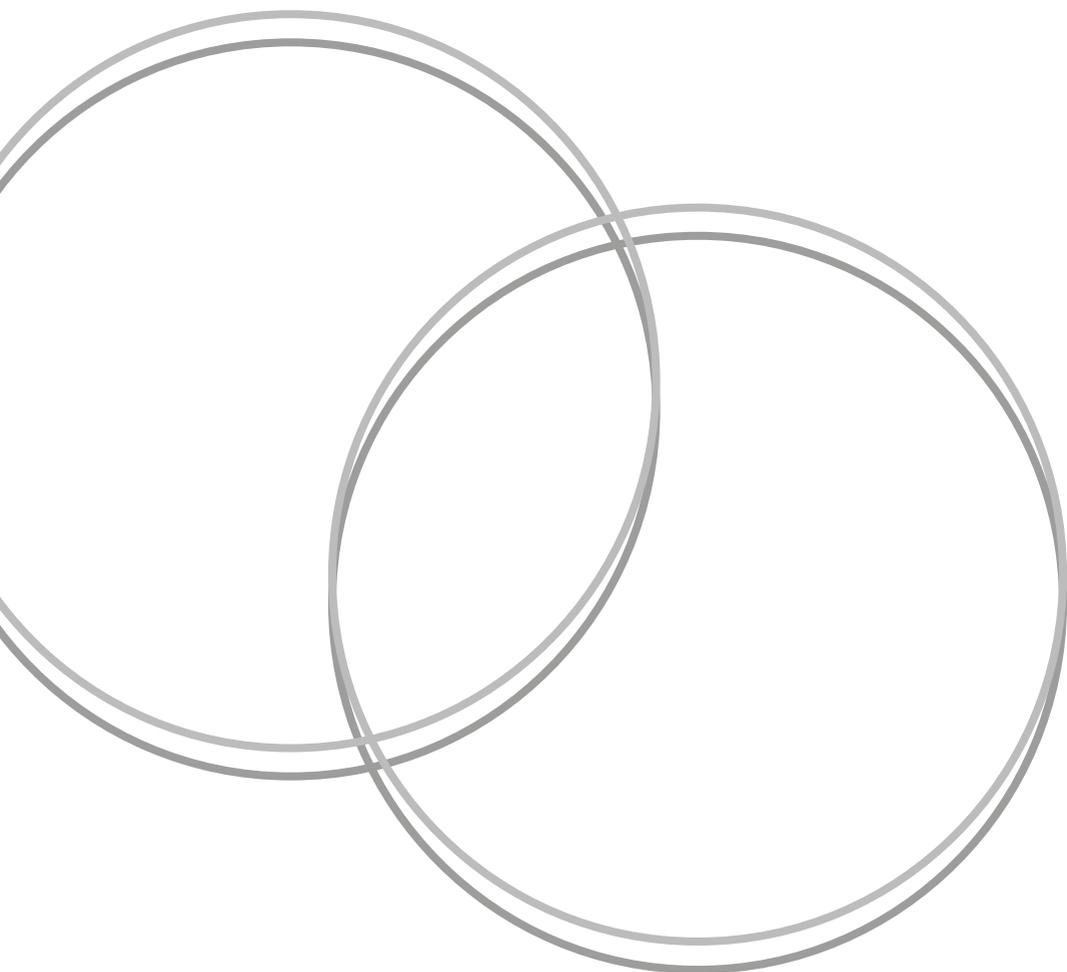




Oxford University Hospitals
NHS Foundation Trust

Pureed diet following oesophageal or gastric surgery

Information for UGI parents and carers



This information is to be used in conjunction with diet sheets: 'Eating and drinking following a gastrectomy' or 'Eating and drinking following an oesophagectomy' dietary information. You should be provided with one of these information booklets to use alongside this pureed diet information.

Why is a pureed diet important?

It is important to follow a pureed diet following oesophageal or gastric surgery for the first two weeks at home following your discharge. This will allow the surgical site to heal well and will avoid any irritation, pain or unwanted stretching which can lead to a misshapen gastric tube or oesophagus.

Portion size

Whilst following a pureed diet, it is important to aim for a little and often approach to eating and to aim for 6 small meals or snacks per day. Your portion sizes may be very small to begin with which is normal at this stage. We would recommend eating no more than a tea plate size to begin with. Additionally, you should leave a break of about 1 hour between your meals, snacks and desserts.

Protein

Protein is important for wound healing, repair and recovery after surgery and will help preserve muscle mass and avoid muscle loss. We recommend basing your meals around protein rich foods with a small amount of carbohydrates and vegetables. Try to eat the protein part of the meal first.

Protein rich foods include meat, fish, poultry, seafood, pulses (such as lentils, beans and peas), eggs, soya products, nuts and seeds, yoghurt, cheese, milk, and other dairy foods.

It is recommended that you top up your protein intake with a high protein supplement drink which you will be provided with following your discharge from the ward.

Fibre

A high fibre diet can cause bloating in the early days and weeks after surgery; therefore, we recommend being cautious with the amount of fibre in your diet. You can include a small amount of fruit and vegetables but don't aim for your 5 a day of fruit and vegetables at this stage. You will be able to introduce more fibre at a later stage.

Getting the texture right

Pureed foods should be a completely smooth texture with no lumps, fibres, shell, skin or bits. They do not need any biting or chewing.

There are some foods that are already the correct pureed consistency which we have listed below. Alternatively, there are some companies that make pureed ready meals. Ask your dietitian for recommendations on these. Avoid baby food pouches as these are low in energy and protein.

To puree your food, you will need a blender, liquidiser, or food processor. If you have a freezer, it is often easier to batch cook several portions at once, then freeze the extra portions. This can also help you to manage with smaller portion sizes after surgery and prepare for your surgery in advance.

We recommend pureeing the protein part of the meal separately and serving this with a small portion of mashed potato and/or well mashed vegetables.

How to puree:

1. Cook meat, poultry, fish or pulses
2. Remove any skin, bones or visible fat
3. Cut into small chunks
4. Add extra liquids such as stock, gravy, white sauce or soup such as cream of tomato, mushroom or chicken and blend. Add further liquid to ensure the puree is not too thick and of a "spoonable" consistency.
5. You may want to blend your protein with a tin of tomatoes
6. A puree does not need to be bland or unseasoned. Try adding flavourings such as herbs, spices, stock, lemon juice, garlic or tomato puree.

- If you find that you are having difficulty managing certain foods, check that you have added enough liquid and that it has been blended well enough. Sieve to remove any lumps if necessary.
- Meat, poultry and fish can be more difficult to blend to a pureed consistency. You may need to start with very small amounts of these foods and be more creative with your food choices. Minced meat, tender stewing steak and casserole chicken purée particularly well. Fish can be poached in milk before blending.
- Quorn and soya mince are good vegetarian alternatives to meat and can be blended with a variety of sauces into a puree.
- Silken tofu can be blended into sauces and soups for extra protein.
- Remember that your taste for food and your food preferences may have changed, so do consider trying new foods.

Breakfast options

- Full fat natural, Greek or high protein yoghurt. If the yoghurt is too thick, add a little milk and mix to thin it down.
- Milk-based smoothie drink – juice may be too high in sugar. Consider adding a small amount of ground flaxseed, ground almonds or peanut butter for extra protein or a small amount of protein powder to your milk based smoothie.
- One Weetabix soaked in your milk of choice.
- ReadyBrek, quick or instant porridge oats. Rolled or porridge oats may be too lumpy at this early stage. Try using fortified milk (see recipe on page 7) in porridge or on cereal.

Main course options

Soups

- Soups can either be homemade or shop bought. Choose soups with protein such as chicken, meat, fish, lentils, or pulses such as chickpeas or other beans.
- Soups should then be thoroughly blended to a smooth consistency.
- If the soup is too thick you will need to add more stock, milk, or water to thin it down to a pureed consistency.
- We do not recommend cup-a-soups, Bovril or broth as they provide very little energy and protein.

Adding protein to soups

- Some vegetable and tinned soups can be low in protein therefore we recommend the following tips to boost the protein:
- Add skimmed milk powder, creme fraiche or grated cheese.
- Add a tin of chickpeas, butterbeans or cooked red lentils before blending.
- Silken tofu can be added and blended to soup to give a creamy consistency.

Ideas for soups with protein

- Lamb/chicken, chickpea and lentil
- Chicken and vegetable
- Fish/seafood chowder
- Pea and ham
- Cauliflower and cheddar
- Broccoli and Stilton

- Lamb and vegetable
- Pork and mushroom
- Chicken and red lentil
- Sweet potato and red lentil
- Carrot, parsnip and chickpea
- Creamy mushroom soup with silken tofu
- Creamy Thai squash soup with silken tofu

Some tinned soups may be lower in protein compared to fresh or homemade soup. Please refer to the tips for adding protein to tinned soups above.

Pureed main meal ideas

- Pureed skinless sausages or chicken blended with gravy
- Pureed fish with a white or cheesy sauce
- Pureed minced meat, lentil or soya mince bolognaise sauce
- Pureed mild chicken or chickpea curry
- Tuna mayonnaise if blended to smooth consistency
- Smoked salmon or mackerel mousse
- Pureed lentil dhal
- Pureed macaroni cheese

Ideas for pureed side dishes

- You can include a small amount of carbohydrates or vegetables alongside your pureed protein. Aim for 1-2 dessert spoons or potato or vegetable with your main.
- Smooth mashed potato or sweet potato
- Pureed cauliflower cheese
- Add extra butter, milk and soft cheese to make it the right consistency.
- Avoid dry/lumpy mashed potato
- Mashed well cooked vegetables such as mashed carrots, swede, broccoli

Ideas for savoury snacks

- Cottage cheese. If the consistency is not smooth enough, it can easily be mashed with a fork or a little milk added to soften.
- Soft cheese triangles
- Salmon or fish paté / mousse
- Meat paté mixed with soft cheese to the right consistency.
- Smooth hummus
- Mashed avocado or guacamole. Add creme fraiche or yoghurt to get the right consistency
- Smooth nut butter

Ideas for dessert options

- Full fat natural, Greek or high protein yoghurt
- Fruit stewed to a smooth and soft consistency served with yoghurt, custard or ice-cream
- Fresh fruits such as raspberries or strawberries softened with the back of a spoon and served with yoghurt, cream or ice-cream. Remove skin and seeds from fruit if necessary or sieve after puréeing
- Mashed ripe banana and custard
- Rice pudding, tapioca or semolina
- Potted desserts: custard, rice pudding, mousse, fruit fool, crème caramel
- Ice-cream
- Puddings made with blended silken tofu

You should be able to manage a small dessert an hour after your meal or snack. Try to choose one that has the least amount of sugar.

Nourishing drinks

- You will have been provided with high protein nutritional supplements on discharge from hospital. Many shop bought milkshakes or nutritional supplements that you were provided with prior to surgery may be too high in sugar or carbohydrate. Check with your Dietitian if you are unsure.
- Examples of protein rich drinks:
- Glass of milk
- Home made milk-based smoothie using milk of your choice and yoghurt. Consider adding a small amount of ground flaxseed, ground almonds or smooth nut butter for extra protein or a small amount of protein powder.
- Hot chocolate / Ovaltine / Horlicks / coffee made with milk

Fortified Milk Recipe

To boost the protein and calorie content of milk you can make fortified milk which you can use throughout the day on cereal, drinks and added to meals.

- Add 2-4 tablespoons of skimmed milk powder to 1 pint of full-fat milk and mix well

Suggested Meal Plan

Breakfast:

1 Weetabix soaked with fortified milk

Mid-morning:

Small portion of yoghurt with a small portion or stewed fruit or a half of a nutritional supplement drink sipped slowly

Lunch:

Pureed chicken and lentil soup, followed 1 hour later with either a yoghurt or custard with a small serving of stewed fruit

Mid-afternoon:

2 x individual cheese triangle or a small portion of custard or the remaining half of the nutritional supplement drink

Evening meal:

Pureed minced beef with a small portion of mashed potato and/or soft mashed vegetables, followed 1 hour later with a small potted dessert e.g. custard, yoghurt, creme caramel, mousse

Supper:

Glass of fortified milk or hot milk drink (using fortified milk)

If you would like to discuss further, please contact your Specialist Dietitian.

Specialist UGI Dietitians:

Churchill Hospital, Oxford

Contact: 01865 228305

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Specialist UGI Dietitians
October 2025
Review: October 2028
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