

GASTRIC BANDING PROGRESSION DIET

Goals to reach before Gastric Banding:

- Pay attention to the amount and types of foods you are eating by keeping daily food records
- Start taking a daily multivitamin/mineral supplement
- Aim for at least 30min of physical activity on most days of the week
- Start eating protein-rich foods at each meal and snack
- Eat more fruits, vegetables, and whole grains.
- Learn to sip liquids very slowly. Practice not gulping.
- Eat meals very slowly, lasting 20-30 minutes
- Start to wean off of sweets, desserts, sodas, and all sweetened beverages
- Gradually decrease your intake of spicy & fried foods, and high-fat fast foods
- Start to wean off of caffeinated and carbonated beverages, and limit alcoholic beverages.

By making these simple lifestyle changes prior to surgery, your recovery and overall transition to the lap band diet will be much simpler.

PHASE I - Duration: **2 weeks** following the procedure, or as directed by your surgeon

Suggested Amount: 3-4 oz. of fluid per hour

Goal: 64 oz. (8 cups) per day

Food Choices: (No added sugar/sugar-free/fat free)

- Clear fruit juices without added sugar and diluted by half with water –
Ex: apple juice, grape juice, Avoid citrus juices for the first few weeks.
- Water/ice chips
- Sugar-free gelatin
- Sugar-free popsicles
- Fat-free broth (chicken, beef, or vegetable)
- Unsweetened decaffeinated tea/iced tea
- Sugar-free powdered drink mixes – ex: Crystal Light, sugar-free Kool-Aid
- Non-carbonated flavored waters – ex: Propel Fitness water, Fruit 2-0
- Clear protein drink – ex: Isopure, Prostat

**After 48 hours, add a Protein Supplement with Skim Plus milk – Ex: *Designer Whey, Aria, Spirutein, unjury*

** You may substitute *Skim plus milk* with fat-free *Lactaid* milk or light Soy milk if you are Lactose Intolerant.

PHASE II –Duration: **2 more weeks** after phase I

Suggested Amount: 3-4 oz. Low-fat/low-sugar choices, over 20-30 minutes, 3 meals per day.

Goal: 64 oz. (8 cups) per day

****Eat and drink slowly!!! The following foods must be able to pass through a funnel****

Food Choices:

- Skim milk/ Skim Plus milk
- Low-fat strained cream soups (made with Skim Plus milk)
- Fat-free, sugar free puddings (made with Skim Plus milk)
- Non-fat, no sugar-added light yogurt, blended without fruit
- Thinned hot cereal – Ex: Plain oatmeal, Farina, Cream of Wheat or Grits
- Whipped low-fat (1%) cottage cheese – Ex: Friendship Whipped
- Natural applesauce
- Protein supplement, mixed with Skim Plus milk – Ex: Designer Whey, Aria, Spirutein

*****Continue to drink a minimum of 64 oz. fluids per day!!!*****

*****Drink your protein supplement in between all 3 meals*****

******You are on the liquid diets for 1 month total post surgery******

PHASE III – From 1 month and thereafter

Suggested Amount: 3-4 oz. Low-fat/low-sugar choices, over 20-30 minutes, 3 meals per day.

After four weeks, you should be able to tolerate a more regular diet consisting of soft foods, since the inflammation in your stomach should be lessened considerably, and it should have also gotten used to your LAP-Band. Start eating solids gradually to determine your tolerance. **Start out by eating soft foods only and progress when you feel that your tolerance is good. Add 1 new food at a time, and if your tolerance is poor, stay on the Full Liquid Diet for a little while longer.** Remember that your stomach has not had any solid foods for a month, so pay close attention to how it reacts. Food must be of good quality, and easy to digest. **Remember to chew thoroughly, up to twenty times per bite,** helping your stomach to digest the solids. **Do not drink any fluids while you are eating solids** since fluids tend to liquefy your food, causing you to feel hungry again sooner, and leading to excess caloric intake. **Consume liquids 30 minutes before and/or 30 minutes after your meals.** To maintain the feeling of fullness while you are eating, make sure to drink all fluids in between your meals.

Always pay attention to what you are eating (especially with Protein), the **amount of food** that you are eating, and the **duration of your meals (20-30 minutes)**. Most importantly, **never forget that protein-rich foods should be eaten first**, and do not try to eat solids and liquids together (30 minutes before and 30 minutes after your meals).

Examples of soft food choices:

- Nonfat or low-fat (1%) cottage cheese
- Soft-cooked eggs, egg salad with low-fat mayonnaise, or any egg substitute – Ex: Egg Beaters
- Low-fat mild cheese – Ex: fat free or reduced-fat mozzarella, Alpine Lace, Jarlsberg Light, or low-fat 2% string cheese
- Canned tuna packed in water (not oil), made with low-fat mayonnaise
- Light tofu, or any low-fat soy product (with less than 3 grams of fat per serving)
- Soft-cooked fish – Ex: Sole, tilapia, Halibut, Red Snapper. Avoid bones!!
- Cooked soup beans – ex: Lentils, Kidney beans
- Soft-cooked tender vegetables
- Cooked cereals – ex: plain oatmeal, Farina Cream of Wheat, Grits
- Natural applesauce
- Soft-cooked or canned fruits in light syrup or “in its own juice”
- Boiled, stewed, or soft-baked chicken or poultry (very moist)

****TIP****

Moisten chicken, turkey, and soft meats with chicken, beef, or vegetable broth, or low-fat gravy. Chew thoroughly!!!

Remember that **ongoing** weight loss continues to be your primary goal. Once you are tolerating the solid foods well, you still have to pay attention to the types of foods and the quantities consumed, to ensure that you do not overeat. **You will only be able to tolerate approximately 3-4 oz. at one time**, and it is always very important to practice good portion control. If you exceed the recommended amount of food, your overloaded pouch will likely cause nausea and/or vomiting, and your weight loss will be hindered as your pouch size increases. **Set aside three mealtimes per day, and avoid snacking in between.** Eating often throughout the day may hinder your weight loss goals because you will be able to eat enough calories to maintain that weight. Furthermore, you should stay away from all foods that are highly caloric, providing little nutritional value, ex: cakes, biscuits, sweets, jams, honey, ice cream, chocolate, high sugar beverages, pastries, chips, to name a few.

The following will act as a guide to help you add variety to your diet:

1. Protein Is Essential:

Protein plays a critical role in wound healing, helps the body to repair muscle and tissue, and helps to maintain lean muscle mass with weight loss. Try to choose protein with a high biological value, containing essential Amino Acids, which are the building blocks of protein- **ex: eggs, meats, milk, fish, poultry, beans, and soy products.**

Protein-rich foods:

- 1 oz. meat/poultry/fish = 7g.
- 1 egg = 8 g.
- ¼ cup of egg substitute = 6g.
- 1 cup of skim milk = 8g.
- 1 cup of skim plus milk = 11g.
- 1 cup of soy milk = 8g
- 1 cup of fat-free Lactaid milk = 8g
- ½ cup nonfat-low-fat cottage cheese = 11-14g
- 1 cup nonfat light yogurt = 8-13g
- ¼ cup light ricotta cheese = 9g
- 1 slice fat-free cheese = 5g
- 1 oz. fat-free cheese = 10g
- 1 cup canned beans = 12-14g
- 1 oz. light tofu or low-fat soy product = 5g
- 1 scoop protein supplement with 8 oz. skim milk = 26g

A protein supplement may be needed until you can take in the required amount of protein from the foods that you consume. Once you begin eating a Balanced Diet high in the protein rich foods listed above, you can reduce the amount of protein drinks you consume.

**Your protein intake goal: Men= 75 grams/day
Women= 50 grams/day**

2. Fruits and Vegetables:

- Provides vitamins and minerals, fiber, and antioxidants. Choose 2 servings of fruits per day. Raw fruits with skin must be chewed thoroughly and should be cut into small pieces.
- Avoid high carbohydrate/starchy vegetables, such as corn, potatoes, winter squash, and pumpkin. Limit your intake of sweet potatoes (plain) to once weekly
- Choose soft-cooked fruits or canned fruits in light syrup or “in its own juice”. Avoid heavy syrup
- Avoid the fibrous parts of fruits and vegetables. They can block the passage from your new stomach above the band. Ex: The bottoms of asparagus, broccoli stalks, snap pea pod membranes, celery, and orange membranes.

3. Whole grains:

- Provides fiber and extra vitamins and minerals
- Only add whole grains at your meals after you have chosen and eaten the protein foods

Examples of whole-grains (*remember that these are low in protein and high in carbohydrates; should be eaten sparingly*)

- Toasted whole-wheat bread
- High fiber cereals (Kashi, Fiber-1, Bran Flakes, All Bran, Cheerios, Oatmeal)
- Whole-wheat pasta
- Brown rice
- Barley
- Bulgur (cracked wheat)

4. Fats

These foods are low in vitamins and minerals and are high in calories, so a limited intake is recommended. However, some fat is needed by the body for vitamin metabolism, increased energy, and essential fatty acid intake. Monounsaturated and polyunsaturated fats are a healthier alternative to saturated fats, and they do a great job at making foods more moist and palatable.

Suggested foods: *limit to 3 servings per day:*

- 1 tsp. canola, olive, or peanut oils
- 2 tsp. light margarine or light butter. Ex: Smart Balance, I Can't Believe Its Not Butter Light
- 1 tbsp low-fat mayonnaise or low-fat salad dressing
- 1 tbsp low-fat gravy
- 1/8 avocado

Fats and Sugars to Avoid:

- Fried foods
- Fast foods
- High-fat dairy products. *ex: whole milk, cream, full-fat cheeses, creamy sauces*
- Pastries, donuts, or other high-fat desserts
- Chocolate
- High-fat meats, *ex: bacon, sausage, salami, pepperoni, etc.*
- Added fats, *ex: regular butter, margarine, regular mayonnaise, regular salad dressings*
- Snack foods – potato chips, cheese curls, crackers, etc.
- Candies, cakes, cookies
- Jams or jellies
- Honey, molasses, maple syrup
- Sweetened cereals or beverages
- Regular ice cream or sherbet/sorbet
- Corn syrup

- Foods in which sugar is listed as one of the first three ingredients on the label

****Do not consume any form of sugar by itself. It will be necessary to read and understand food labels for added sugars on the **list of ingredients**. If one of the following forms/names of sugar are listed in the **first 3 ingredients**, you should limit consumption of that product.**

Barley Malt, Brown rice syrup, Cane juice, Corn syrup, Corn sweeteners, dextrose, Fructose, Glucose, Glycerides, High fructose corn syrup, Honey, Lactose, Maltose, Maltodextrin, Maple syrup, Molasses, Rice/malt syrup, Sucrose

Artificial Sweeteners (ie: Equal, Splenda, Sweet-n-Low) that may still be tolerated in moderation.

The following foods may not be tolerated:

- Untoasted/fresh breads
- Tough meats
- Spicy foods
- Fried or greasy foods

****Continue to drink a minimum of 64 oz. of fluids per day****

****Don't forget that each time your surgeon tightens/adjusts your band; it will limit your intake to only liquids for 24 hours.**

After that time, you may continue from where you left off**

FLUIDS

Fluid intake is very important post-surgery, since it prevents dehydration and also helps to minimize constipation. Fluid intake should be at least 64oz. **Do not forget that you will only be able to tolerate up to 3-4 oz. of fluids or food at one time, so plan accordingly.** Sip all fluids slowly!!!

****Fluid Tips****

- Do not drink fluids with meals
- Consume fluids 30 minutes before and 30 minutes after meals
- Do not gulp fluids. Always sip fluids very slowly
- Avoid using straws
- Avoid all caffeine, carbonated and sweetened beverages.
- Fluids should be low or non-caloric. Ex: water, unsweetened decaffeinated tea, flavored non-caloric waters (Propel Fitness water, Fruit 2-0), non-caloric juices (Diet Snapple, Crystal Light, Fat-free broth, low-sodium V-8 or tomato juice).
- Avoid alcohol

Call you physician if you experience any of the following, which may be a sign of dehydration:

- Light urine output or dark colored urine
- Lethargy or lightheadedness/dizziness
- Constipation
- Dry mouth or skin

SIDE EFFECTS THAT MAY OCCUR

1. Nausea and Vomiting

Nausea and vomiting can be prevented if recommended dietary guidelines are followed following the procedure. Add 1 new food at a time to reduce side effects. Make sure to eat slowly, chew foods thoroughly so that they pass easily through your stomach, pay attention to portion control and learn to recognize when your stomach is full. This may be indicated by a feeling of fullness in the center of your abdomen feelings of nausea, or pain in your shoulder area or upper chest. You should also avoid drinking fluids or lying down after a meal. Call your physician if symptoms persist.

2. Constipation

Constipation is a common problem in banded patients. Reasons for it may include inadequate fluid intake, decreased food intake, decreased activity, medications, and inadequate fiber intake. To improve symptoms, replenish with fluids first and foremost, followed by adequate food intake, increased activity, and increased fiber intake. Consult your physician if no improvement is seen.

Physical Activity

A lack of exercise will slow the weight loss process. Taking the stairs instead of the elevator, parking farther away from a store, using a stationary bicycle, and walking daily can make a world of difference. You should plan on starting a supervised exercise program as soon as you receive medical clearance from your surgeon.

The benefits of exercise:

- Promotes stress relief, Helps with weight loss through calorie burning, Helps with muscle toning

**Don't forget to include exercise as a part of your new and improved lifestyle!!!
Your goal is 30 minutes of exercise on most days of the week!!!**

LIFESTYLE CHANGES:

You have just experienced a life altering event: Gastric Banding. After the first few months following the placement of your LAP BAND, as you get used to your smaller stomach and new eating habits, you will begin to develop permanent lifestyle changes with regards to your food intake; changing what you eat, when you eat, and how you eat, for the long haul. In order for your weight loss to be an ongoing success, you will have to work at it for the rest of your life. The LAP BAND alone will not ensure ongoing success. You may still have food cravings and feel the need to overeat and make poor food choices. Just remember that you will gain weight or experience slow weight loss if you consume excess calories, high calorie snacks, eating while full, snacking on empty calories in between meals, and/or a lack of physical activity. Don't expect the procedure to be the final solution to your struggle with obesity. It is merely a tool to get you on your way to a healthy body weight once and for all. Ultimately, lifestyle changes must still take place in order for you to lead a long and healthy life at a healthy weight.

In summary, here are some tips to remember:

1. Eat only three small meals per day. Snacking on empty calories in between meals can lead to excessive caloric intake, and ultimately, weight gain
2. Eat slowly. Chew foods thoroughly, and take 20-30 minutes to complete a meal.
3. Stop eating when you are full
4. Eat only good quality foods consisting of protein, whole-grains, fruits and vegetables, and healthy fats.
5. Focus on protein-rich foods first and foremost
6. Limit high calorie foods and drinks to minimize weight gain and maximize weight loss
7. Drink!!! A minimum of 64 oz. (eight 8 oz. glasses) daily as a goal.
8. Drink only in between meals – 30 minutes before and 30 minutes after eating.
9. Drink slowly. Do not gulp. Take small sips
10. Exercise for at least 30 minutes per day on most days of the week.

Doctor Recommended High Protein Supplements

Brand (Powder form)	Calories	Protein (grams)	Where to purchase
Any whey (1 scoop)	70	17	www.C2Linfo.com
Aria	80	14	www.C2Linfo.com
Designer Whey protein	100	18	GNC/Vitamin Shoppe
IDS MultiProWhey (1 scoop)	122	23	www.C2Linfo.com
Isopure Zero Carb (1 scoop)	100	17	GNC/Vitamin Shoppe
Matrix (1 scoop)	110	22	www.C2Linfo.com
Nectar (1 scoop)	90	23	www.bariatriceating.com
Nectar Naturals	90	23	www.C2Linfo.com
Revival Soy	120	20	www.C2Linfo.com
Spirutein	100	14	www.C2Linfo.com
Unjury (1 scoop)	90	20	www.Unjury.com

Brand ("Ready to go" Liquid)	Calories	Protein (grams)	Where to purchase
Isopure *clear*	100	40	GNC/Vitamin Shoppe
Pro-stat *clear*	72	15	www.medicalnutritionusa.com
Achieveone	120	20	www.bariatriceating.com www.C2Linfo.com
Bariatrix Proti (8 oz)	100	15	www.smartforme.com
Whey Up (16 oz.)	90	20	www.bariatriceating.com