

## Examples of things to eat after surgery

Eggs – all ways

Yogurt

Applesauce

Soft Fruits – mango, peeled peaches, bananas, watermelon

Smoothies

Soft Rice – cooked in extra liquid

Steamed Veggies (veggie soufflés)

Fish – Tilapia, Salmon

Shortbread cookies/animal crackers –dipped in tea to soften

Baked Potatoes – sweet or white (without the skin)

Chicken – small bites

Pasta with Tomato sauce

Soft Cheeses – cottage or goat

Pulled pork

### **Things to Avoid:**

Nuts

Raw Vegetables

Toast

Crackers

Seeded items- strawberries, blueberries (only use in smoothie)

### **2 weeks after surgery:**

Lentils

Berries

Ground flax

Tomatoes

Green Beans

Potato with Skins

Soft Salads (lettuce, greens, olives)

Herbs – Parsley/Basil

Tuna Fish

Sushi, Tempura (Small Bites)