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## LAP BAND DIET RECOMMENDATIONS

Most people need 70-80 grams of protein per day.

### Liquid Phase

Why liquids? Because we do not want you to vomit/PB (productive burp) at all, this increases the risk of band slippage and enlargement of the stomach pouch. Your body needs time for your tissue heal and adhere to the band to keep it in place.

### Day of Surgery (After the operation)

- Start clear liquid diet

### Post-op Days 1 to 10 Clear Liquids:

- Must drink minimum of 64 oz. fluid per day (prefer at least half be water) (No coffee but may have decaf tea – no caffeine as it is a diuretic)
- Clear liquids (sugar free, calorie free and carbonation free)
- Clear broth soups (chicken, beef)
- Sugar free Jello and Sugar free Popsicles count as fluids

### Post-op Days 11-30 Full Liquids:

- Basically a LIQUID diet including clear liquids
- Must eat 3 full-liquid meals per day (<sup>ie.</sup> High protein/low carb shakes)
- Low fat plain yogurt
- Skim milk
- Clear broth soups or strained creamy soups

### Days 31-45 Pureed and Soft Foods:

- 3 oz. of protein 3x per day
- Do not drink during meals and must wait 30 minutes after eating before drinking (Lifelong rule)
- May now have occasional coffee
- Eggs
- Soft cheeses
- Lowfat Cottage Cheese
- Pureed Beef
- Pureed Poultry
- Pureed Seafood
- Pureed Veal
- Pureed Lamb
- Lowfat Yogurt (limit to once per day)
- Creamy soups
- Silken Tofu
- Low fat dairy products

- Pureed fruits & vegetables (1-2 spoonfuls) AFTER adequate protein eaten

**Days 46 and Onward:**

- Protein! (eggs, cheeses, seafood, meats)
- Ground beef/poultry
- Flaky fish
- Egg, tuna, chicken and shrimp salad (mixed with lowfat mayo) – avoid celery (very fibrous)
- Low fat soft cheeses
- Soft eggs (limit to 3x per week)
- Fruits & vegetables (1-2 spoonfuls) after adequate protein eaten first (avoid fibrous things such as celery)
- Whole grains
- Applesauce
- Nuts
- Peanut butter
- LIMIT FATS such as mayonnaise, butter, dressings – get lowfat mayo and low fat dressings
- LIMIT STARCHES (potatoes, rice, pasta, bread)
- AVOID sugar and processed grains
- NO MILKSHAKES, etc.

**The mature Lap Band Patient should:**

- Be able to eat at most 1/2 to 3/4 cups (4 to 6 oz.) of food per meal
- Stop eating if you feel full before this
- 3-4 meals per day
- 30 minute meals
- Chew, chew, chew! At least 30 times per solid piece of food

**Useful Conversions:**

- 8 tablespoons = 1/2 cup
- 12 tablespoons = 3/4 cup
- 2 cups = 1 pint (16 ounces)
- 1/2 cup = 4 ounces = 112ml or cc
- 3/4 cup = 6 ounces = 168ml or cc
- 1 oz = 30 grams = 30ml or cc
- 4 oz = 1/4 pound = 115 grams

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