

Lap-Band Instructions – Post-op Diet

Now That I've Had Surgery, What Do I Eat

Liquid Diet *(1-2 weeks post-op)

The goal during this phase is to protect the small stomach pouch. Only liquids can be tolerated during this time. It is very important to keep well hydrated during this time period with lots of water. Other liquids recommended during this phase include:

- Clear broth or soup (no vegetables, meat or poultry)
- “Designer” Protein powders (soy, whey)
- Carnation Instant Breakfast (no added sugar)
- Non-fat powdered milk
- Skim milk or 1%
- Sugar free popsicles
- Sugar free jello
- Sugar free/non-carbonated drinks or water less than 5 calories per serving
- Drinkable yogurt – sugar free/low fat

Pureed Foods (3-4 weeks post op)

During this phase you may start having slightly textured foods, the consistency of baby food. This will help with the transition to more solid foods later. You need to choose protein rich foods. Eat protein rich foods first, and then move on to fruits and vegetables.

- Pureed skinless chicken or fish
- Mashed potatoes **no** milk & butter – **not a good source of protein**
- Cooked pureed vegetables
- Low fat or fat free yogurt
- Low-fat cottage cheese or low-fat ricotta cheese
- Vegetarian refried beans
- Low fat cream soups

It is more important during the first few weeks after surgery to let your stomach adjust to the lap-band system than it is to lose weight. Your timing and progression into each dietary phase may vary.

Soft Foods (5 weeks post-op)

This phase includes tender cooked foods like fish and ground turkey. Make sure you cut your food into small pieces and chew well. If you don't follow these precautions, you may experience vomiting, stomach irritation and swelling. You can also have stoma obstruction.

- Eggs or egg substitute
- Fish (tuna, shrimp, white fish, or crab)
- Chicken, white meat without skin
- Turkey, white meat, without skin
- Lean Beef (round or loin, ground beef >90% lean)
- Lean Pork (tenderloin)
- Low fat deli meats
- Beans
- Peanut butter or nuts (use sparingly)

If solid foods cause nausea or vomiting, go back on the liquid diet for a few days. Then slowly add soft foods and then transition to solid foods. Remember vomiting may increase the incidence of band slippage, stomach slippage or stretching of the small stomach pouch above the band.

Lap-Band Adjustments – After each lap-band adjustment, you will need to go back to liquids (see Stage 1) for 2-3 days and then progress to pureed foods (see stage 2) for 2-3 day and advance as tolerated to solid food. If you have any new symptoms of reflux, please call us and go back to a liquid diet. If you have any vomiting after going back to solid food, go back to liquids and progress more slowly. Make sure you chew, chew, chew.

Nutrient values may vary depending on product brands and preparation methods.
Prepare your food by baking, broiling, roasting, poaching, or steaming.
Use fat-free, low-fat, and sugar-free or low sugar condiments to keep food moist.

| Type of Food | Amount | Protein | Fat | Calories |
|---|---------------|----------------|------------|-----------------|
| Animal Protein Foods | | | | |
| Fish (sole, haddock, halibut, etc.) | 3 oz. | 21-23g | 1-2g | 95-120 |
| Fatty Fish (salmon, bluefish, etc.) | 3 oz. | 21-23g | 6g | 160 |
| Cooked Shrimp, scallops | 3 oz. | 14-18g | 1-3g | 85-90 |
| Tuna (white, packed in water) | 3 oz. | 20-22g | 1-2g | 109 |
| Imitation seafood (i.e. crabmeat) | 3 oz. | 10g | 1g | 87 |
| Chicken (white, packed in water) | 3 oz. | 16g | 1.5g | 80 |
| Chicken or Turkey (light meat without skin) | 3 oz. | 25-26g | 2.7-3.4g | 135-148 |
| Baby food, such as Beech Nut Stage 1 & 2 chicken, turkey, and beef all made with broth | 2.8 oz | 9.5–10g | 2.2-5g | 60-85 |
| Vegetarian Protein Foods | | | | |
| Fat-free cheese | 3 oz | 20g | 0g | 124 |
| Fat-free cottage cheese | ½ cup | 15g | 0g | 80 |
| Scrambled Eggs | 1 large | 6.3g | 5.3g | 78 |
| Liquid egg substitute (Egg Beaters, Scramblers, Fleischmann’s, refrigerated/frozen) | ½ cup | 10-12g | 0-1g | 46-60 |
| Tofu | ½ cup | 20g | 5.4g | 183 |
| Tempeh | ½ cup | 16g | 6.5g | 165 |
| Veggie Burgers (Garden Burger) | 1 patty | 7g | 3g | 120 |
| Breakfast patty (Boca) | 1 patty | 9g | 3g | 70 |
| Ground Boca Burger | ½ cup | 11g | 0g | 70 |
| Kidney Beans/Black Beans/Fat-free Refried Vegetarian Beans | ½ cup | 7.5g | 0.4g | 103 |
| Lentils | ½ cup | 9g | 0.4g | 115 |

“Just because you can eat something, doesn’t mean you should”
Remember that your body will absorb 100% of the calories that you eat,
make each calorie count!

Tips on Eating

- The Lap-Band system is designed to restrict solids, not liquids in your diet. Liquids will pass through the reduced stomach pouch and after the first few weeks will not make you feel full.
- Drinking liquids during or immediately after meals tends to flush food through the pouch and you will not get the prolonged feeling of satiety needed to help you lose weight.
- Eating or drinking too much or too quickly will cause nausea or discomfort. You will learn over time how to adjust your eating habits so that this is less of a problem.
- It is common after surgery to not feel hungry. Remember that nutrition is crucial to your healing. You may need to remind yourself to eat.
- Keep yourself hydrated. Your goal is eight- 8 ounce glasses of clear liquids per day. Sip throughout the day. Many patients find a water bottle very helpful. **NO STRAWS OR SPORTS BOTTLES.**
- Too much food or big chunks of food can block the stomach pouch outlet. You can avoid this problem by chewing your food well and eating only small bites at a time. Your new stoma opening is about the size of a dime. Chew adequately so the food can fit through the opening.
- Eat only 3 meals a day. Your stomach can only hold $\frac{1}{4}$ - $\frac{1}{2}$ cup of food or 2-4oz at a time. Stop eating when your hunger is gone or you feel comfortable.
- Choose foods wisely. Since you can only eat small quantities, it is important to choose foods that provide nutritional value. Your priority is lean protein followed by fruits and vegetables. Choose whole grain over white carbohydrates.
- Add new foods slowly to your diet. This will make it easier to determine foods that are poorly tolerated. Do not get discouraged if you find you are not able to tolerate a particular food. Wait a week and then try it again. Eventually you will be able to tolerate most foods that you ate before surgery.

Your New Nutrition Plan

10 Important Rules

Here are the rules for eating, drinking and exercise that will help you get the maximum benefit from the lap-band system. Following this new way of eating is key to making your weight loss journey a success.

Rule 1 – Eat only three small meals a day

Initially the stomach pouch holds only $\frac{1}{4}$ - $\frac{1}{2}$ cup or 2 - 4oz of food. If you eat more than this at a time, you may become nauseated and vomit. If you eat too much on a regular basis the small pouch may stretch. Frequent vomiting can cause certain complications such as stomach slippage. You will need to learn how much your stomach pouch can hold comfortably and then not exceed this amount.

Rule 2 – Eat slowly and chew thoroughly

Food can pass through your new stoma (opening between the pouch and your stomach) only if it is chopped into very small pieces. Always remember to chew your food very well. You need to chew each piece of food 20–25 times before swallowing.

Rule 3 – Stop eating as soon as you are full

Once your stomach is full, your body receives a signal that you've eaten enough. It may take time for you to become aware of this signal. If you hurry through your meal, you may eat more than you need and miss the signal. This can lead to nausea and vomiting. Take your time and eat slowly and pay attention to the early signal of fullness and stop eating at once.

Rule 4 – Do not drink while eating

The lap-band will only work if you eat solid food. If you drink during meals, the food you eat becomes a liquid and then the effectiveness of the lap-band is decreased. Do not drink for at least 45 minutes after a meal. That way you can keep the “full” feeling for as long as possible.

Rule 5 – Do not eat between meals

After a meal, do not eat anything until the next meal. Snaking between meals will most likely inhibit your weight loss efforts. Drink water between meals or other sugar free, non-carbonated, caffeine-free beverages.

Rule 6 – Eat only quality foods

Since you are only eating small quantities of food, they need to be as healthy as possible. Do not fill your pouch with “junk” foods that lack nutrients and vitamins. Your meals need to be high in protein. Foods high in sugar and fat are not good choices. Remember to focus on solid foods so choose an apple over apple juice when choosing a fruit.

Rule 7 - Avoid fibrous food

Foods such as asparagus contain many fibers that can block the stoma. If you want to eat fibrous foods you need to make sure they are cooked well, cut them into very small pieces and then chew really well.

Rule 8 – Drink enough fluids during the day

When you lose weight, your fat content decreases. This results in waste products that need to be flushed out of the body. You will need to drink at least 64 ounces of water or sugar free (non-carbonated) liquids a day to help flush these waste products out. Remember to keep your food and drinks completely separate during the day.

Rule 9 - Drink only low calorie liquids

Remember that liquids, including those containing calories, simply run through the narrow outlet created by the band. If you drink liquids high in calories, you won't lose much weight: even if everything else in your diet follows the rules.

Rule 10 – Exercise at least 30 minutes a day

This rule is equally important as the other 9 rules. Physical exercise consumes energy and burns calories and is essential to weight loss. Remember, you have made the decision to undergo a major surgery in order to become healthier. Exercise should become a major part of your life. Those who exercise in addition to the surgery will have better initial results and long-term maintenance than those who do not exercise.