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PREGNANCY GUIDELINES IN THE LAP BAND PATIENT:

- 1-1.2 grams of protein per kilogram of ideal body weight
- 3-5 servings of fruits/vegetables per day
- Minimum of one serving of milk or yogurt per day
- 4-5 meals per day
- One bariatric blend multivitamin
- One prenatal vitamin with iron
- 1500mg Calcium citrate, taken 2-4 times per day (calcium needs increase 122-167% during pregnancy)
- Vitamin B12 daily sublingual or monthly injection

Expected weight gain during pregnancy:

BMI Category	Recommended Total Gain	
	kg	lb
BMI < 20	12.5 – 18.0	28 – 40
BMI 20-27	11.5 – 16.0	25 – 35
BMI > 27	7.0 – 11.5	15 – 25

Food/Eating Tips for pregnant Lap Band Patients:

- Avoid eating certain fish such as shark, swordfish, king mackerel or tilefish because they may contain methylmercury that could damage the nervous system of a fetus.
- Fish from some areas of New York (for example, the Hudson River area) should also be avoided.
- Be careful not to eat raw or uncooked seafood, poultry, and meat.
- Thoroughly wash all fruits and vegetables.
- Avoid liver and liver products because of high levels of preformed Vitamin A.

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