

Surgical Transition Diet

What is a surgical transition diet?

A surgical transition diet includes foods that are soft in texture. These foods are easy to eat and digest while providing needed nutrition. They also tend to be foods that will cause less irritation when they are digested. This diet is used for patients who are not ready for foods of normal consistency or with too many spices after trauma, surgery, or other treatments. Surgical soft foods include: cooked fruit and tender vegetables; baked, roasted, and stewed meats; as well as refined breads, cereals, and pastries.

Here is a list of foods that are okay to eat:

- mashed potatoes
- refined pasta, rice and bread
- bagels without nuts or fruit
- eggs
- soft meat
- fish
- yogurt
- ice cream
- cottage cheese
- pudding
- cooked soft vegetables
- cooked or soft canned fruit
- soups or stews
- blenderized foods such as shakes and smoothies

Here is a list of foods to avoid:

- raw foods with skin, seeds, and pulp such as fresh fruit and vegetables
- fried foods
- spicy foods
- tomato juice and products
- orange juice
- nuts
- crunchy chips

If you have any questions about the surgical soft diet while you are in the hospital, please ask your nurse to contact the dietitian or dietetic technician.

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#378