

---

## Recommended Snacks Following LINX Surgery

- Grapes
- Dried cranberries
- Fruit
- Trail mix
- Cheese
- Raw vegetables such as snap peas (except salad)
- Raisins
- Dried banana chips
- Granola bars
- Pumpkin seeds
- Green pea chips
- Dry cereal
- Roasted chickpeas

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).