

POST-TIF DIET

Transoral Incisionless Fundoplication

TIF stands for “transoral incisionless fundoplication” and is an endoscopic procedure that provides relief from symptoms associated with gastroesophageal reflux disease (GERD) such as regurgitation and heartburn. To learn more about TIF before your procedure, please visit <https://www.uclahealth.org/esophageal-center/tif>

After your TIF procedure, please follow this diet for 6 weeks to allow for maximum healing. This diet will help you get the calories, protein, vitamins and minerals you need to maintain your overall health while you are unable to eat solid foods. For the first 2 weeks, you will be on a liquid diet (week 2 includes blenderized liquids). In weeks 3 and 4 you will add in pureed foods, followed by medium soft foods in weeks 5 and 6.



Foods to Avoid During the Entire Healing Process

- Avoid foods and drinks that triggered your reflux in the past
- Carbonated beverages
- Alcohol
- Spicy foods
- Extreme temperatures - very hot or very cold
- Gas-forming, acid-producing foods, or foods that slow gastric emptying such as tomato-based products, peppermint, black pepper, caffeinated drinks, alcohol, onions, green peppers, fatty foods, beans, spicy foods and citrus fruits
- Fiber supplements



General Tips

- Try not to vomit, cough, retch or strain so that your new valve can heal in proper shape.
- To avoid chest pain - take small bites and chew for 30 seconds.
- Over the counter anti-gas medications before meals may be helpful.
- Remain in an upright position for 1 hour after eating.
- Do not eat for at least 2 hours before bedtime.
- Avoid using straws.
- Restaurant foods are not recommended during the first few weeks.
- Do not smoke.

Week 1: Day 1-3 / Clear Liquids

- Only drink clear liquids.
- Clear liquids are liquids that you can see through that do not contain pulp.

Allowed Liquids

- Water (flat, NOT carbonated) – flavored or unflavored
- Clear protein drinks such as Isopure Zero®, Ensure Clear®, Bipro Water®, Boost Breeze®
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear sports drinks
- Crystal Light®
- Gelatin (such as Jello®)
- Fruit ice, sorbet, popsicles
- Store-bought and >99% fat-free broth (chicken, beef, vegetable or bone broth)
- Coffee or tea (without milk or cream)



Tips

- Try to drink beverages that are higher in calories and higher in protein.
- Do not take large gulps.
- Sip and rest between sips.
- Avoid using straws.
- Allow 20 minutes to drink ½ cup. Plan your drinking schedule to make sure you get enough calories and protein per day.

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MRN:
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(Patient Label)

Sample 1-Day Menu / Week 1: Day 1-3 / Clear Liquids

<p>Breakfast</p>	<p>4 ounces cranberry juice 12 ounces chicken broth 4 ounces orange gelatin Water, ice 8 ounces coffee</p>
<p>Mid-Morning Snack</p>	<p>8 ounces of Ensure Clear® or Boost Breeze®</p>
<p>Lunch</p>	<p>4 ounces white grape juice 12 ounces beef broth Water, ice 1 popsicle 8 ounces tea</p>
<p>Mid-Afternoon Snack</p>	<p>8 ounces of Ensure Clear® or Boost Breeze®</p>
<p>Dinner</p>	<p>4 ounces apple juice 12 ounces of vegetarian broth 8 ounces Crystal Light® Water, ice 1 lemon sorbet 8 ounces tea</p>
<p>After-Dinner Snack</p>	<p>4 ounces grape juice 1 fruit ice</p>

Week 1: Day 4-7 / Adding in Smooth, Creamy Liquids

- You may start to add smooth, creamy liquids (that you cannot see through, or that melt).

Allowed Liquids

- All liquids listed on page 2
- Protein shakes such as Ensure®, Boost® or Kate Farms® (see tips below)
- Milk and milk alternatives
- Sports drinks
- Strained soups
- Non-acidic fruit or vegetable juices (without chunks)
- Liquid puddings (made with extra milk/milk alternatives) and creams
- Drinkable yogurts and kefir
- Milkshakes
- Sherbets or ice creams (without chunks)



Tips

- Try to drink more protein shakes.
 - Choose options with the highest calories and protein (eg, Ensure Enlive® or Boost Plus®).
 - Vegan options (eg, OWYN®, Kate Farms®, Orgain®, Ripple®).
 - Make your own with protein powder and add liquid protein base such as milk.

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Sample 1-Day Menu / Week 1: Day 4-7 / Adding in Smooth, Creamy Liquids

<p>Breakfast</p>	<p>4 ounces milk or milk alternative Drinkable yogurt Liquid pudding Water, ice 8 ounces coffee</p>
<p>Mid-Morning Snack</p>	<p>8 ounces of protein shake</p>
<p>Lunch</p>	<p>4 ounces sports drink 12 ounces strained soups ½ cup sherbet or ice cream Water, ice 8 ounces tea</p>
<p>Mid-Afternoon Snack</p>	<p>8 ounces of protein shake</p>
<p>Dinner</p>	<p>4 ounces apple juice 12 ounces of vegetarian broth Water, ice Milkshake made with ½ cup vanilla ice cream, milk, chocolate syrup</p>
<p>After-Dinner Snack</p>	<p>4 ounces carrot juice 1 liquid pudding</p>

Week 2 / Adding in Blenderized Liquids

- During week 2 you may start to add baby food and very “liquidy” purees.
- The good news is that you can eat ANY food you want, as long as it is liquefied or blended with a blender to a smooth consistency. It is also important to strain your blended food to remove any seeds or clumps, if present. **The consistency should be pourable and it should be free of solids that require chewing or are difficult to swallow. Avoid using straws.**



Tips

- Always clean all parts of the blender to decrease your risk of food-borne illness. If you do not have a blender, baby foods (including squeeze pouches/ to-go smoothies) may be used.
- Portions should not exceed ½ cup. Drink 4 ounces (½ cup), over 20-30 minutes.
- Meals should only be liquid or blended.
- They may include milk, vegetable or diluted fruit juice.
- Sip liquid meals very slowly.
- Make sure all foods are blended to a very smooth consistency:
 - Cut foods into small pieces and place in a blender or food processor.
 - Add liquid (juice, milk/milk subs, broth/soup, vegetable juice, gravy) to blender.
 - Use equal amounts of food and liquid.
- After blending, if not smooth, strain contents of the blender through a sieve to remove lumps, seeds or chunks.
- If you cannot or do not want to drink the whole portion, refrigerate or freeze leftovers for later (refrigerate for no more than 3 days; freeze for up to 6 months).

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Week 2 / Adding in Blenderized Liquids

Food Group	Foods Recommended	Foods to Avoid During This Stage
Breads, cereals and grains	Thinned hot cereals like Cream of Wheat/Rice®	All grain foods including whole grains, processed grains such as pasta, rice, cold cereals, bread, snacks and sweets that are flour based (cakes, cookies)
Vegetables	Vegetable juice with or without pulp (well blended) Thinned, pureed vegetable soups	Whole, frozen, fresh, canned vegetables
Fruits	Translucent fruit juices without pulp (apple, cranberry, grape)	Whole, frozen, fresh, canned fruits
Plant-based protein sources	Pureed tofu, beans thinned with broth or other liquids Nut-based, oat milk, or coconut milk yogurt	Nuts and nut butters All meat substitutes (such as soy, tofu) All cold cuts (such as salami, ham)
Meats and other animal-based	Pureed meats or poultry thinned with broth or other liquids Eggs or egg substitutes Soft cheeses Greek yogurt	Beef and pork (all cuts) Chicken and turkey (all cuts) Fish (all types) Eggs (all types) Hard cheeses Yogurt with fruit chunks
Oils	Almond oil, avocado oil, canola oil, cashew oil, corn oil, grapeseed oil, olive oil, safflower oil, sesame oil, soybean oil, sunflower oil Butter, soft tub margarine that does not contain trans-fat (melted or blended into foods)	Lard, oils with trans-fat
Other	Seasonings, ground spices and smooth condiments as tolerated, gravies and sauces, tartar sauce	Condiments with chunks, pieces
Beverages	All	None



Getting Enough Protein and Calories

- Instead of water, use high calorie drinks (these will provide both calories AND fluid) such as 100% juices, whole milk, non-dairy milk substitutes and liquid meal replacement beverages.
- Fortify beverages with plain, unflavored protein powder, such as pea-based, whey-based, soy-based or any other protein powder of your choice.
- Fortify milk by adding 2 tablespoons nonfat dry-milk powder to 1 cup of milk (or 1 cup powder to 1 quart milk). Use this as a beverage or in recipes that call for milk.
- Use whole milk, evaporated milk, coconut milk, or silken tofu instead of skim or 2% milk for drinking, or for preparing “cream” soups, custards, puddings, milkshakes or creamy fruit/vegetable smoothies.
- Prepare custards and puddings with whole eggs/whites or egg substitutes.
- Use smooth yogurts without fruit pieces or seeds. Select yogurts with the highest protein content such as Icelandic or Greek versions. Read nutrition facts labels.
- Prepare homemade shakes with ice cream (dairy/non-dairy) and liquid meal replacements.
- Make smoothies with a yogurt (dairy/non-dairy) of your choice, a scoop of protein powder, a creamy nut butter of choice, a soft fruit without seeds or skin and avocado (optional).

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Sample 1-Day Menu / Week 2 / Adding in Blended Liquids

<p>Breakfast</p>	<p>Mix well in a blender until smooth 1 cup cooked oatmeal 1 cup 2% milk or milk substitute 1 teaspoon cinnamon 1 teaspoon brown sugar 1 teaspoon of coconut oil or coconut milk (optional)</p>
<p>Mid-Morning Snack</p>	<p>Mix well in a blender until smooth “Egg nog” made with 1 cup liquid Pasteurized eggs (such as Egg Beaters®) 1 very ripe banana, mashed 1 cup whole milk or milk substitute 1 teaspoon vanilla 1 teaspoon nutmeg</p>
<p>Lunch</p>	<p>Mix well in a blender until smooth 2 cups your choice of cream soup ¼ cup tender-cooked chicken or 2 scoops protein powder of your choice ½ cup mashed potatoes ½ cup cooked vegetables</p>
<p>Mid-Afternoon Snack</p>	<p>12 ounces ready-made, liquid supplement</p>
<p>Evening Meal</p>	<p>Mix well in a blender until smooth 1 cup pasta sauce 2 ounces tender-cooked meat or plant-based meat substitute or tofu 1 cup cooked pasta Enough vegetable juice to make the blended food drinkable, if needed</p>
<p>Bedtime Snack</p>	<p>Mix well in blender (or stir well) 2 cups blended ice cream of your choice with 1 cup milk or milk substitute</p>

Weeks 3-4 / Adding in Pureed Foods

- You may start to add pureed foods have been chopped or ground into a thick paste or smooth form.
- Foods with nuts or seeds, stringy foods such as celery or onion or foods with tough skins do not puree well and should be avoided during this stage.

**Tips**

- Appropriate textured solid foods (such as chicken or beef) can be pureed by chopping them into small pieces, placing them into a blender or food processor and adding a liquid such as milk or broth.
- In order to get the proper consistency the proportion of liquid to solid food will have to be adjusted.
- As long as you do not have difficulty swallowing liquids all items in the beverage column are appropriate. If you need thickened liquids, additional education material will be provided.

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Weeks 3-4 / Adding in Pureed Foods

Food Group	Foods Recommended	Foods to Avoid During This Stage
Breads, cereals and other starches	Cooked, refined cereals – Cream of Wheat/Rice®, Malt-O-Meal® Mashed potatoes without skin Pureed pasta Pureed bread items	All other grain foods including whole grains, processed grains such as pasta, rice, cold cereals, bread, snacks and sweets that are flour based (cakes, cookies)
Vegetables	Strained or pureed vegetables	Whole, frozen, fresh, canned vegetables
Fruits	Applesauce and strained or pureed fruits	Whole, frozen, fresh, canned fruits
Plant-based protein sources	Smooth nut butters Hummus Silken tofu	Nuts and seeds Crunchy nut butters Cooked or canned beans in the whole form Extra firm tofu
Meats and other animal-based protein sources	Strained or pureed meat or poultry Cheese in cooking Smooth, scrambled eggs	All other whole or ground meats, poultry, fish or all other eggs
Oils	Almond oil, avocado oil, canola oil, cashew oil, corn oil, grapeseed oil, olive oil, safflower oil, sesame oil, soybean oil, sunflower oil Butter, soft tub margarine that does not contain trans-fat (melted or blended into foods)	Lard, oils with trans-fat
Other	Plain Jell-O®, sherbet, ice cream without nuts or fruits, custard, pudding, popsicles, sugar, honey and jelly Seasonings and spices as tolerated	All desserts and sweets containing nuts, coconut or fruits not allowed and jams with seeds Nuts, pickles, coconut and foods with seeds
Beverages	All milk and milk drinks, water, ice chips, coffee, tea, carbonated beverages, vegetable and fruit juices, nutritional supplements and alcoholic beverages if allowed	None

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Sample 1-Day Menu / Weeks 3-4 / Adding in Pureed Foods

<p>Breakfast</p>	<p>½ cup pureed peaches ¾ cup Cream of Wheat® with 1 pat of butter 1 cup milk 1 slice pureed French toast with syrup Coffee</p>
<p>Mid-Morning Snack</p>	<p>½ cup vanilla yogurt <i>Oral nutrition supplement if able</i></p>
<p>Lunch</p>	<p>½ cup applesauce ¾ cup pureed macaroni and cheese ½ cup pureed broccoli ½ cup chocolate pudding Iced tea</p>
<p>Mid-Afternoon Snack</p>	<p>½ cup pureed pears <i>Oral nutrition supplement if able</i></p>
<p>Dinner</p>	<p>¾ cup pureed vegetable soup 4 ounces pureed meatloaf with gravy ½ cup mashed potato ½ cup pureed green beans Water</p>
<p>After-Dinner Snack</p>	<p>½ cup vanilla ice cream <i>Oral nutrition supplement if able</i></p>

Weeks 5-6 / Adding in Medium-Soft Foods

- You may start to add in medium-soft foods along with pureed foods, blenderized and clear liquids.
- Medium-soft foods are moist, soft-textured and easy to chew and swallow.
- The texture of the foods is modified, but the food is seasoned like a regular diet.
- Raw fruits and vegetables as well as seeds, nuts and dried fruits are not allowed.
- Soft fruits and vegetables are allowed.
- Foods that are hard, sticky or crunchy will need to be avoided as well.

**Tips**

- Eat smaller more frequent meals; aim for 4-5 soft foods per day.
- Take small bites and chew food well. Avoid swallowing large amounts of food.
- Be sure to drink a minimum of 4-8 ounces of water between meals.
- Keep meals very low fat to minimize heartburn symptoms.

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Weeks 5-6 / Adding in Medium-Soft Foods

Food Group	Foods Recommended	Foods to Avoid During This Stage
Breads, cereals and other starches	Soft white or wheat breads (without seeds, dried fruits or nuts), rolls, pancakes, muffins or tortillas Hot cereals like oatmeal, Cream of Wheat/Rice® Dried cereals that will moisten when combined with milk, such as Corn Flakes®, Total®, Cheerios® Hash browns, scalloped potatoes, baked potatoes and yams (without skins) Soft noodles, soft rice, polenta and risotto	Breads containing seeds, dried fruits or nuts Tough or crusty top breads such as French bread and baguettes Cereals containing seeds, dried fruits, nuts and/or coconut Coarse or crunchy cereals that do not soften in milk like Shredded Wheat®, Captain Crunch® and Raisin Bran® Potatoes with skin, potato chips, corn chips, popcorn and couscous Pasta or rice that is hard, sticky or “Al dente”
Vegetables	Well-cooked, soft vegetables without seeds or skins Finely chopped cooked greens	All raw vegetables Cooked vegetables with skins and/or seeds
Fruits	Ripe soft banana, canned soft fruits, or soft fruit cups; mashed avocado	All raw unripe fruits with seeds or skins
Plant-based protein sources	Mashed beans, lentils and other legumes Creamy nut butters Nut-based, oat, or coconut milk yogurt	Nuts and seeds Crunchy nut butters Cooked or canned beans in the whole form Extra firm tofu
Meats and other animal-based protein sources	Chopped, moist meats or poultry (chicken salad) Flaked fish without bones (tuna salad) Eggs or egg substitutes (egg salad) Soft cheeses (ricotta, cottage) Greek yogurt	All other whole meats, poultry, fish Hot dogs
Deserts and sweets	Soft cakes, cookies, cooked fruit pie without nuts and dried fruits Soft chocolates (without nuts) and seedless jams	All desserts and sweets containing nuts, coconut or raw fruits, fried, tough or chewy items, hard candies and jams with seeds
Other	Seasonings, ground spices and smooth condiments, gravies and sauces, black pepper in moderation, tartar sauce, relish and chopped olives	Whole pickles and whole olives

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Sample 1-Day Menu / Weeks 5-6 / Adding in Medium-Soft Foods

<p>Breakfast</p>	<p>1 ripe soft banana 1 scrambled egg ¾ cup cereal well-moistened with milk or milk-alternative 1 cup milk or milk alternative Coffee</p>
<p>Mid-Morning Snack</p>	<p>1 can diced pears 1 slice soft white bread with 1-2 tablespoons of cream cheese <i>Oral nutrition supplement if able</i></p>
<p>Lunch</p>	<p>3 ounces chicken salad ½-¾ cups non-sticky rice ¾ cup carrot or potato soup</p>
<p>Mid-Afternoon Snack</p>	<p>1 cup of yogurt or yogurt alternative OR 1 tortilla with melted brie cheese <i>Oral nutrition supplement if able</i></p>
<p>Dinner</p>	<p>4 ounces lean ground beef ½-¾ cup small, soft noodles with sauce ½ cup soft zucchini or summer squash</p>
<p>After-Dinner Snack</p>	<p>½ cup cottage cheese and ½ cup soft fruit cup <i>Oral nutrition supplement if able</i></p>



Activity Instructions

Weeks 1-2

- **Driving** may be resumed 1-2 days after the procedure.
 - Do not drive if you are taking prescription pain medication, experiencing fatigue, or are feeling sore.
- **Walking** is permitted and encouraged after your procedure.
 - Start by walking short distances at a slow pace – walk with someone who can assist you if you feel any residual weakness due to anesthesia.
 - Gradually increase the distance and duration of your walks until you feel you are back to your normal routine.
- **Climbing stairs** is allowed as long as you do it slowly for the first few weeks to reduce the risk of increased abdominal pressure.
- **Sex** may be resumed 7 days after the procedure.
- **Work** may be resumed by most patients 3-7 days after the procedure.
 - You and your doctor should determine a timetable for returning to work.
 - If your work requires significant physical activity, you should not resume all your normal job functions until after your doctor has cleared you to do so.
- **Lifting** anything over 5 pounds for the first 2 weeks is not permitted.

Weeks 3-6

- You may **lift** items up to 10 pounds.
- Do not **engage** in sports and other intense exercise.

Week 7

- You can begin **lifting** items you normally would.
- **Consult** with your doctor to determine if you are ready to resume your normal exercise routine including sports and other intense exercise.