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**SUGGESTED FOODS AND BEVERAGES FOR THE FIRST 24 HOURS**

**NO HOT FOODS OR BEVERAGES**

Water  
Iced Tea  
Milk  
Milkshakes (No Straws)  
Slim Fast  
Jell-O  
Pudding  
Cold Pasta  
Yogurt  
Ice Cream  
Baby Food  
Applesauce

**SUGGESTED FOODS TO BE STARTED THE DAY AFTER SURGERY**

Soft vegetables such as green beans, peas, greens, other beans  
Baked or mashed potatoes, and creamed corn  
Soup, except tomato  
Soft breads, no crust  
Sliced turkey breast  
Sliced ham  
Baked fish  
Hamburger  
Meatloaf  
Eggs  
Oatmeal  
Cream of Wheat  
Soft Cereals  
Tea, cocoa, or coffee – warm  
Ensure or Boost  
Bananas  
Macaroni and Cheese  
Rice

**FOODS/DRINKS TO AVOID FOR THE FIRST 7 DAYS AFTER SURGERY**

Carbonated beverages  
Acidic foods or juices  
Spicy foods  
Chips, pretzels, popcorn or other crunch foods  
Tomato products  
Foods with small seeds  
No Straws