

Post Op Soft Diet



**ROSWELL
PARK®**
COMPREHENSIVE CANCER CENTER

**PATIENT
EDUCATION**

The Post-Op Soft Diet is designed for patients being transitioned to solid foods following surgery. The foods and beverages provided are low in fiber. Greasy foods high in fat are avoided to promote tolerance when re-introducing foods to the digestive tract.

This diet is designed for the immediate post-op period. You may be advanced to a regular diet following demonstrated tolerance of the foods and beverages outlined as per the discretion of your physician. Patients ordered to receive this diet may have their selections further customized to account for any additional medical or nutritional needs.

Post-Op Soft Diet Table

Food Group	Foods Recommended	Foods to Avoid
Fruits	All cooked fruits without seeds. All canned fruits without seeds, non-stringy, low pulp (such as pears, applesauce, peaches, mandarin oranges). Ripe banana. Fruit juices without pulp.	All raw fruits <i>except</i> bananas. All dried fruits, fruit leather/roll-ups; Pineapple. Fruits with seeds, such as berries. Fruit juice with pulp.

Food Group	Foods Recommended	Foods to Avoid
Vegetables	Cooked vegetables without seeds or husks, except those listed as “foods to avoid”.	<p>All raw vegetables.</p> <p>Cooked corn.</p> <p>All deep-fat fried vegetables, potatoes.</p> <p>Any fibrous, tough, or stringy cooked vegetables.</p> <p>Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, or cabbage).</p>
Cereals and Grains	<p>Cooked or dry cereals without nuts, seeds, or dried fruits.</p> <p>Breads, pancakes, low-fat muffins and low-fat baked goods made from refined grain and without nuts or seeds.</p> <p>All refined grain pasta, rice, potatoes, bread dressing, and noodles.</p>	<p>All whole grain cereals (such as bran flakes).</p> <p>All whole grain baked goods (such as whole wheat bread).</p> <p>Any cereals, breads or baked goods containing nuts, dried fruits, or seeds.</p> <p>Whole grain bagels and whole grain English muffins.</p> <p>Whole grain rice or pasta.</p>

Food Group	Foods Recommended	Foods to Avoid
Meats, Fish, Poultry, Eggs, Cheese, Nuts and Legumes	<p>Tender, low fat meats, poultry, or fish.</p> <p>Chopped meat salads without raw vegetable pieces.</p> <p>Casseroles with small chunks of tender meat or ground meat.</p> <p>Eggs any style.</p> <p>Cottage cheese.</p> <p>Mild cheeses without hot peppers, raw vegetable pieces, or nuts.</p> <p>Smooth peanut butter or smooth nut spreads.</p>	<p>Any tough, dry meats, fish, or poultry.</p> <p>Meats with casings (hotdogs, sausage, bratwurst).</p> <p>Greasy, high-fat meats (like regular bacon).</p> <p>All deep-fat fried meats, poultry, or fish.</p> <p>Meat salads with raw vegetable pieces.</p> <p>Spicy cheeses, cheeses containing hot peppers, raw vegetable pieces or nuts.</p> <p>Chunky style peanut butter or nut spreads.</p> <p>All nuts and legumes.</p>
Milk and non-cheese milk products	<p>All varieties of cow's milk, lactose-free milk.</p> <p>Soy, almond, or rice milk.</p> <p>Yogurt without seeds, dried fruits or nuts.</p>	<p>Yogurt containing seeds, dried fruits, or nuts.</p>
Soups, Sauces, and Gravies	<p>Soups with tender pieces of meat and/or vegetables (but no corn, cruciferous vegetables, legumes or seeds).</p>	<p>Soups containing corn, cruciferous vegetables, legumes, seeds, or tough, fibrous meats and/or vegetable pieces.</p>

Food Group	Foods Recommended	Foods to Avoid
Fats	In moderation, except those listed as “foods to avoid”.	All fats with coarse or chunky additives (such as cream cheese spreads with nuts, dried fruits, or pineapple).
Desserts	In moderation, except those listed as “foods to avoid”	All desserts containing nuts, dried fruits, coconut, or seeds.

**If you have any questions, please call the
Dietitian Office at Roswell Park
716-845-2398**

