

Wellness Guide for Esophageal Cancer

Before and after surgery:
What you need to know

Take with you to every appointment
including the day of surgery!

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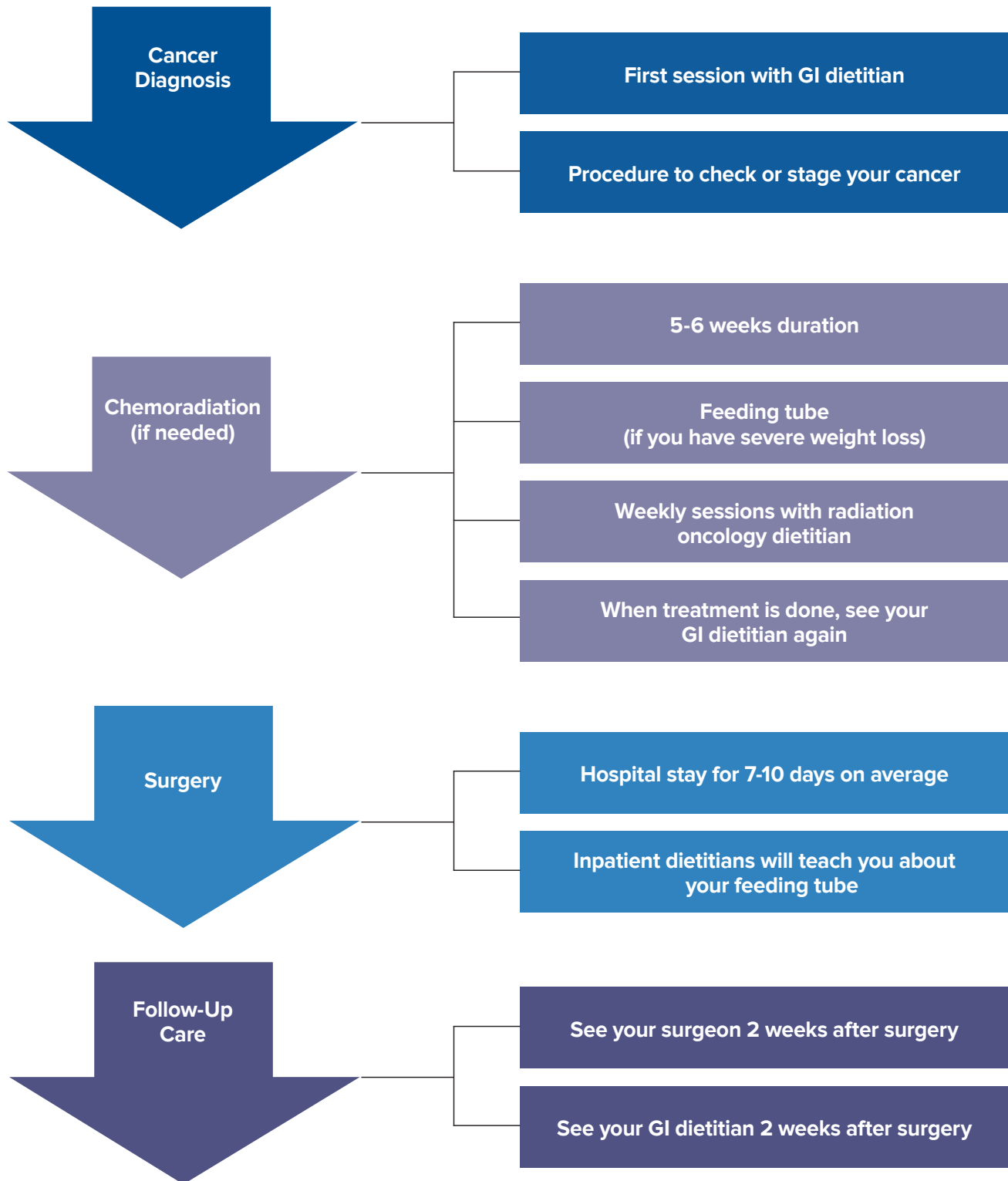
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For urgent matters, please call **UCLA pager operator 310-206-6766, pager #89463**

Esophageal Cancer Treatment Timeline



Before Surgery

Weight Gain / Maintenance

The most common form of weight loss due to cancer is protein energy malnutrition; this means that lean body mass (skeletal muscle) is used as energy. You might notice that instead of weight loss from your abdomen, you might lose weight all over from your arms, legs, collarbone, face and ribs. This is a sign of protein loss.

Bodies fighting cancer require more energy and more protein. It is important that you get more calories that are high in nutrients and protein.

You will work with an outpatient dietitian to make sure your nutrition status is maximized before surgery. This may include:

- Screening for malnutrition
- Checking nutrition-based labs
- Optimizing caloric and protein intake
- Finding foods and preparation methods that make eating easiest

One of the best things you can do is to maintain your weight, especially your lean body mass.

The average female requires 1500-1800 calories and 20-30 grams protein per meal, males require 1800-2000 calories and 20-30 grams protein per meal; your dietitian will help you find the right calorie and protein range for you depending on your body.



Your caloric needs are: _____
(to be filled in by your GI dietitian)



Your protein needs are: _____
(to be filled in by your GI dietitian)

For high calorie and high protein foods, see References and Resources **pages 35 and 36**.

To get extra calories and protein, consider liquid nutrition, protein powders and homemade smoothies. For smoothie recipes and premade shakes, see References and Resources **pages 37 and 39**.

What to Eat When It's Difficult to Swallow

Changing the texture, consistency and/or amount of food can make a big difference with swallowing. If you have had a swallowing study, your doctor and dietitian will know which foods will work best for your swallowing abilities.

If you haven't had this test, consider starting with purees and blenderized recipes on **page 40**.

Eat More If Swallowing Improves

You might be able to eat more and swallow better after chemotherapy or radiation. See Transitioning Off of Tube Feedings - Stage 3: Soft Foods on **page 25** for ideas of easy swallow foods that you might be able to tolerate.

Before Surgery

Chemoradiation

You might undergo treatments such as chemotherapy or radiation or both, 2-3 months before surgery. Chemotherapy is treatment that uses medications to stop the growth of cancer cells. Chemotherapy can be given by mouth, injection, infusion, or on the skin. It may be given alone or with other treatments, such as surgery or radiation therapy. Radiation therapy is the use of high-energy radiation to kill cancer cells and shrink tumors. Radiation can come from a machine outside the body or it may come from radioactive material placed in the body near cancer cells.

Supplements and Chemoradiation

Supplements, particularly antioxidants, might interfere with chemotherapy and radiation treatment. Antioxidant supplements include vitamins A, C, E, among others. While some studies suggest antioxidant supplementation can protect normal tissues from the side effects of treatment, other studies indicate antioxidant supplements may reduce the effectiveness of chemotherapy and radiation therapy by protecting tumor cells in addition to healthy cells.

In general, this concern does not extend to antioxidants found naturally in foods such as fruits and vegetables unless you are juicing in excessive amounts.

What to Avoid

During radiation and/or chemotherapy, it is recommended to avoid these supplements in doses higher than what is contained in a standard multivitamin:

- Vitamin A
- Vitamin C
- Vitamin E
- Beta Carotene
- Selenium

Please discuss any supplements (vitamins, minerals, herbs) you may be taking with your dietitian and oncology team.

Managing Chemoradiation Side Effects

Dry Mouth/Thick Saliva

Caused by a lack of saliva production, dry mouth can increase the risk of tooth decay and mouth infections. To manage dry mouth, drink sips of water often throughout the day.

What to Avoid

- Eating dry foods such as steak and chicken breast as they can be more difficult to swallow and chew

What to Try

- Eat light and frequent meals
- Squirt water into your mouth with a spray bottle
- Use over the counter mouth moisturizers such as Biotene Oral Balance®, TheraBreath® and XyliMelts®
- Use a humidifier in the room you spend the most time in and sleep in at night
- Eat pineapple or papaya to help thin mucous. Avoid with mouth sores as citrus/acid can make them hurt.

Before Surgery



Mucositis

Some cancer treatments can irritate the cells in your mouth and throat. This is known as mucositis. Mucositis can cause redness, swelling, tenderness and sores on the lining of your mouth, tongue and lips. You might experience some mouth and throat discomfort that can make it hard to eat or swallow. These symptoms usually appear at the end of the second week of treatment and can last for 6 to 8 weeks. How quickly these symptoms go away depends on your immune system, nutritional status and treatment you are receiving.

✗ What to Avoid

If you have mouth pain, you should avoid:

- Tobacco
- Alcohol
- Commercial mouthwash that has alcohol (such as Scope® and Listerine®)
- Salty food and foods that contain strong spices (such as pepper, chili, horseradish, curry powder and hot sauce)
- Citrus fruits and juices (such as tomato, orange, lemon, lime, grapefruit and pineapple)
- Hard, dry, coarse foods (such as toast, crackers, raw vegetables, chips and pretzels)
- Very hot or cold foods and liquids

✓ What to Try

- Try moist, bland foods – if cooking at home try with no spices first
- Vary the temperature of foods – cold, room temperature, or warm foods may be better tolerated
- Use a straw or spoon to eat food, drink liquids, or drink smoothies

Before Surgery

Taste Changes

Common oral side effects of cancer therapy (radiation, chemotherapy, or combined chemoradiation) are alterations in taste that can affect food intake and appetite.

✗ What to Avoid

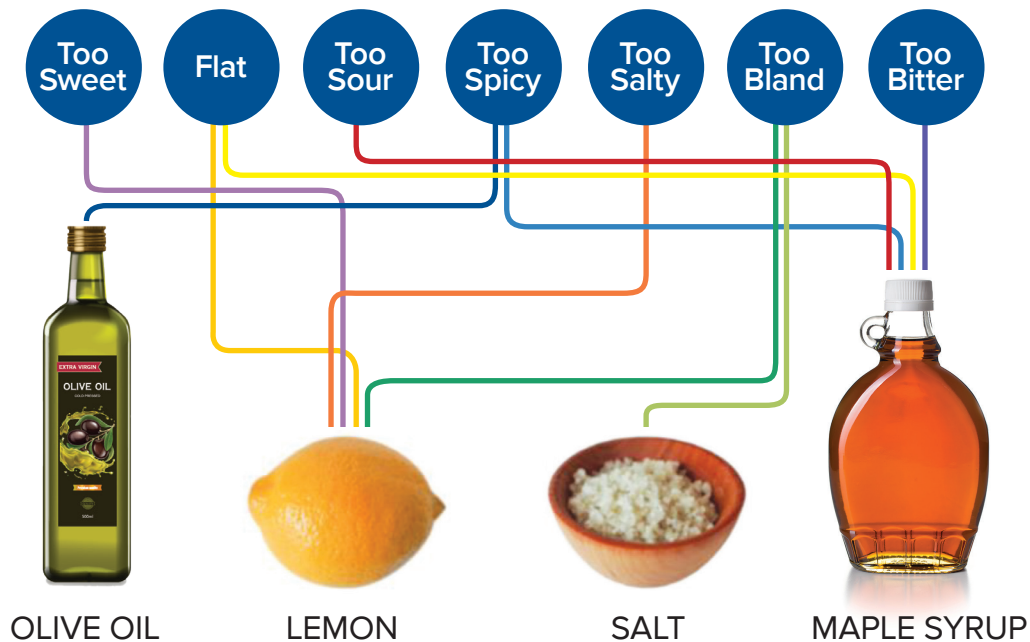
- If food tastes metallic, avoid using metal utensils

✓ What to Try

- Use plastic or bamboo utensils, paper plates, paper cups if food tastes metallic
- Use FASS™ (fat, acid, salt, sweet) to modify tastes of food

FASS™ fixes for troubled taste buds

Taste, taste, taste! Is it too...? Then, play with a pinch or drop of:



Before Surgery



Nausea and Vomiting

Nausea and vomiting can occur within 24 hours of receiving chemotherapy (acute) or during the 6-day period following chemotherapy (delayed). Though symptoms may only be mild, even mild cases can affect appetite contributing to weight loss. Preventing and managing nausea and vomiting during treatment is important to staying strong and healthy. Medications to help with nausea are available during treatment. If you experience vomiting, be sure to tell your oncology team.

✗ What to Avoid

- Laying down immediately after eating
- Greasy, fried food items
- Treatment/medications on an empty stomach
- Food with strong smells and aim for those less fragrant

✓ What to Try

- Sit upright for at least 30 minutes after eating
- Eat small, frequent meals every 2-3 hours instead of large meals
- Eat light, bland foods
- Eat a light meal/snack prior to treatment or medications (except for medications you need to take on an empty stomach)
- Pack light snacks with you to avoid missing meals during long treatment days
- Drink liquids in between snacks and meals
- Try peppermint, mint, ginger teas and hard candies or place several drops of mint/peppermint essential oil on a cloth to inhale

Before Surgery

Diarrhea

Diarrhea related to cancer treatment is a side effect that can start within hours, days or weeks after receiving chemoradiation. It can also be caused by the types of foods consumed such as sugary, spicy, fatty or fried foods. Diarrhea that is not managed or left untreated can cause dehydration and malnutrition.

✗ What to Avoid

- Caffeine, alcohol, spicy foods, high fat and greasy foods
- High fiber whole grains
- Most raw fruits except bananas, melons, and peeled apples, pears and peaches
- Most raw vegetables except lettuce and potatoes without skin

✓ What to Try

- Stay hydrated with a variety of fluids
- Limit fats to less than 8 teaspoons per day (oil, butter, cheese, mayonnaise and cream)
- Choose grains with less than 2 grams fiber per serving
- Modified “white diet” with bananas, rice, apple sauce, white toast, noodles, chicken breast, white fish, soft tofu and plain yogurt
- Eat small, frequent meals every 3-4 hours
- Keep track of the number of loose stools you have per day. Speak to your oncology team if you have loose stools or diarrhea for more than 2 days.



Before Surgery



Constipation

Difficulty passing stool is a common side effect of cancer treatment. Aside from chemotherapy, constipation can result from factors such as pain medication, diet changes, decreases in fluid intake and decreases in physical activity. It can cause feelings of fullness, bloating, gas, belly cramps and nausea which can affect your desire to eat. Constipation is when you have the following:

- You aren't moving your bowels like you usually do
- You feel like you need to have a bowel movement, but cannot
- You have small, dry, hard stools that are difficult to pass

What to Try

- Hydrate! Drink lots of fluids and aim for 8 cups per day. Fluids help your body with processing fiber without discomfort.
- Increase the amount of fiber in your diet slowly to 25 grams per day and eventually to 35 grams per day. A slow, gradual increase will help keep symptoms from getting worse.
- Light physical activity can help relieve gas accumulation. If you are able, take a short walk to promote movement in your body.
- If you have no bowel movement for three days or more, contact your oncology team. Stool softeners and medications can be prescribed to help manage constipation.

Before Surgery

What to Eat When You Have Diarrhea and What to Eat When You Have Constipation

| Food Group | What to Eat When You Have Diarrhea | What to Eat When You Have Constipation |
|-------------------|---|--|
| Dairy | <p><i>Choose lactose-free if needed</i></p> <p>Skim, low-fat milk</p> <p>Milk alternatives: soy, almond, carton coconut milk, oat milk, pea milk</p> <p>Plain yogurt</p> <p>Low-fat, part-skim cheese</p> | <p>Same as diarrhea but consider goat or sheep instead of cow varieties; limit quantities</p> |
| Grains | <p><i>Choose 2 grams or less fiber per serving</i></p> <p>Breads, pasta, crackers made from white/refined flour</p> <p>White rice/rice noodles</p> <p>Cream of Wheat/Rice®</p> <p>Refined grain cereals (Corn Flakes®, rice cereal) without added fiber</p> | <p><i>Choose 2 grams or more fiber per serving</i></p> <p>Whole wheat or whole grain breads, pasta, crackers</p> <p>Brown or wild rice</p> <p>Barley, oats and other whole grains</p> <p>Breads or cereals with nuts or seeds</p> <p>Popcorn</p> |
| Fruits | <p><i>Consider well cooked, pureed or pulverized forms</i></p> <p>Ripe bananas</p> <p>Melons</p> <p>Apples, peaches, pears without skin</p> | <p>All raw fruits except bananas and melons</p> <p>Dried fruits (prunes, papaya, raisins)</p> <p>Prune juice</p> <p>Kiwis</p> |
| Vegetables | <p><i>Consider well cooked, pureed or pulverized forms</i></p> <p>Moist, well-cooked vegetables without seeds or skin</p> <p>Potatoes without skin</p> <p>Arugula and butterleaf lettuce</p> | <p>All raw vegetables</p> <p>Cruciferous vegetables – broccoli, cauliflower, cabbage, Brussels sprouts</p> <p>Corn</p> <p>Collard, mustard, turnip greens</p> |
| Protein | <p>Tender, lean, well-cooked animal proteins</p> <p>Soft tofu</p> <p>Smooth nut butters</p> <p>Eggs</p> | <p>All animal proteins</p> <p>All plant proteins including beans and legumes</p> <p>Whole nuts</p> <p>Chunky nut butter</p> |
| Beverages | <p>Water</p> <p>Broth/bouillon</p> <p>Decaffeinated coffee and herbal teas</p> <p>Diluted fruit juice</p> <p>Hydration beverages</p> | <p>Water</p> <p>Broth/bouillon</p> <p>Coffee and herbal teas</p> <p>Fruit juice</p> |

Before Surgery

2 Days Before Surgery

- Watch “How to prepare for your esophageal surgery” video at: uclahealth.org/esophageal-center/preparing-for-esophageal-surgery
- No solid foods 48 hours before surgery
- Clear liquid allowed until 2 hours prior to check in to hospital
 - Water, mineral water
 - Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
 - Clear carbonated and non-carbonated soft drinks or sports drinks
 - Store-bought and >99% fat-free broth (chicken, beef, vegetable or bone broth)
 - Popsicles® or gelatin (such as Jell-O®)
 - Coffee or tea (without milk or cream)
- Do not consume any red or purple-colored liquids
- 2 hours before checking in to the hospital
 - Drink a 50 gram carbohydrate drink such as:
 - Ensure® Pre-Surgery

IF YOU HAVE BEEN SPECIFICALLY INSTRUCTED BY YOUR SURGEON TO DO BOWEL PREP PRIOR TO SURGERY

Bowel Prep Instructions



Two days before your scheduled surgery

- Pick up your GoLYTELY® from the pharmacy
- Start clear liquid diet

GoLYTELY® requires a doctor's prescription

If you did not obtain a prescription during your last clinic visit, please contact us. If you plan to fill your prescription outside of California, please note that you must have your PCP or other local MD provide this prescription. We can provide a copy of the prescription, however, prescriptions may not be filled across state lines.



The day before your scheduled surgery

- Starting at 8am, drink your bowel prep solution, polyethylene glycol electrolyte solution (example GoLYTELY®) 6 liters by mouth until stool becomes clear
- Continue with a clear liquid oral diet until midnight before surgery



Tips to make it easier to drink

- Keep the solution in the fridge, so that it is cold when you drink it. It tastes better cold.
- Drink the solution through a straw
- Suck on candy drops
- Slow down or take a break for 1-2 hours if you have difficulty drinking the solution

What to Expect

Hospital Stay



- The expected hospital stay is between **7-10 days**

Day of Surgery



- **A few tubes** will be placed
 - Jackson Pratt (JP) drain immediately out of surgery
 - Nasogastric (NG) tube to decompress stomach (not for feeding)
- **Pain controlled** with epidural
- **Jejunostomy-tube (J-tube) for feedings** placed at surgery
 - Feedings will start on 2-3 days after surgery
 - Some medications will be given through the J-tube
- **Initial IV fluids/hydration only** (no food or drinks by mouth)
- **Nurse will help manage**

Day 1 After Surgery



- **Out of bed, move and walk**
 - Goal is 3 or more times per day for walking
- **ICU** (1-2 days first) or **7West** (stepdown/recovery floor unit)

Days 2-3 After Surgery



- Support person **will teach you** how to use the **J-tube**
 - Nurse or dietitian will teach you how to trouble shoot, feed, flush and administer medications

Day of Discharge



- **You will be given discharge instructions** and information on how to schedule your follow-up appointments
 - Go to **page 17** for discharge instructions

After Surgery

Basics of J-Tube Feedings

Home Health might provide you with the following equipment based on your insurance coverage



DualFlo™ pump



DualFlo™ pump bag



Lopez™ valve



60cc syringe for flushing and medications



Backpack so you can walk with your equipment



Kangaroo™ pump



Pole



J-tube

After Surgery

Managing Your Feeding Tube

Medications Administration



- **Liquid medications can be given through the feeding tube as follows:**
 - Flush your feeding tube with 15-30 mL of water before administering the medication.
 - Mix the liquid medications with a small amount of water and put it into your feeding tube with a syringe.
 - Flush the tube with an additional 15-30 mL of water after your medication(s) have been given.
 - Do not mix medications in order to prevent clogging; flush before and after each new medication.



- **Solid pills can be given through the feeding tube as follows:**
 - Flush your feeding tube with 30 mL of water. Crush/grind up the medication with a mortar and pestle. Stir the crushed medication into at least 30 mL of warm water and be sure that the medications have completely dissolved in the water. Push the mixture into your feeding tube. Flush the tube with an additional 30 mL of water.
 - If you are taking in a liquid diet by mouth you may drink any liquid medications. If you are eating soft foods, you can either swallow the pill or you can crush your medications and eat them with a spoonful of applesauce, pudding or mashed potatoes.

Free-Water Flushes

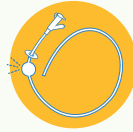


- To avoid dehydration, free-water flushes are **very important**.
- Refer to your discharge instructions for the amount of free-water flushes that are recommended.

After Surgery

Troubleshooting Your Feeding Tube

Mechanical Issues



- **The feeding tube is clogged:**

- Try flushing with 1-2 (60 mL) syringes of lukewarm water first.
- If this does not work, crush a pancreatic enzyme and sodium bicarbonate tablet (as prescribed by your physician). Add 30 mL lukewarm water and dissolve completely. Flush tube before and after this mix with more lukewarm water, 20-30 mL.
- For better tolerance, avoid flushing more than 150 mL of water at any given time in your J-tube initially. If more is needed and desired, this amount can be increased slowly and as tolerated. Speak with your dietitian and doctor about this.
- You can also add papaya enzyme into your feeding tube. Crush two tablets and mix with a small amount of warm water, 30 mL. Let all of the particles dissolve in the solution. Add the mixture into your feeding tube. This is an enzyme that helps to break up clogs. Allow it to sit in the tube for a short period and once again try to flush with water. This can be obtained over the counter from health/vitamin stores.
- If it still won't budge, call your surgeon's office if it is during the day. If it happens at night and you cannot wait until the morning, call 310-794-7710 and ask them to page the resident on call for thoracic surgery.



- **There is leakage around your feeding tube:**

- If there is a small amount of leakage around your tube, clean around the site, pat it dry and apply a new dry dressing as needed.
- If the skin becomes reddened or irritated around the tube, you can apply a barrier cream such as Desitin®, that can be obtained from any pharmacy.
- If the leakage becomes worse, call your surgeon's office.



- **Your tube has come out: URGENT!**

- Business hours: Patients can go into clinic to have it assessed and replaced. This is Monday through Friday during normal business hours.
- **After hours: Call UCLA pager operator at 310-206-6766 to page the thoracic surgeon on call. The surgeon might direct you go to the emergency room.**

After Surgery

Gastrointestinal Side Effects

Nausea/vomiting



Symptoms include: Nausea/vomiting, abdominal distress, distention, feeling bloated, cramping, dry heaves/retching, cold sweat, feeling food is getting stuck and getting full quickly.

- Stop feeding. If nausea/vomiting does not resolve within a few hours, contact your doctor as you may need anti-nausea medication.

Diarrhea



Symptoms include: Abdominal pain or cramping with frequent loose watery stool, passing more than 3 stools in 1 day

- Decrease the volume rate of tube feeding for a few hours.
- If you are unable to return to your original feeding rate successfully within 24 hours, call your dietitian and doctor. They may recommend the use of probiotics, pancreatic enzymes, and/or additional fiber supplements to help bind stool and make it more formed.

Constipation



Symptoms include: Hard stool, abdominal bloating, abdominal pain, cramping and lack of passing stool for 3 days

- Talk to your dietitian and doctor about this.
- Make sure you are taking your stool softener and/or laxatives as prescribed.
- You may need more water flushes to maintain proper hydration and possibly some medication to help with your bowel movements. You may also need to add fiber.

After Surgery

Checklist for Discharge

For nurse to fill out with patient



- ☐ J-tube education (preferably with one support person present)
- ☐ How to trouble-shoot **(page 15)**
- ☐ How to administer medications **(page 14)**
- ☐ Daily weight log in hospital
- ☐ Sheet that includes patient specific J-tube order rate/hour and free-water flushes



Patient Information

- Your formula is: _____
- You need this many containers daily: _____
- Your fluid needs are: _____
- Weight log **(page 18)**

Daily Weight Log

Measure and Record Your Weight 2-3 Times Per Week

- ✓ 1. Try to weigh yourself on the same days each week, after a bowel movement and naked if possible to eliminate variables.
- ✓ 2. **Please contact us if you notice weight loss of 3 pounds or more in 1 week.**
- ✓ 3. Document any problems you experienced with oral feeds, such as regurgitation, nausea, vomiting, early satiety (feeling full easily), diarrhea and constipation.

Week 1 (list dates)

| 1st Weight (of the week) | 2nd Weight (of the week) | 3rd Weight (of the week) | Weight Lost? (If yes, list amount) | Weight Gained? (If yes, list amount) |
|-----------------------------|-----------------------------|-----------------------------|---------------------------------------|---|
| | | | | |
| Notes | | | | |

Week 2 (list dates)

| 1st Weight (of the week) | 2nd Weight (of the week) | 3rd Weight (of the week) | Weight Lost? (If yes, list amount) | Weight Gained? (If yes, list amount) |
|-----------------------------|-----------------------------|-----------------------------|---------------------------------------|---|
| | | | | |
| Notes | | | | |

Week 3 (list dates)

| 1st Weight (of the week) | 2nd Weight (of the week) | 3rd Weight (of the week) | Weight Lost? (If yes, list amount) | Weight Gained? (If yes, list amount) |
|-----------------------------|-----------------------------|-----------------------------|---------------------------------------|---|
| | | | | |
| Notes | | | | |

Week 4 (list dates)

| 1st Weight (of the week) | 2nd Weight (of the week) | 3rd Weight (of the week) | Weight Lost? (If yes, list amount) | Weight Gained? (If yes, list amount) |
|-----------------------------|-----------------------------|-----------------------------|---------------------------------------|---|
| | | | | |
| Notes | | | | |

After Surgery

Changing from Tube Feeding to Oral Diet after Esophageal Surgery

Once your thoracic surgeon has cleared you to start an oral diet, please follow these guidelines along with assistance from your nurse practitioner and dietitian.

| Day | Instructions |
|-----|--|
| 1-2 | Oral: Drink clear liquids. |
| 3-4 | Oral: Consume blenderized foods. |
| 5-6 | Oral: Eat soft foods, eating 4-6 small meals throughout the daytime . |
| 7 | Oral: Eat soft foods, eating 4-6 small meals throughout the daytime . Frequent snacking between meals is encouraged. |



After Surgery

How to Manage Your Tube Feeding as You Start Eating

As you start eating and are able to increase your food intake, you can start reducing your tube feeding amount and time. This table can help you navigate through this process.

| Amount of Meals Eaten | Tube Feeding Adjustments |
|-----------------------------------|---|
| Less than 50% of meals | Continue your current tube feeding regimen. |
| 50% of most meals | Reduce your tube feeding time by half. <i>Example: If you run your tube feeding 16 hours per day, you can reduce it to 8 hours per day.</i> |
| 50-75% of most meals | Reduce your tube feeding time by a third. <i>Example: If you run your tube feeding 12 hours per day, you can reduce it to 4 hours per day.</i> |
| 75% or more of most of your meals | Stop tube feeding and use oral nutrition supplements as needed. |

Remember that oral nutrition supplements also count! If you are able to drink an oral nutrition supplement that is at least 250-300 calories and has at least 12 grams of protein per carton or bottle, you will be able to decrease your tube feeding time. For every can or bottle you drink, you can remove one can of tube feeding formula.

Remember, changing from tube feeding to oral feeding is different for everyone and you may need more time to adjust.

Things to Consider

1. If you are underweight or have poor nutritional status, then you might need to continue both oral and tube feedings.
2. If you are still receiving chemotherapy, then it is best to continue tube feeds and keep the feeding tube in case you become dehydrated.
3. If you have diabetes, then it is critically important to adjust diabetes medications and especially insulin during the change from tube feeding to oral feeding to avoid low blood sugar. Close blood sugar monitoring is very important if you are a diabetic.
4. If you notice weight loss of 3% of your bodyweight, please contact us. For example:
 - If you weigh 100 pounds, 3% of your body weight would be 3 pounds.
 - If you weigh 150 pounds, 3% of the body weight would be 4 ½ pounds.
 - If you weigh 180 pounds, 3% of your body weight would be 5 ½ pounds.

After Surgery

Transitioning from Tube Feeding to Oral Diet

Stage 1: Clear Liquids

Clear liquids are used as an initial step to reintroduce foods after your esophageal surgery. Clear liquid diet consists of liquids that are transparent (you can see through them). Clear liquid diet alone does not provide enough nutrients to meet your body's nutrition needs, so it should be used less than 1-2 days or in conjunction with continuing tube feeding.

| Foods Recommended | Foods NOT Recommended |
|---|---|
| <ul style="list-style-type: none">• Water / ice chips• Translucent fruit juices without pulp, such as apple, cranberry, grape• Crystal Light®• Broth or bouillon• Gelatin• Fruit ice, sorbet and Popsicles®• Tea or coffee<ul style="list-style-type: none">▪ Sweetener and lemon ok for hot beverage, no dairy• Hard candies• Salt for flavor• Soda - lemon-lime soda or ginger ale | All other foods not listed in foods recommended |

Additional Suggestions

- This diet does not include dairy and dairy substitute (soy, rice, almond, etc) items because they are not clear (you cannot see through them).
- You can include oral nutrition supplements such as Ensure Clear® or Boost Breeze® with other clear liquids or between meals.

Stage 1: Sample Menu

| | | |
|----------------------------|--|--|
| Breakfast | 4 ounces cranberry juice 12 ounces chicken broth 4 ounces orange gelatin | Water, ice 8 ounces coffee |
| Mid-Morning Snack | 8 ounces of Ensure Clear® or Boost Breeze® | |
| Lunch | 4 ounces grape juice 12 ounces beef broth Water, ice | 1 Popsicle® 8 ounces tea |
| Mid-Afternoon Snack | 8 ounces of Ensure Clear® or Boost Breeze® | |
| Evening Meal | 4 ounces apple juice 12 ounces of vegetarian broth 8 ounces Crystal Light® | Water, ice 1 lemon sorbet 8 ounces tea |
| Bedtime Snack | 4 ounces grape juice | 1 fruit ice |

After Surgery

Stage 2: Full Liquid Diet

The full liquid diet includes mostly liquids (including milk) and some foods with small amounts of fiber. The full liquid diet can provide many of the nutrients your body needs, but it may not provide enough vitamins, minerals, fiber, protein or calories.

This diet should only be used temporarily during your recovery until it is safe for you to eat regular foods. Your dietitian can help establish a nutritionally-balanced, full-liquid meal plan, if needed.

Most food can be converted to a full-liquid consistency while adding calories/protein.

How to Thin By Food Type

| Food Type | How to Thin |
|--|--|
| Meats, fish, poultry, pork | Blend with broth, water, milk/milk-sub, tomato sauce, creamy soup, or gravy. The consistency must reach the point that it can be consumed through a straw without solids that require chewing or create difficulty for swallowing. |
| Vegetables | Blend with water, tomato juice, broth and strain. Ready-to-use substitute: strained baby-food vegetables can. |
| Starches (potato, pasta, beans) | Blend with soup, broth, milk/milk-sub, water, gravy. Ready-to-use substitute: Hot cereals (Cream of Wheat/Rice®, grits) allowed. |
| Fruits | Blend with fruit juices, milk/milk-sub and strain. Ready-to-use substitute: strained baby fruit allowed. |

How to Increase Calories/Protein on Full Liquid Diet

- Prepare cereals with whole milk/milk-sub, or commercial protein drinks.
- Use butter or oil for extra calories by blending into starches, meats or vegetables.
- Blend foods with broth versus water for additional calories.
- Blend fruit with fruit juices versus water for additional calories.
- Fortify most foods with unflavored protein powder, such as pea-based or brown rice-based protein powder.
- Drink nutritional shakes in 6-8 ounce servings in between meals to make sure you're taking in enough calories. You can make fortified shakes for yourself or buy them premade at a store.
- A high-protein shake should contain at least 8-10 grams of protein per serving. If you are preparing the shake at home, you can increase the amount of protein by adding protein powder or dry milk powder, soymilk, yogurt or low fat milk.

After Surgery

| Food Group | Foods Recommended | Foods to Avoid During This Stage |
|---|---|--|
| Breads, cereals, 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 protein sources | 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 cheese 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 |

After Surgery

Stage 2: Sample Menu

| | |
|---------------------|---|
| Breakfast | <p>Mix well in a blender and then strain</p> <p>1 cup cooked oatmeal 1 cup 2% milk or milk substitute 1 teaspoon cinnamon 1 teaspoon brown sugar 1 teaspoon of oil or coconut milk (optional for additional calories)</p> |
| Mid-Morning Snack | <p>Mix well in a blender and then strain</p> <p>“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> |
| Lunch | <p>Mix well in a blender and then strain</p> <p>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> |
| Mid-Afternoon Snack | <p>12 ounces ready-made liquid supplement, such as Carnation Breakfast Essentials®, Boost®/Ensure®, Orgain® or other similar products</p> |
| Evening Meal | <p>Mix well in a blender and then strain</p> <p>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> |
| Bedtime Snack | <p>Mix well in blender (or stir well)</p> <p>2 cups blended ice cream of your choice with 1 cup milk or milk substitute</p> |

After Surgery

Stage 3: Soft Foods

Soft foods are moist, soft-textured, and overall easy to chew and swallow. Foods that are hard or crunchy are avoided during this stage. Most foods that are harder can be chopped, moistened, and/or cooked longer to help them become softer and easier to eat and tolerate.

| Food Group | Foods Recommended | Foods to Avoid During This Stage |
|---|---|---|
| Breads, cereals, grains | Soft white or wheat bread without seeds, dried fruit, nuts, or crust Tortillas Hot cereals like oatmeal, Cream of Wheat/Rice® Cold cereals if soft once soaked in milk Pancakes and muffins Soft pasta, soft rice, polenta Potatoes, yams, sweet potatoes without skins | Breads containing nuts, seeds, or dried fruit Tough or crusty-top breads like French or baguette Cereals containing dried fruit or nuts Cereals that do not soften when soaked in milk Potatoes and similar starchy vegetables with skins Pasta or rice that is hard or “Al dente” |
| Vegetables | Well-cooked soft vegetables without seeds or skins (mashed potato, squashes) Finely chopped cooked greens | All raw vegetables Cooked vegetables with skins and/or seeds |
| Fruits | Applesauce, ripe soft banana, canned soft fruit, or soft fruit cups; mashed avocado | Unripe fruit with seeds and skins |
| Plant-based protein sources | Mashed beans, lentils, other legumes (hummus) Soft or firm tofu Creamy nut butters Nut-based, oat milk, 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 | Ground or 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 | Whole cut, tough, stringy meats, poultry, fish Hot dogs, sausages |
| 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) | None |
| Other | Seasonings, ground spices and smooth condiments as tolerated, gravies and sauces, tartar sauce, relish, chopped olives. Popsicle®, strained cream soups | Popcorn, potato chips, corn chips Whole pickles, whole olives |
| Beverages | All | None |

After Surgery

Additional Suggestions

- Eat small frequent meals, about 5 to 6 per day, to help with tolerance and better food intake.
- Avoid rushing through meals. Chew well and take your time.
- If you feel full fast in the beginning, try to eat the protein-rich foods first. If you are unable to eat enough protein or items that have them, try a protein-powder supplement that is whey-based or vegan and is at least 10 grams per scoop. Mix it with foods that are not protein-rich.
- Drink liquids between meals and not with your food.
- Use oral nutrition supplements such as Ensure®, Boost®, or Kate Farms®, between meals, always closer to the meal you just had and far away from the next one. If you are able to drink one or two of them daily, you may be fine to reduce your tube-feeding time. See the “How to manage your tube-feeding as you start eating” on **page 20**.
- If soft foods are still hard for you to swallow and digest, consider trying more pureed foods as an intermediate stage. Any of the soft foods above could be pureed by adding liquids as needed, like soups and sauces, and using a blender or food processor. You can also try baby foods if you get tired of meal prepping. Contact your dietitian for more ideas and to make sure your nutritional intake is adequate within your food tolerance.

Stage 3: Sample Menu

| | |
|----------------------------|---|
| Breakfast | ½ cup diced peaches 1 scrambled egg ½ cup Cream of Wheat/Rice® (mix in a serving of protein powder if you do not eat the egg) 1 cup milk or milk alternative |
| Mid-Morning Snack | ½ cup applesauce 2 spoons of smooth nut butter Oral nutrition supplement if able |
| Lunch | 3 ounces of meatloaf with gravy or tofu with your favorite sauce ½-¾ cups of mashed potatoes ½ cup soft cooked baby peas ¾ cup creamy soup (optional) |
| Mid-Afternoon Snack | 1 cup of yogurt or yogurt alternative Oral nutrition supplement if able |
| Evening Meal | 4 ounces soft, white boneless fish or mashed beans ½-¾ cup soft rice with gravy, creamy soup or sauce ½ cup soft diced carrots |
| Bedtime Snack | ½ cup cottage cheese or cheese alternative and ½ cup soft fruit cup Oral nutrition supplement if able |

After Surgery

What is Chyle?

Chyle is a fluid that is made in the intestines when fat is eaten. It moves from the intestines to the lymphatic system and then into the blood. If a chyle leak occurs, you might be taken off all oral food for a short period of time, have a change in enteral formula and/or be placed on a fat-free or very low-fat diet.

| Food Group | Foods Recommended | Foods to Avoid |
|---|--|--|
| Breads, cereals, and other starches | Regular wheat sandwich bread Fat-free crackers, rice cakes Fat-free cold cereals (without nuts) Fat-free muffins (without nuts) Air popped popcorn White potatoes, sweet potatoes, yams (no butter, margarine, oil or meat added) | Sweet breads, rolls Hawaiian bread Cereals with nuts Breads, cereals, potatoes, popcorn or rice topped with butter Microwave popcorn |
| Vegetables | Plain fresh, frozen or canned vegetables (no butter, margarine, oil or meat added) Vegetable juices Fat-free tomato sauce or paste Pickles | Vegetables in butter, margarine, cream sauce, cheese sauce or with nuts or other sauce or toppings Vegetables canned in oil Fried vegetables Vegetables seasoned with fatback, bacon, pancetta or other meats |
| Fruits | Most fresh, frozen or canned fruit Raisins, dried cranberries, other dried fruits Fruit juice Jelly, spreads | Canned fruit pie fillings Avocados Olives Coconuts |
| Animal and plant-based protein sources | Lean fish such as light tuna in water, fillet of: cod, Alaskan pollock, perch, halibut EggBeaters® or egg substitute, egg whites White meat chicken with skin removed, fat trimmed, prepared without oil, margarine or butter Beans prepared without added fat (limit to ½ cup per day): black, pinto, kidney, white, lima (butter beans), lentils Fat-free refried beans Fat-free varieties of veggie burgers Fat-free luncheon meat, fat-free hot dogs | Whole eggs Canned meats in oil Other meat Nuts, seeds Peanut butter, other nut butters Soybeans, edamame, tofu |

(Continued on page 28)

After Surgery

(Continued from page 27)

| Food Group | Foods Recommended | Foods to Avoid |
|------------------|--|--|
| Dairy | Fat-free dairy products, including milk, cheese, sour cream, cream cheese, cottage cheese, yogurt, frozen yogurt, ice cream Carnation Breakfast Essentials® powder made with fat-free milk | Low-fat or full-fat dairy products Fat-containing creamers Ready to drink Carnation Breakfast Essentials® |
| Dessert | Gelatin Fat-free chewing gum, hard mints, fat free jelly candy, fat-free gummy candy, licorice Fat-free frozen juice bars or Popsicles® Sorbet Italian ice Fat-free animal crackers, fat-free cookies Fat-free Cool Whip® Fat-free creamers | Any dessert made with butter, margarine, oil, low-fat or full-fat dairy products, whipped cream, Cool Whip® Chocolate |
| Other | Fat-free salad dressing, ketchup, barbeque sauce, mustard, soy sauce, hot sauce, relish, syrup Fat-free salsa Fat-free broth and soups | Mayonnaise (including low-fat), butter, margarine, oils, lard, fatback, regular salad dressing |
| Beverages | Fruit juices/nectars, fruit beverages, lemonade Soft drinks Gatorade®, sports drinks Tea, coffee | Beverages made with low-fat or full-fat dairy products |

Incorporating Medium-Chain Triglycerides (MCT) into the Diet

- Sip or eat slowly at least initially
- Start with 5 mL TID divided over the day at a meal or snack or as enteral bolus if tube fed
- Do not exceed 4–6 tablespoons (12–18 teaspoons)/day
- Although MCT can be taken as small “shots” over the day, it is not delicious
- Add to a fat free beverage of choice such as fruit juices, skim milk, coffee drinks, etc
- Flavorings can be added (coffee, vanilla, almond, cocoa, fruit flavoring, etc.)
- Consider diluting with equal volume of water or other fat free beverage (Gatorade®, coffee, lemonade, soda)
- Add to fat free hot cereals, mashed potatoes, vegetables, pasta, soups, salad dressings, applesauce or other fruit sauces

After Surgery

| Foods Recommended | Serving Size | Protein (grams per serving) |
|---|---------------|-----------------------------|
| Egg Beaters® | ¼ cup | 6 |
| Better'n Eggs® | ¼ cup | 5 |
| Egg whites, separated, cooked | 2 | 7 |
| Powdered egg whites | 1 tablespoon | 11.5 |
| Egg white (Bob's Red Mill®) | 2 teaspoons | 3 |
| Just Whites® (Deb EL™) | 2 teaspoons | 3 |
| Fat free luncheon meat | 1 ounce | 6 |
| Fat free milk | 8 ounces | 8 |
| Non-fat dry milk powder | 3 tablespoons | 10 |
| Non-fat cheese | 1 ounce | 8 |
| Evaporated skim milk | ½ cup | 9 |
| Non-fat cottage cheese | ½ cup | 13 |
| Non-fat yogurt (plain) | 8 ounces | 12 |
| High protein broth (Bernard®, 800-323-3663) | 1 cup | 10 |
| High protein gelatin (Bernard®, 800-323-3663) | ½ cup | 12 |
| High protein egg whites (Bernard®, 800-323-3663) | 1 tablespoon | 5 |
| UNJURY® (800-517-5111) | 1 scoop | 20 |
| Pro-Stat® (Medical Nutrition USA, Inc., 800-221-0308) | 2 tablespoons | 15 |
| Beneprotein® | 1 scoop | 6 |

| Fat-Free Oral Supplement Options | Calories (per serving) | Protein (grams per serving) | Fat (per serving) | For Information or to Purchase |
|--|------------------------|-----------------------------|-------------------|--|
| Enlive® (Abbott®) | 200 | 7 | 0 | abbottnutrition.com |
| Resource® Breeze (Nestle®) | 250 | 9 | 0 | NestleNutritionStore.com |
| NUTRA/Shake® Fruit Plus (NUTRA/Balance®) | 200 | 6 | 0 | nutra-balance-products.com |
| Ensure Clear® | 180 | 8 | 0 | ensure.com/nutrition-products/ensure-clear-protein-drink |

References & Resources

How to Schedule an Outpatient Dietitian Appointment

For **Radiation/Oncology Dietitians**



- While undergoing radiation treatment, sessions with the dietitian are included.
- You do not need to get prior authorization or call insurance.
- For information on scheduling your appointments please call radiation oncology at 310-825-9775.

For **GI Dietitians**



1. Get a referral from your surgeon, gastroenterologist, PCP or oncologist; for HMO get prior authorization.



2. Call your insurance company.
 - Telephone number provided on the back of your insurance card.
 - Medicare patients only: 800-633-4227. Medicare will not cover new patient office visits with a dietitian; patient will be responsible for cost. All Medicare patients must sign an advance beneficiary notice of non-coverage.
 - Provide insurance company with CPT/billing code and tax ID number.
 - CPT - 97802 (new patient)
 - CPT - 97803 (return patient)
 - Tax ID number - 954373071
 - Fee for service initial session (if not submitting to insurance): \$200*
 - Fee for service follow up sessions (if not submitting to insurance): \$100*



3. Call the GI Nutrition Program to set up an appointment.
 - Phone: 310-206-6279 (Westwood and Century City)
 - Phone: 310-582-6240 (Santa Monica)

* Prices subject to change

If your insurance company will not cover the cost of treatment/office visits with a dietitian, patient will be 100% responsible for the cost which could be as much as \$620*

References & Resources

Soft Diet Meal Delivery Services



Blossom Foods™

510-893-3321

Fax: 510-893-3326

blossomfoods.com

Hormel Health Labs

888-617-3482

hormelhealthlabs.com

Gourmet Puréed (an affiliate partner of Mom's Meals)

866-971-6667

Use promo code PUREED when ordering through the website to receive free shipping. It cannot be combined with other discounts.

gourmetpureed.com

- 16 pureed meal options
- Lasts for 14 days in the refrigerator; okay to freeze for later
- Program options:
 - Medicare – some policies offer a post discharge benefit – covers 1-2 weeks-worth of meals
 - If you have Medicare, contact your insurance carrier to see if you have this benefit
 - Private pay*
 - Each meal is \$7.99 and there is a flat-rate shipping charge of \$14.95
 - Orders are shipped in quantities of 10, 14 or 21 meals at a time
 - 10% discount (not including shipping cost) for veterans and their families as well as for auto-ship service:
 - 10 Meals: \$86.85
 - 14 Meals: \$115.61
 - 21 Meals: \$165.94

*Prices subject to change

References & Resources



Emotional Support Resources

Services Available Through UCLA

Simms/Mann UCLA Center for Integrative Oncology

Simms/Mann UCLA Center for Integrative Oncology provides integrative patient care for individuals and families touched by cancer. The majority of their programs, including support groups and psychosocial care, are offered to individuals free of charge.

simmsmanncenter.ucla.edu

310-794-6644

Clinical Social Worker – Department of Radiation Oncology

The Department of Radiation Oncology has their own licensed clinical social worker to provide psychosocial support for individuals and loved ones while patients are receiving radiation therapy. This service is free of charge.

Liz Morasso, LCSW, OSW-C

emorasso@mednet.ucla.edu

310-267-3135

UCLA Integrative Digestive Health and Wellness Program

Suzanne R. Smith, MSN, NP

Suzanne is a nurse practitioner with extensive experience in clinical care and research on topics related to esophageal cancer such as chronic pain. Her practice focuses on mindfulness, self-compassion, caregiver care, meditation, guided imagery. Patients can be seen with a referral from UCLA gastroenterology.

Christina T. Gentile, PsyD, MA, ABPP

Dr. Gentile is a board certified clinical health psychologist with a specialization in digestive diseases. She practices esophageal hypnosis and dysphagia aid, among others integrative techniques.

310-208-5400

Individual Practitioners within UCLA

Julie Wu, LCSW - Department of Anesthesiology

Julie is a licensed clinical social worker and pain psychotherapist who provides individual therapy to patients with cancer. She is contracted with all insurance plans associated with UCLA.

310-794-1841

Services Local to UCLA

Cancer Support Community (CSC)

Has multiple locations in Southern California including West Los Angeles, Pasadena, Redondo Beach and Westlake Village. It is dedicated to ensuring people impacted with cancer are empowered, strengthened and sustained by community. CSC has a wide array of services that are also dependent on location.

cancersupportcommunity.org

888-793-9355

References & Resources



Emotional Support Resources

Services Local to UCLA (Continued)

WeSpark Cancer Support Center

Dedicated to enhancing the quality of life for cancer patients and their loved ones. They provide free programs and services, which alleviate the physical and emotional side effects of a cancer diagnosis. They are located in Sherman Oaks.

wespark.org

818-906-3022

Services External to UCLA

CancerCare

Provides free professional counseling, support groups, education, information and referrals to cancer patients and their loved ones to help them cope with the psychological and social consequences of cancer. CancerCare services are free of charge.

info@cancercare.org

800-813-HOPE (4673)

Esophageal Cancer Action Network (ECAN)

Promotes advocacy, awareness, research and support related to esophageal cancer. This includes education for patients, families and the community about options for prevention, early detection and treatment, and assistance with navigation of care.

ecan.org

410-358-3226

Esophageal Cancer Awareness Association (ECAA)

Provides information and support for individuals, caregivers and survivors affected by esophageal cancer. The website provides easy to read information on esophageal cancer, such as descriptions of the disease, how it is diagnosed, staging, treatment options and risk factors. They have Facebook groups and online chats for patients, caregivers and survivors.

ecaware.org

800-601-0613

Immerman Angels

Provides free personalized one-on-one cancer support for persons living with cancer and their support systems. They utilize a mentor model, connecting patients, families, caregivers and survivors.

immermanangels.org

866-Immerman (866-463-7626)

Cancer Hope Network

Offers free, confidential one-to-one support to cancer patients undergoing cancer treatment and their families using trained volunteers who have undergone a similar experience.

cancerhopenetwork.org

877-HOPENET (877-467-3638)

*UCLA **does not** currently offer an esophageal cancer specific group. You may consider connecting with the above resources for in-person and virtual support groups.*

References & Resources



Websites on Esophageal Cancer

UCLA Robert G. Kardashian Center for Esophageal Health Website

uclahealth.org/esophageal-center/

How to prepare for your esophageal surgery — video

uclahealth.org/esophageal-center/preparing-for-esophageal-surgery

Clinical Trials

cancer.ucla.edu/patient-care/enroll-in-a-clinical-trial/find-a-ucla-clinical-trial

cancer.gov/about-cancer/treatment/clinical-trials/disease/esophageal-cancer/treatment

mskcc.org/cancer-care/types/esophageal/clinical-trials

mayo.edu/research/clinical-trials/diseases-conditions/esophageal-cancer

Esophageal Cancer Awareness Association

Provides outreach for esophageal cancer patients, caregivers and survivors, offering education and information in a supportive environment. Treatment and survivor information as well as support through online forums.

ecaware.org

Esophageal Cancer Action Network (ECAN)

Provides information and resources about esophageal cancer.

ecan.org

Oley Foundation

Enriches the lives of those requiring home IV and tube feeding through education, outreach and networking.

oley.org

National Institutes for Health (NIH); National Cancer Institute (NCI)

cancer.gov/types/esophageal

CancerCare

Connect Education Workshops - Listen in by telephone or online as leading experts in oncology provide up-to-date information about cancer-related issues in one-hour workshops. Podcasts are also available. They currently do not offer an esophageal cancer specific workshop. Look up general-interest workshops.

cancercare.org

Websites on J-Tube Feeding Equipment

COMPAT DualFlo Enteral Feeding System

vimeo.com/136650061

Kangaroo™ ePump

cardinalhealth.com/en/product-solutions/medical/enteral-feeding/resources/kangaroo-epump-enteral-feeding-pump-videos.html

Food Recommendations

High Calorie Foods

| Foods Recommended | Serving Size | Calories (per serving) | Protein (grams per serving) |
|--|---------------------------------|------------------------|-----------------------------|
| Dried fruit | 1 cup | 400 | 3.8 |
| Avocado | 1 medium (size of woman's fist) | 320 | 4 |
| Granola | 1 cup | 300-500 | 10 |
| Yogurt, full fat, fruit flavored (non-Greek) | 6 ounces | ≈ 200 | 4-10 |
| Yogurt, full fat, fruit flavored (Greek) | 6 ounces | ≈ 200 | 15 |
| Nut butters (peanut, almond, hazelnut, cashew) | 2 tablespoons | 180-200 | 4-8 |
| Tahini (sesame seed spread) | 2 tablespoons | 177 | 5 |
| Yogurt, low-fat, plain (non-Greek) | 6 ounces | ≈ 150 | 4-10 |
| Yogurt, low-fat, plain (Greek) | 6 ounces | ≈ 150 | 15 |
| Oil - plant based | 1 tablespoon | 120 | 0 |
| Protein powders | 1 scoop | 110 | 16-30 |
| Milk alternative - soy | 1 cup | 110 | 7 |
| Hummus | ¼ cup | 104 | 5 |
| Milk (non-full fat) | 1 cup | 80-120 | 8 |
| Cheese | 1.5 ounce cube | 80-100 | 7 |
| Mango | 1 cup chopped | 99 | 1.4 |
| Banana | 1 small (6 inches long) | 90 | 1 |
| Pineapple | 1 cup, chunks | 82 | 1 |
| Milk alternative - pea | 1 cup | 75 | 8 |
| Honey | 1 tablespoon | 64 | 0 |
| Flaxseed (whole) | 1 tablespoon | 60 | 2 |
| Milk (powdered) | 1 tablespoon | 40 | 2 |

Food Recommendations

High Protein Foods

| High Protein Food | Serving Size | Protein (grams per serving) |
|------------------------------|---------------|-----------------------------|
| Plant-Based Sources | | |
| Soybeans, dry roasted | ½ cup | 34 |
| Tofu, firm | ½ cup | 20 |
| Protein powder supplements | 1 scoop | 15-25 |
| Soybeans, edamame (cooked) | ½ cup | 11 |
| Lentils | ½ cup | 9 |
| Peas, split (cooked) | ½ cup | 8 |
| Peanut butter | 2 tablespoons | 8 |
| Ripple® pea protein milk | 8 ounces | 8 |
| Beans (canned) | ½ cup | 6-10 |
| Soy milk | 8 ounces | 6 |
| Oats | ½ cup dry | 5 |
| Whole wheat bread | 1 slice | 5 |
| Wheat bran | ½ cup | 4.5 |
| Hummus | ¼ cup | 4 |
| Almonds, peanuts, pistachios | 15-20 whole | 4 |
| Quinoa (cooked) | ½ cup | 4 |
| Most alternative milks | 8 ounces | 1-4 (hemp and oat highest) |
| Animal-Based Sources | | |
| Beef | 3 ounces | 24-28 |
| Turkey breast | 3 ounces | 25 |
| Lamb, lean | 3 ounces | 25 |
| Chicken breast, leg, thigh | 3 ounces | 24 |
| Pork, tenderloin | 3 ounces | 24 |
| Turkey ground | 3 ounces | 23 |
| Ham, deli meat | 3 ounces | 19 |
| Fish/seafood (cooked) | 3 ounces | 18-27 |
| Yogurt (Greek) | 6 ounces | 15 |
| Cottage OR Ricotta cheese | ½ cup | 14 |
| Fair Life® lactose-free milk | 8 ounces | 13 |
| Kefir (lactose-free) | 8 ounces | 11 |
| Chicken, deli meat | 2 ounces | 11 |
| Milk | 8 ounces | 8 |
| Cheese, harder varieties | 1 ounce | 7 |
| Egg, whites only | 2 | 7 |
| Egg, hardboiled | 1 | 6 |
| Yogurt (non-Greek) | 6 ounces | 5 |

Food Recommendations

High Calorie and Protein Premade Shakes

| Brand | Vegan Dairy Free | Lactose Free | Allergen Free | Wheat/ Gluten Free | Diabetes Friendly | Kidney Disease Friendly (low potassium ≤ 250 mg, phos < 300 mg) | Calories (per bottle) | Protein (grams per bottle) |
|---|------------------|--------------|---------------|--------------------|---------------------------|--|-----------------------|----------------------------|
| Boost Glucose Control® | N | Y | N (milk, soy) | Y | Y | Y | 190 | 16 |
| Boost Plus® | N | Y | N (milk, soy) | Y | N | N | 360 | 14 |
| Boost® VHC | N | Y | N (milk, soy) | Y | N | N | 530 | 22 |
| Ensure Enlive® | N | Y | N (milk, soy) | Y | N | N | 350 | 20 |
| Ensure Plus | N | Y | N (milk, soy) | Y | N | N | 350 | 16 |
| Evolve® | Y | Y | Y | Y | Y (4-5 grams added sugar) | N | 150-160 | 20 |
| Fairlife Core Power® | N | Y | N (milk) | Y | Y (5-7 grams sugar) | N | 170 | 24-26 |
| Fairlife Core Elite® | N | Y | N (milk) | Y | Y (5-7 grams sugar) | N | 240 | 42 |
| Glucerna® shake | N | Y | N (milk, soy) | Y | Y (4 grams added sugar) | N | 180 | 10 |
| Kate Farms® nutrition shake | Y | Y | Y | Y | N (18 grams sugar) | N | 325 | 16 |
| Kate Farms® Standard 1.4 | Y | Y | Y | Y | N | N | 455 | 20 |
| Muscle Milk Genuine® | N | Y | N (milk) | Y | Y (0 grams sugar) | N | 160 | 25 |
| Nepro® | N | Y | N (milk) | Y | Y** | Y | 425 | 19 |
| Novasource Renal® | N | Y | N (milk, soy) | Y | N | Y | 475 | 22 |
| Orgain® all-in-one (green bottle) | N | Y | N (milk) | Y | N (11 grams sugar) | N | 250 | 16 |
| Orgain® vegan all-in-one (light blue bottle) | Y | Y | Y | Y | Y (0 grams added sugar) | N | 220 | 16 |
| Orgain® grass-fed (blue bottle) | N | Y | N (milk) | Y | Y (3 grams added sugar) | N | 130 | 20 |
| OWYN® protein shake | Y | Y | Y | Y | Y (4-5 grams added sugar) | Y | 180 | 20 |
| OWYN® meal replacement | Y | Y | Y | Y | Y (4-5 grams added sugar) | N | 300 | 20 |
| Premier Protein® | N | Y | N (milk) | Y | Y (0 grams added sugar) | N | 160 | 30 |
| Pure Protein® shake | N | N | N (milk) | Y | Y (<1 gram sugar) | N | 140-160 | 30-35 |
| Ripple® protein shake | Y | Y | Y | Y | Y (9 grams added sugar) | N | 200 | 20 |
| Soylent® | Y | Y | N (soy) | N* | N | N | 400 | 20 |
| Vega® protein shake | Y | Y | Y | Y | Y (7 grams sugar) | N | 170 | 20 |

* No ingredient in Soylent® powder, drink, or coffees naturally contains gluten. Since none of these products contain oat flour, the likelihood of cross-contamination is very low.

Food Recommendations

Protein Powders

| Brand | Protein Type | Flavors | Calories (per scoop) | Protein (grams per scoop) |
|---|--|------------|----------------------|---------------------------|
| Egg White | | | | |
| Bulk supplements | Egg white | Unflavored | 148 | 23 |
| Jay Robb® | Egg white | Unflavored | 115-120 | 24 |
| NOW Sports® | Egg white | Unflavored | 75 per ¼ cup | 16 |
| Paleo protein | Egg white | Unflavored | 108 | 25 |
| Whey | | | | |
| Jarrow® | Ultra filtered whey | Unflavored | 94 | 18 |
| Biro® | Whey | Unflavored | 90 | 20 |
| Isopure® | Whey | Unflavored | 110 | 26 |
| GNC Pro Performance® | Whey | Unflavored | 130 | 24 |
| Jay Robb® | Whey | Unflavored | 110 | 25 |
| Nutriotics® | Whey | Unflavored | 60 per tablespoon | 14 |
| Rice | | | | |
| Nutriotics® | Rice | Unflavored | 60-90 per tablespoon | 12 |
| Growing Naturals® | Rice | Unflavored | 100 | 24 |
| Peaceful Planet® rice protein energy shake | Rice | Unflavored | 90 | 16 |
| Other | | | | |
| Vega® | Pea, flaxseed, sacha inchi, hemp seed, brown rice, chorella, maca root | Natural | 120-140 | 15 |
| Vega Sport® | Pea, flaxseed, sacha inchi, brown rice, alfalfa | Natural | 131 | 26 |
| Growing Naturals® | Pea | Unflavored | 90 | 15 |
| Navitas Naturals® organic hemp protein powder | Hemp seed | Unflavored | 120 in 4 tablespoons | 16 |
| Life's Basics® plant protein | Pea, chia, hemp and rice | Unflavored | 130 | 22 |
| Peaceful Planet® holy hemp | Hemp | Unflavored | 110 in 2 tablespoons | 6 |
| NorCal; Vital Proteins; Orgain | Collagen Peptides | Unflavored | 35-40 | 10 |

Food Recommendations

Purees & Blenderized Basics



Homemade Smoothies

Making smoothies is a great way to get needed protein, carbohydrates, fats and calories while on a liquid diet.

- Measure out 1-2 scoops of a protein powder of your choice (whey, egg whites rice, hemp, pea, soy)
- Add 1-2 cups of milk or milk alternative
- Add a handful of fresh or frozen fruits, such as bananas, berries, peaches, mangos
- Consider adding 1-2 tablespoons of nut butter for added protein and calories
- You can also use frozen vegetables to get extra micronutrients

Foods That Blend Well

- Milk, milk alternatives beverages, cream, creamer
- Milkshakes and ice cream
- Smooth yogurt, yogurt drink
- Without pulp: Fruit juice, nectars, vegetable juices
- Custard, pudding, gelatin, sherbet, sorbet, Popsicles®, fruit ice
- Cream of Wheat/Rice®
- Pureed meats thinned with broth or milk
- Blenderized cooked, canned or peeled fruits
- Broth, bouillon, strained cream soups, pureed vegetable soups (thin)
- Jelly, honey, sugar, syrup, lemon juice
- Oil, butter, trans-fat free spread
- Tea, coffee, hot chocolate
- Electrolyte replacement beverages, Crystal Light®
- Instant breakfast drinks
- Ensure® products, Ensure® pudding, Ensure® Clear, Glucerna®, TwoCal HN®, PediaSure®, BeneFiber®, Juven®, Beneprotein®

Foods That Do Not Blend Well

- Yogurt with nuts or seeds
- Desserts with nuts, seeds, coconut, whole chocolate, sticky butterscotch
- Fruits with seeds, membranes, tough skins
- Dried fruits
- Whole-grain crunchy cold cereals, granola with nuts
- Whole pieces of meat
- Whole nuts
- Whole raw or fried vegetables, corn, celery
- Popcorn
- Crunchy nut butters
- Relishes, marmalades (tough rind)

Food Recommendations

Purees & Blenderized Recipes

Sample 1-Day Menu

| | |
|----------------------------|---|
| Breakfast | 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) |
| Mid-Morning Snack | 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 |
| Lunch | 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 |
| Mid-Afternoon Snack | Mix well in a blender until smooth 12 ounces ready-made liquid supplement, such as Carnation Instant Breakfast®, Boost/Ensure®, Orgain® |
| Evening Meal | 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 |
| Bedtime Snack | Mix well in blender (or stir well) 2 cups blended ice cream of your choice 1 cup milk or milk substitute |

Hand blenders or mixers may be used also; potato mashers may work in some cases after the foods are well-cooked/heated in a pot or dish. Straining may be necessary if not smooth.

Food Recommendations

Purees & Blenderized Recipes

ENTREES



Blenderized Meats

- ½ cup cooked meat or 1 jar baby food strained meat
- 6 tablespoons hot broth
- Place meat and broth in blender. Cover. Process on low speed until smooth. Add salt and pepper to taste.
- Yield: 1 serving

Beef Stew

- 1 cup cooked beef stew
- 1 cup beef bouillon
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Roast Meat and Potatoes

- 3 ounces cooked roast beef (beef, chicken or pork)
- ½ cup mashed potatoes
- ½ cup gravy
- 1 cup hot water or broth
- Put meat in blender and process until smooth. Add remaining ingredients and puree to desired consistency.
- Yield: 1 serving

Chicken and Noodles

- 1 cup boiled chicken and noodles
- ½ cup mashed potatoes
- 1 cup hot chicken broth
- Put chicken, noodles and potatoes in blender. Blend until smooth. Add broth and puree.
- Yield: 1 serving

Macaroni and Cheese

- 1 cup baked macaroni and cheese
- 1 cup hot milk
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

ENTREES



Spaghetti and Meatballs

- ½ cup cooked spaghetti noodles
- 2 meatballs
- ½ cup spaghetti sauce
- ¾ cup hot water
- Parmesan cheese or seasoning to taste
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Steak and Mushrooms

- 3 ounces cooked steak
- ½ cup mashed potatoes
- ¾ cup mushroom gravy or soup 1 cup hot milk
- Put steak in blender. Blend until finely minced. Add remaining ingredients and blend until smooth.
- Yield: 1 serving

Meat Loaf

- 3 ounces meat loaf
- 1 small boiled potato
- 1 small boiled carrot
- 2 tablespoons brown gravy
- 1 cup beef bouillon
- Cut meat loaf, potato and carrot into cubes. Put all ingredients into blender and blend until smooth.
- Yield: 1 serving

Tuna Noodle Casserole

- 1 cup tuna noodle casserole
- 1 teaspoon lemon juice
- 1 cup hot milk
- 1 cup hot water
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Food Recommendations

Purees & Blenderized Recipes

VEGETABLES & SALADS



Blended Vegetables

- ½ cup cooked vegetables
- 6 tablespoons milk or hot broth
- Salt and pepper to taste
- Place vegetables and liquid in blender. Cover. Process on low speed until smooth. To test if smooth, rub a small amount between your fingers. If any large particles can be felt, process again. Add salt and pepper to taste. Heat and serve.
- Yield: 1 serving

Mashed Potatoes

- ½ teaspoon salt
- 2 cups milk
- 2 tablespoons margarine
- 1 cup instant mashed potato flakes
- Combine salt, milk, and margarine in saucepan and simmer. Add instant potatoes and mix well. If too thick, add hot water to desired consistency.
- Yield: 2 cups

Guacamole

- 2 ripe avocados
- 1 tomato
- 1-2 tablespoons lemon juice
- Garlic salt to taste
- Peel avocados and cut into small pieces. Mash with a fork. Cut tomato into small pieces. Add lemon juice and garlic salt. Combine all ingredients in blender. Blend until smooth.
- Yield: 1 ½ cups

VEGETABLES & SALADS



Broccoli and Cheese

- 8 ounces frozen broccoli in cheese sauce
- 3 tablespoons milk or water
- Cook broccoli as directed. Add milk or water. Combine all ingredients in blender. Blend until smooth.
- Yield: 1 cup

Spinach Soufflé

- 1 package frozen spinach soufflé
- ½ can cream of chicken or cream of mushroom soup
- Cook spinach soufflé according to directions. Heat soup. Place cooked soufflé and hot soup in blender and blend until smooth. Add water as needed to make more liquid.
- Yield: 2 - 2 ½ cups

Cole Slaw

- 2 cups finely chopped cabbage
- 1 tablespoon of your favorite dressing
- Salt to taste
- Put cabbage in blender with enough cold water to cover. Process on chop cycle. Pour into strainer and drain well. Put drained cabbage, dressing, and seasoning into blender. Blend until cabbage is no longer visible.
- Yield: 2 cups

Food Recommendations

Purees & Blenderized Recipes

VEGETABLES & SALADS



Gelatin Salad

- 2 tablespoons flavored gelatin powder
- 1 cup boiling water
- ½ cup fresh or cooked fruit
- Put gelatin into boiling water. Stir until dissolved. Put gelatin and fruit into blender and blend until smooth. Let cool to drinkable temperature. Drink warm.
- Yield: 1 cup

Cottage Cheese and Fruit

- 1 cup cottage cheese
- ½ cup cooked or canned fruit
- ½ cup fruit juice
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Potato or Macaroni Salad

- 1 cup potato or macaroni salad
- 1 cup milk
- Put salad into blender. Blend until smooth. Add milk and blend until of liquid consistency.
- Yield: 1-1/2 cups

SOUPS



Condensed Soup

The following condensed soups can be delicious served cold. To prepare mix with water or milk and chill.

- Asparagus
- Black bean
- Celery
- Chicken
- Consommé
- Green pea
- Tomato bisque
- Tomato

The following are tasty combinations of strained baby meats and condensed soups. Simply heat the soup and strained meats and serve warm.

- Strained beef with cream of onion soup, tomato soup or cream of mushroom soup
- Strained chicken with cream of chicken soup, cream of asparagus or cream of celery soup

Tomato Cheese Soup

- 1 can (10.5 ounces) condensed tomato soup
- 1 can whole milk (see soup can directions)
- ½ cup grated cheese
- In saucepan, stir together soup and milk. Heat. Just before serving, add cheese and stir until melted.
- Yield: 2 servings

Food Recommendations

Purees & Blenderized Recipes

SOUPS



Chunky Soup

- 1 pound ground beef
- 1 medium onion
- 1 package (12 ounces) elbow macaroni
- 1 large can tomato juice
- 2 small cans kidney beans
- Cook macaroni according to directions and rinse. Brown ground beef and onion together. Add salt and pepper to taste. Combine all ingredients and boil. Pour into blender in 1 cup batches, and blend until smooth. Add tomato juice if mixture is too thick.
- Yield: 4 servings

Potato Soup

- 2 or 3 large potatoes or 1 cup mashed potatoes
- 1½ cups milk
- 1 teaspoon margarine
- Dash of salt
- Cut up potatoes and boil 20-30 minutes in water. Drain potatoes. Put potatoes in blender and add milk, margarine, and salt. Blend two minutes.
- Yield: 2 servings

Cream of Pea Soup

- 1 cup cooked peas
- 1 cup hot milk
- 1 teaspoon margarine
- 3 saltine crackers
- Salt to taste
- Puree peas in blender. Add remaining ingredients and blend well.
- Yield: 2 servings

SOUPS



Cheddar Cheese Soup

- 1 can (11 ounces) cheddar cheese soup
- 1 soup can milk (see directions on side of soup can)
- 1 teaspoon Worcestershire® sauce
- Place soup in saucepan. Gradually add remaining ingredients. Heat to serving temperature. Do not boil.
- Yield: 2 servings

Pumpkin Soup

- 1 tablespoon butter
- 2 tablespoons onion, finely minced
- 2 cups cooked pumpkin, canned or fresh, thoroughly drained
- 2 ½ cups chicken broth
- 2 ½ cups milk
- ⅛ teaspoon ground cloves
- ½ teaspoon sugar
- 1 teaspoon lemon juice
- 2-3 drops Tabasco® sauce
- ½ teaspoon salt
- ¼ cup half-and-half
- Melt butter in heavy 4 quart saucepan over medium heat. Add onion and cook 2-3 minutes or until transparent. Add pumpkin, broth, milk, cloves, sugar, lemon juice, and Tabasco® sauce and salt. Stir thoroughly to blend all ingredients. Bring to boil then cook over low heat, stirring occasionally for 15 minutes. Blend mixture in batches. Return blended soup to saucepan and stir in half-and-half. Heat. Add salt, pepper, or other seasonings desired. Serve hot.
- Yield: 4-6 servings

Food Recommendations

Purees & Blenderized Recipes

SOUPS



Cream of Carrot Soup

- 1 tablespoon margarine
- 1 tablespoon flour
- ½ teaspoon salt
- 2 cups milk
- 2 jars strained baby carrots
- Pinch of nutmeg (optional)
- Melt margarine. Add flour and salt. Stir until smooth. Cook 2-3 minutes, stirring constantly. Do not brown. Gradually add milk and stir until creamy. Add carrots. If too thick, add water for desired consistency. Heat to serving temperature.
- Yield: 3 servings

Shrimp Soup

- ½ tablespoon butter
- ½ tablespoon flour
- 1 cup milk
- 1 can (4.5 ounces) shrimp, drained
- Dash of Tabasco® sauce
- Heat margarine and flour in saucepan. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth.
- Yield: 1-2 servings

Danish Buttermilk Soup

- ¾ cup liquid egg substitute
- ¼ cup sugar
- 1 quart buttermilk
- 6 tablespoons frozen grapefruit juice concentrate, thawed
- In food processor or blender, blend egg substitute and sugar until thick and lemon colored. Gently stir in buttermilk and grapefruit juice concentrate. Chill and serve.
- Yield: 5 cups

SOUPS



Apple Peanut Butter Soup

- 1 medium cooking apple, peeled, cored and diced (about 1 cup)
- ¼ cup chopped celery
- ¼ cup chopped onion
- ¼ cup chopped carrot
- 2 tablespoons margarine
- 2 ½ cups milk, scalded
- 6 tablespoons smooth peanut butter
- ¼ teaspoon salt
- Dash Worcestershire® sauce
- ½ teaspoon (or more to taste) brown sugar
- Sauté apple, celery, onion, and carrot in margarine until vegetables are tender. Do not worry if apple becomes mushy. Pour half of hot milk into blender and add half the sautéed vegetables, peanut butter, salt and Worcestershire® sauce. Cover and blend until smooth. Pour this mixture into saucepan. Blend the rest of the hot milk, sautéed vegetables, peanut butter, salt and Worcestershire® sauce. Put this mixture in the saucepan. Add brown sugar to taste. Reheat to serving temperature or serve cold.
- Yield: 3 cups

Food Recommendations

Purees & Blenderized Recipes

SOUPS



Hot Yogurt Soup

- ½ cup margarine
- 1 ½ cups finely chopped onion
- 5 cups beef or chicken broth
- 1-2 cups farina
- 1 tablespoon finely chopped parsley
- 2 cups plain yogurt
- Salt and pepper to taste
- Melt margarine in a small skillet. Sauté onion until golden brown. Add broth, farina and parsley. Add yogurt very slowly while stirring. Add salt and pepper to taste. Heat just until soup comes to a boil. Serve hot.
- Yield: 6 servings

DRINKS, SHAKES, SMOOTHIES



Peach-Apple Yogurt

- 1 carton peach yogurt
- 3 tablespoons cottage cheese
- ¾ cup apple juice
- ⅛ teaspoon cinnamon
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Apricot Yogurt

- 1 carton of plain yogurt
- 3 tablespoons of cottage cheese
- 1 jar of strained baby fruit
- ¾ cup apricot nectar
- Dash of nutmeg
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Banana Fruit Yogurt

- 1 carton of plain yogurt
- 3 tablespoons of cottage cheese
- 1 medium ripe banana
- ½ cup milk or fruit juice
- 2 tablespoons honey
- 2 tablespoons lemon juice
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Egg Nog Yogurt

- 1 carton vanilla yogurt
- ½ cup milk
- ½ cup grape juice
- ¼ cup liquid egg substitute
- Dash of nutmeg
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Peach Shake

- ¾ cup cold milk
- ½ cup chilled peaches, canned or fresh
- 2-3 drops almond extract
- ½ cup vanilla ice cream
- Place all ingredients in blender and blend until smooth. Serve cold.
- Yield: 1 serving

Food Recommendations

Purees & Blenderized Recipes

DRINKS, SHAKES, SMOOTHIES



Cran-Orange Cup

- 2 ¼ cups boiling water
- 6 orange herbal tea bags
- ¾ cup cranberry juice cocktail, heated to boiling
- 2 tablespoons brown sugar
- In teapot, pour boiling water over herbal teabags. Cover and brew for 5 minutes. Remove teabags. Stir in remaining ingredients.
- Yield: 4 servings

Cocoa Diablo

- 1 tablespoon sugar
- 1 tablespoon cocoa powder
- 1 tablespoon instant coffee
- Dash of cinnamon
- 1 cup milk
- Combine sugar, cocoa, coffee and cinnamon in saucepan. Mix well. Add milk and stir until dry ingredients are dissolved. Heat to serving temperature, stirring frequently. Do not boil.
- Yield: 1 serving

German Hot Chocolate

- 1 box (8 quarts yield) nonfat dry milk powder
- 1 jar (8 ounces) powdered creamer
- ½ cup sugar
- Mix well. Store in covered container. When ready to use, add ⅓ cup mix to 1 cup boiling water.
- Yield: 1 serving

Super Chocolate

- ½ cup whole milk
- ¼ cup corn syrup
- 2 tablespoons vegetable oil
- 1 teaspoon chocolate syrup or other flavor
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

DRINKS, SHAKES, SMOOTHIES



Chocolate Peanut Butter Shake

- 1 cup milk
- ½ cup ice cream
- 2 tablespoons peanut butter
- 1 tablespoon chocolate syrup
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Egg Nog

- ½ cup half-and-half
- ½ cup egg substitute
- 2 tablespoons corn syrup
- ½ teaspoon vanilla
- Combine all ingredients in blender. Blend well. Chill.
- Yield: 1 serving

Chocolate Egg Nog

- ¼ cup egg substitute
- ¾ cup milk
- ½ teaspoon vanilla extract
- 2 teaspoons sugar
- 2 tablespoons chocolate syrup
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Prune Nog

- 1 cup milk
- 1 jar strained baby prunes
- ⅛ teaspoon cinnamon
- Combine all ingredients in blender. Blend well. Serve chilled.
- Yield: 1 serving

Milk and Fruit

- ½ cup fresh or frozen fruit (bananas or peaches)
- 1 cup milk
- Combine fruit and milk in blender. Blend until smooth. If you use berries, strain to remove all seeds.
- Yield: 1 serving

Food Recommendations

Purees & Blenderized Recipes

DRINKS, SHAKES, SMOOTHIES



Super Banana Shake

- 1 scoop vanilla ice cream
- ¼ cup half-and-half
- 1 tablespoon dry milk powder
- ½ ripe banana
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Sherbet Shake

- ½ cup ginger ale
- ½ cup orange sherbet
- 2 tablespoons corn syrup
- 1 tablespoon vegetable oil
- Combine all ingredients in blender. Blend well. Chill. You may substitute Kool-Aid® or other carbonated beverages in place of ginger ale.
- Yield: 1 serving

Coffee Mocha

- 1 teaspoon instant coffee powder
- 2 tablespoons chocolate syrup
- Dash of cinnamon
- 1 cup milk
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Super Chocolate Shake

- ½ cup vanilla ice cream
- ¼ cup corn syrup
- 2 tablespoons milk
- 1 tablespoon vegetable oil
- 1 tablespoon chocolate syrup
- Combine all ingredients in blender. Blend well. Chill.
- Yield: 1 serving

BREAKFAST IDEAS



Poached Eggs

- 2 poached eggs
- ½ slice buttered toast
- 1 cup warm milk
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Bacon and Eggs

- 2 slices of bacon, cooked
- 2 soft cooked eggs
- ½ cup slice buttered toast
- 1 cup warm milk
- Put bacon in blender. Blend into small pieces. Add eggs, potatoes and toast, and continue blending. Add milk and blend until smooth.
- Yield: 1 serving

Sausage and Eggs

- 1 sausage patty, cooked and drained
- 2 soft cooked eggs
- ½ cup fried potatoes
- ½ slice buttered toast
- 1 cup warm milk
- Chop sausage into small pieces. Put into blender and add eggs, potatoes, toast and milk. Blend until smooth.
- Yield: 1 serving

Eggs and Toast

- 1 cup milk
- 2 eggs, raw, beaten
- ½ slice buttered toast
- Heat milk in small saucepan. Add beaten eggs and simmer until cooked. Put milk, eggs and toast into blender. Blend until smooth. Season to taste.
- Yield: 1 serving

Food Recommendations

Purees & Blenderized Recipes

BREAKFAST IDEAS



Hot Cereal and Milk

- 1 cup cooked hot cereal (oatmeal, Cream of Wheat/Rice®, etc.)
- 1½ cups warm milk
- 2 teaspoons sugar or brown sugar
- 1 teaspoon butter or margarine
- Dash of cinnamon
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Dry Cereal and Milk

- 1 cup dry cereal
- 1½ cups milk
- 2 teaspoons sugar
- Put cereal into blender. Grind or blend until fine. Add sugar and milk, and blend until smooth.
- Yield: 1 serving

Milk and Fruit

- ½ cup fresh or frozen fruit (bananas or peaches)
- 1 cup milk
- Combine fruit and milk in blender. Blend until smooth. If you use berries, strain to remove all seeds.
- Yield: 1 serving

Canned or Fresh Fruits Blended

- ¾ cup canned or cooked fruit
- 2 tablespoons syrup from fruit or fruit juice
- Combine all ingredients in blender. Process on low speed until smooth. Serve cold.
- Yield: 1 serving

BREAKFAST IDEAS



Yogurt n' Fruit

- 4 ounces yogurt
- 1 banana
- 8 ounces strawberries
- 3 tablespoons milk
- Combine all ingredients in blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture.
- Yield: 1½ cups

Hot Spiced Applesauce

- ½ cup applesauce
- ½ cup apple juice
- ⅛ teaspoon cinnamon
- Pinch of nutmeg
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Peach-Apple Yogurt

- 1 carton peach yogurt
- 3 tablespoons cottage cheese
- ¾ cup apple juice
- ⅛ teaspoon cinnamon
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Banana Fruit Yogurt

- 1 carton of plain yogurt
- 3 tablespoons of cottage cheese
- 1 medium ripe banana
- ½ cup milk or fruit juice
- 2 tablespoons honey
- 2 tablespoons lemon juice
- Combine all ingredients in blender. Blend well.
- Yield: 1 serving

Food Recommendations

Purees & Blenderized Recipes

DESSERT IDEAS



Cake and Ice Cream

- 1 small piece of iced cake
- 1 small scoop of ice cream, no nuts
- ¼-½ cup milk
- Blend cake and ice cream. Add milk and blend until smooth. Add additional milk if too thick.
- Yield: 1 serving

Fruit Cobbler

- 1 cup fruit cobbler
- 1 cup milk
- Blend cobbler until smooth. Add milk and blend until liquid consistency.
- Yield: 1 serving

Pudding

- ¾ cup pudding
- 1 cup milk
- Combine all ingredients in blender. Blend until liquid consistency.
- Yield: 1 ½ cup

Blended Canned or Fresh Fruits

- ¾ cup canned or cooked fruit
- 2 tablespoons syrup from fruit or fruit juice
- Combine all ingredients in blender. Process on low speed until smooth. Serve cold.
- Yield: 1 serving

Yogurt n' Fruit

- 4 ounces yogurt
- 1 banana
- 8 ounces strawberries
- 3 tablespoons milk
- Combine all ingredients in blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture.
- Yield: 1 ½ cups

DESSERT IDEAS



Hot Spiced Applesauce

- ½ cup applesauce
- ½ cup apple juice
- ⅛ teaspoon cinnamon
- Pinch of nutmeg
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Peaches and Cream

- 1 jar strained baby food peaches
- 1 cup ice cream
- Pinch of nutmeg
- ⅛ teaspoon almond extract
- Combine all ingredients in blender. Blend well. Serve chilled.
- Yield: 1 serving

Fruit and Gelatin Whip

- 1 jar strained baby fruit
- ½ cup gelatin, warm
- Whipped cream topping
- Dissolve flavored gelatin in boiling water according to package instructions. Put ½ cup warm gelatin and baby fruit into blender and blend until smooth. Add whipped cream to taste. Serve warm.
- Yield: 1 serving

Strawberry Cheesecake

- 1 piece of cheesecake
- ½ cup milk
- 2 tablespoons strawberry jam
- Put jam through strainer or sieve to remove seeds. Put seedless jam, milk, and cheesecake into blender and blend until smooth. Add more milk if necessary.
- Yield: 1 serving

This information originally appeared in the Journey Guide Patient Handbook developed by the Ireland Cancer Center at University Hospitals, and was adapted for use on NetWellness with permission, 2009. Kimberly Ortega, MS, RD, LD

UCLA Gastroenterology and GI Surgery ranked #4 in the nation by *U.S. News & World Report* in its 2021-22 survey. UCLA Health hospitals in Westwood and Santa Monica also ranked #3 in the nation.

 To learn more, go to uclahealth.org/esophageal-center

UCLA Health

Wellness Guide for Esophageal Cancer
Before and after surgery: What you need to know

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