

St. John's Center for Metabolic and Weight Loss Surgery

POST-OP LAP BAND DIET

The Lap Band reduces the size of the stomach and dramatically decreases the amount of food needed to reach satiety or fullness.

Fluid:

- Adequate fluid intake is crucial to prevent dehydration.
- Drink at least 64 ounces (8 cups) of sugar-free, non-carbonated fluid daily.
- Absolutely no carbonated beverages.
- Do not use a straw when drinking your fluids.

General Guidelines

The first band adjustment usually occurs approximately 6 weeks after your surgery. Follow the guidelines below for best results.

1. DO NOT EAT AND DRINK AT THE SAME TIME !! Wait 30 minutes after meals to begin drinking fluids. Stop drinking 30 minutes before your planned meal.
2. For the first six weeks, use a protein supplement (shakes, drinks, etc.) along with your diet.
3. Eat only three meals daily once solids have been added to your diet.
4. Avoid foods that are difficult to digest: nuts, tough meat, celery, etc.
5. Avoid doughy or sticky foods: soft white bread, peanut butter, dried fruits.
6. Chew all food to a pureed texture.
7. Eat slowly taking 20 to 30 minutes to eat your meal.
8. Sip only low calorie beverage between meals.
9. Take your multivitamin every day.
10. Do not snack!

Weeks 1 – 2: Full Liquids

- Consume liquids that are thin enough to drink through a straw, but don't use a straw! Drink the liquids in small sips.
- Include protein supplements (shakes, drinks, etc.) daily to make sure you meet your protein requirements.
- Look for sugar-free alternatives to liquids since it is easy to consume too many calories through liquids alone.
- Full liquids keep your stomach from working too hard by decreasing pressure on the band. This will prevent any vomiting in the immediate post-surgical period.

Weeks 1 – 2: Full Liquids (*continued*)

Examples of Full Liquids

1% or skim milk
 Soy milk fortified with calcium and vitamin D
 Strained, thinned cream soups or tomato soup
 100% fruit juice – apple, white grape have lower acidity
 Tea – hot or cold
 Hot chocolate
 Coffee
 Broth
 Sugar-free Carnation Instant Breakfast
 Remember: no carbonated liquids!

Weeks 3 – 4: Full liquids/Pureed solids

- Continue with full liquids and add foods with pureed consistency.
- Pureed foods require no chewing and include foods that melt in your mouth to liquid.
- Continue consuming protein supplements.

Example of Pureed foods

Cream of wheat
 Grits
 Malt-o-meal
 Oatmeal
 Fat-free puddings, Non-fat yogurt
 Sugar-free popsicles and Jell-O
 Scrambled eggs, mashed with a fork
 Mashed potatoes
 Fat-free or reduced fat cottage cheese
 Applesauce
 Baby food

Week 5: Soft Foods

- Add soft foods slowly, one at a time per meal to monitor your tolerance.
- Continue with full liquids and pureed foods.
- Continue with protein supplements.
- Portion size: no more than ¼ cup.

Week 5: Soft Foods (*continued*)

Examples of soft foods

Eggs: boiled or scrambled
 Mozzarella or Swiss cheese – 2% reduced fat
 Rice or noodles
 White or sweet potato – boiled or baked, no skin
 Cooked beans
 Soft, over-cooked vegetables
 Canned fruit in its own juice
 Banana
 Toasted bread
 Plain crackers, such as saltines

Week 6: Regular foods

- Slowly add more regular foods one at a time per meal to monitor your tolerance.
- Take small bites and chew everything to a pureed consistency.
- Continue with protein supplements if you do not tolerate meats.
- Portion size: no more than ½ cup.

Examples of regular foods

Extra lean ground beef, turkey, chicken, pork, fish: chew extremely well. No steak.
 Lean deli meats
 Crisper steamed/boiled vegetables
 Shredded lettuce
 Bread

Weeks 7 and on: More regular foods

- Most foods can now be included though some may cause tolerance problems after placement of the band.
- Avoid any foods that you cannot tolerate.
- Portion size: no more than 1 cup.

Examples of more regular foods

Healthy Choice, Lean Cuisine or Smart Ones frozen dinners
 Raw vegetables and fruits
 Tender, lean cuts of red meat, but avoid steak unless you cut into small bites and chew thoroughly.