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## Nutrition Guidelines for Patients with an Enteral Stent

### Now that you have a stent in place, you will need to make some changes to your diet.

Here are some guidelines to help you choose foods that will provide nutrients and calories, and will not block your stent.

#### General Guidelines:

##### What to eat:

- Choose nutritious foods.
- Drink liquids that provide calories and protein, such as milk.
- If you cannot handle solid foods at first, choose more full liquids (see page 3 for examples).
- Use nutritional supplements, such as Ensure, Boost or Instant Breakfast mixed with milk. Consider taking a liquid multivitamin supplement.
- Monitor your weight. Tell your surgeon if you lose more than a few pounds.

##### When to eat:

- Eat 6 to 8 small meals a day. Your stomach will be able to hold only a small amount of food at a time.
- Stop eating when you feel full.
- Have your evening snack at least 3 hours before bedtime. This will allow your stomach to empty before going to sleep.

##### How to eat:

- Eat slowly and chew foods well.
- Eat while seated and in an upright position. Remain upright for at least 45 minutes after eating. This helps your stomach to empty and prevents food from backing up into esophagus.
- Do not have liquids and solid foods at the same time. Sip fluids between meals to be sure you drink enough.
- To prevent bloating, avoid the following: drinking with a straw, slurping foods, chewing gum, sucking on candy or ice cubes, and drinking carbonated beverages.
- When eating beef, poultry or fish, make sure to grind or finely chop it.

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## Suggestion for Food Choices:

Food Groups	Recommended	Not Recommended
Soups	Soups made with minced tender chicken, fish, beef, rice, pasta, potatoes or vegetables	Spicy soups, soups made with lamb, pork or veal
Meat and meat substitute	Chicken, turkey, fish or beef that is cooked tender and ground or finely chopped, with gravy or sauces; moist casseroles; scrambled eggs; cottage cheese; mild natural cheeses	Lamb, pork, veal, liver or other dry, tough or stingy meats; luncheon meats; sausage; bacon
Potatoes and other starches	Potatoes (mashed, boiled or baked without skin), rice, noodles, barley, pasta	French fries, potato skins, chips, popcorn
Vegetables	Well-cooked fresh, frozen or canned vegetables; vegetable juice Refined ready-to-eat and cooked	Raw vegetables
Breads and cereals	Cereals	Breads, bagels, English muffins, dinner rolls, crackers, whole grain cereals, prepared cereals with dried fruits or berries
Fruits	Canned or cooked fruits, bananas, ripe honeydew and cantaloupe	All other fruit, including dried fruit
Desserts	Pudding, gelatin, custard, yogurt	All others
Sweets	Sugar, jelly, syrups, honey, molasses, plain candy as tolerated	Any with nuts, seeds or dried fruit
Beverages	Milk, fruit juice, nectars, supplemental beverages, water; coffee and tea in moderation	Carbonated beverages, alcoholic beverages, iced beverages
Fats	Butter, soft tub margarine, mayonnaise, vegetable oils, sour cream	None
Seasonings	Salt, finely ground pepper, herbs, vinegar, mustard, catsup	Chili powder, jam, marmalade, olives, pickles, relishes, horseradish

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## Sample Menu

### Breakfast

1/2 cup canned peaches  
1 scrambled egg, cooked in olive oil  
1/2 cup yogurt

### Snack

3/4 cup cornflakes  
1/2 cup milk  
1/2 banana

### Lunch

1/2 cup chopped chicken salad  
1/2 cup ripe cantaloupe  
1/2 cup rice pudding

### Snack

1/2 cup cottage cheese  
1/2 cup canned pears

### Dinner

2 to 3 ounces baked fish  
1/2 cup mashed potato  
1/2 cup well-cooked carrots  
1/2 cup applesauce  
1/2 cup milk

### Snack

Instant Breakfast blended with milk and 1/2 banana

## Full Liquid Foods

Soups	Strained cream soups
Fruits	All fruit juices
Vegetables	Vegetable juices
Cereals	Refined cooked cereals, such as cream of wheat or cream of rice
Milk	Milk and milk beverages, such as milkshakes or yogurt (plain or flavored) without seeds or fruit
Other beverages	Cocoa and juices, coffee and tea are okay, but they are low in nutrients. Do not drink carbonated beverages.
Desserts	Pudding without seeds, nuts, whole grains or pieces of fruit; gelatin; custard
Condiments	Sugar, sugar substitute, salt
Supplements	High-protein, high-calorie oral supplements, such as Instant Breakfast, Ensure and Boost

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