

Bariatric Care Center

Adjustable Gastric Band Post-Op Diet

Nothing by Mouth (Night of Surgery)

Clear Liquids (DAYS 1-3) Starts the day after surgery

Clear liquids must be **plain** or **sugar-free**. In general, clear liquids are liquids that you can see through. Please **sip slowly** and **do not use straws**.

- Coffee or Tea (Hot or Iced)
- Clear juices **diluted** with water (**HALF JUICE, HALF WATER**)
White grape, cranberry, apple, grape
- Artificial sweeteners are allowed!
- Sugar-free iced tea, Sugar-free lemonade, Diet Snapple, Diet Lipton, Crystal Light (or equivalent brand)
- Low-sodium Chicken, Vegetable or Beef broth
- Sugar-free gelatin or Sugar-free popsicles

General Liquids (DAYS 1-4)

- 4 oz per meal
- Small sips of water between meals to stay hydrated
- Any low-fat, sugar-free liquids are allowed, with no pieces

Here are some examples of liquids allowed:

- Skim or 1% milk
- Pureed Soups (no noodles/rice, avoid high-fat creamy soups)
- Yogurt
- Protein Shakes (calories should be 150 or less/shake)
- If you have Medifast packets left over, this would be a great time to drink them. Mix with skim or 1% milk for an ultra-nutritious drink!
- AVOID high calorie drinks!

Purees (WEEK 2-WEEK 3)

During this part of your diet transition, pureed or blended foods are introduced. You can puree foods with skim milk, low-sodium broth, fat-free gravy or another source of liquid.

Foods must be fork tender/thick puree with an applesauce or smooth mashed potato consistency.

Use a food processor or blender.

ALWAYS eat slowly.

Be sure to CHEW any pieces left after blending.

It is important to NOT eat SOLID foods at this time, as you may run the risk of dislocating the band, which could lead to an enlarged upper gastric pouch.

- Continue to always eat slowly (30-40 minutes/meal)
- Eat 3 small meals/day (1/2 cup serving)
- Focus on protein-rich foods.

MEAT/MEAT ALTERNATIVE GROUP

- Whole egg, egg whites or egg substitute
- Pureed water packed tuna with a SMALL amount of light mayonnaise
- Pureed cooked chicken, turkey or fish
- Smooth peanut butter
- Tofu or other soy products
- Pureed legumes (split pea soup, baked beans, black beans, kidney beans, navy beans, great northern beans, cannellini beans, chick peas, etc.)

TIP: Add **low-sodium** (broth, tomato juice, soy sauce) items, **fat-free** gray, or milk (skim or 1%) to meats when modifying the texture in the blender or food processor.

NO STEAK for at least 6 months after surgery!

Purees (WEEK 2 – WEEK 3)

DAIRY GROUP

- Skim (fat-free) or 1 % milk
- Low-fat Lactaid or Calcium Fortified Soy Milk
- Fat-free or 1% cottage cheese
- Part skim ricotta cheese
- Non-fat or Low-fat, Sugar-free yogurt (**NO fruit chunks, NO granola**)
- **Greek Yogurt** has 2 to 3 times the protein of regular yogurt
- Sugar-free pudding
- No sugar added Carnation Instant Breakfast (Add to skim or 1% milk)
- Sugar-free hot chocolate (made with skim or 1% milk)
- Sugar-free custard

VEGETABLE GROUP

- Low-sodium V8 or Low-sodium tomato juice
- Pureed, cooked vegetables
- Pureed soups (NO noodles. AVOID high-fat creamy soups)
- Low-sodium broth

TIP: Use a small amount of LIGHT soft spread (1 tsp.), low-sodium broth or low-fat butter spray on pureed vegetables.

NO RAW VEGETABLES for 3 months. They are too fibrous and difficult for the body to digest immediately following surgery.

CARBOHYDRATE GROUP

- Cooked cereal (smooth, no lumps)
- Cream of Wheat, Cream of Rice, Oatmeal, Farina, Grits
- Cold cereal (soaked in milk until SOFT)
- Plain cheerios, puffed rice, corn flakes, Special K, etc. (NO sugar coated)
- Mashed potatoes (made with skim or 1% milk) with **NO skin**

NO PASTA, RICE or BREAD for at least 3 months!

These may cause a blockage!

FRUIT GROUP

- Pureed, soft fruit
- Baked apples (no skin)
- Bananas or melons (mush with fork or puree)
- Unsweetened applesauce
- Canned fruit in **fruit juice** or **water**

Purees (WEEK 2 – WEEK 3)

BEVERAGES

Aim to consume 6-8 8oz glasses of water every day. Sip water whenever you get the chance!

- Eat and drink separately

SEASONINGS

Salt, pepper, ketchup, mustard, herbs and mild spices should be fine. Anything that adds moisture to food is usually tolerated better.

DESSERTS

Sugar-free (jello, pudding, custard, popsicles, Italian ice, frozen yogurt, etc.)

TIP: Freeze non-fat, sugar-free yogurt in ice cube trays to have as dessert or snack.

Eat SLOWLY and CHEW well

Eating and drinking must be done separately. Please wait 30 minutes before your meal and 45 minutes after your meal to have liquids and remain upright.

SAMPLE Pureed Menu

8 A.M. BREAKFAST

- 2 Tbsp. scrambled egg (Egg beaters, small egg, egg whites)
- 2 Tbsp. fat-free yogurt or low-fat cottage cheese
- ¼ small banana (mashed)

12:30 P.M. LUNCH

- 2 Tbsp. pureed, cooked chicken
- 2 Tbsp. pureed, cooked broccoli
- 2 Tbsp. pureed, cooked carrots

6:30 P.M. DINNER

- 2 Tbsp. pureed, cooked haddock
- 2 Tbsp. pureed, cooked spinach
- 2 Tbsp. pureed, cooked peppers

Solid Foods (Lifetime)

You may now eat a regular diet! Please take note of the common problem foods.

- Continue to focus on PROTEIN
- Chew, chew and chew to a pureed consistency before you swallow your food!
- Aim for 3 small meals/day with no snacks in between

Take your time! If you overeat or drink too quickly, you may vomit.

- Make **well-balanced** food choices. You will not be eating a lot of food immediately after surgery so it is important to eat only the most nutritious foods in your diet.
- Make an effort to drink **WATER** as much as possible between meals.
- Continue to separate liquids and solids. **DO NOT DRINK while you eat** or within 30 minutes before or 45 minutes after eating.

If your appetite has increased by the 5th week, it may be because swelling from your operation has gone down. Your increased appetites should be resolved with your first fill.

Remember, **the band is a “tool!”** By being compliant with your scheduled adjustments and appointments, your journey will be a success!

Common Problem Foods for All Phases of the Diet

Some foods have difficulty passing through the opening of the stoma and may cause a blockage. Some common problem foods include:

- Dry, tough foods like steak and sometimes chicken and shrimp
- Sticky foods like pasta, rice and bread (You may try toast after 3-4 months)
- Peanut butter
- Gum. If you swallow gum, it may cause a blockage which will likely need medical intervention
- Crunch foods. Popcorn, nuts, coconut and raw vegetables are hard to break down adequately in the mouth. Try raw vegetables again in 3 to 4 months.
- High-fat foods. Any greasy or fried foods may upset the stomach.
- Foods with skins, peels or husks like corn, fruit and seeds.

The 8 Golden Rules of the Lap Band

1. Eat 3 small (1/2 cup) meals/day
2. Do not snack
3. Eat slowly and stop eating when you are no longer hungry
4. Focus on high-quality nutritious food and protein
5. Avoid high-calorie beverages
6. Exercise for at least 30 minutes/day
7. Be active throughout the day
8. Always keep in contact with the Ellis Medicine Bariatric Care Center

Remember, supplements are a lifelong commitment

- Multivitamin with 100% daily value, with at least 18 mg iron
- Calcium Citrate with Vitamin D (500 mg 3x/day) Note: Do not take calcium at the same time as your multivitamin. Calcium competes with iron for absorption and will not be effective.
- B-Complex (optional)

Please call your dietitian with any questions or concerns - 518.831.7010.

Bariatric Care Center
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