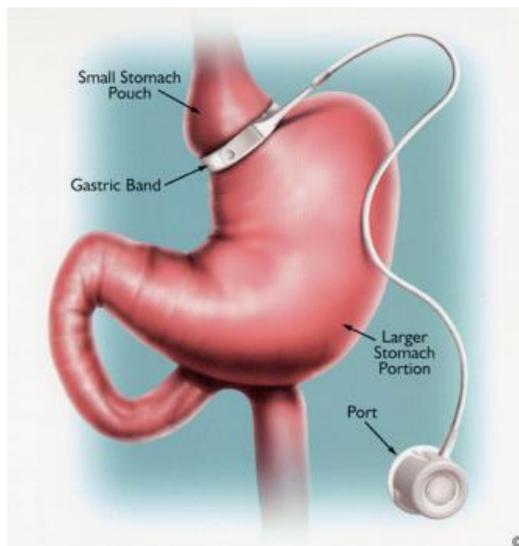




Phoebe Bariatrics

Weight Loss Surgery at Phoebe Sumter Medical Center

Nutritional Guidelines for the Lap Band



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AN INTRODUCTION TO THE LAP BAND DIET PROGRESSION

This booklet has been designed to help you, your family and your friends learn about the nutrition guidelines for Lap Banding. In order to be successful at losing weight and keeping it off, you must learn how to modify your eating behavior permanently. The goal of Lap Band surgery is to help you change your eating habits in order to promote weight loss and weight maintenance.

The surgery is only part of the treatment. Your commitment to a healthy diet is the most vital part of the treatment. The diet you follow after surgery and for the rest of your life will determine your ability to control your weight.

The Lap Band diet is different than any other diet you may have followed in the past. It will progress through a series of stages; you will eat smaller portion sizes than you are probably used to and you must eat on a regular schedule. If you overeat, you may feel pain and/or vomit. After the surgery, many people feel comfortable after eating small portions of food. Over time, you will start learning to stop eating when you feel satisfied.

Once you have finished the diet progression, you will consume three meals and a few snacks daily. A meal may take you up to a half hour to eat. The surgery will help you to control the number of calories you consume by making it difficult for you to eat large portions of food at one time. **IT IS STILL POSSIBLE FOR PEOPLE TO OVEREAT AND GAIN WEIGHT BY EATING AND/OR DRINKING HIGH CALORIE FOODS THROUGHOUT THE DAY.** This behavior is sometimes referred to as grazing. Try some of these eating tips to stay on track:

- Keep nibbling to a minimum - Continuous nibbling and snacking on high calorie foods and beverages can cause you to gain weight. Do your best to make healthy choices
- Do NOT drink with meals. Drinking with meals flushes food through your band allowing you to eat more food faster. This means your brain never gets the message that you are full. This will cause weight gain.
- Be aware of why you are eating - Eating because of boredom, depression, anxiety, happiness or just something to do can result in weight gain. Talk to your dietitian about learning new activities you can do rather than eat during these times. Some people also find it helpful to involve a therapist to help deal with an emotional dependence on eating.
- Keep a positive attitude - Permanent weight loss requires a change in food attitudes. Try to stay positive about making healthy food choices before, during and after your surgery.
- Special occasions - Holidays, vacations and social occasions can be very difficult situations when you are trying to lose weight. Your dietitian will work with you to tackle these difficult times head on.
- Stay active - Exercise burns calories, helps control your appetite and can relieve stress. Research indicates that people who have had Lap Band surgery shows that those who are most successful at weight control are those that exercise regularly.

It is very important that you keep all of your follow-up appointments with the dietitian, nurse practitioner, and physician. The people that keep regular appointments have the greatest chance of successful, safe weight loss and maintenance.

PREPARING FOR SURGERY

One of the most important components of Lap Band surgery is learning new eating habits. During your visit with the dietitian you will review your past diet, weight history, and exercise patterns. You will be asked to keep a food record to help identify problems that we will work together to solve.

Techniques to help you learn a new way of eating will gradually be introduced. The dietitian will discuss the diet progression for Lap Banding during your visits. Feel free to ask any questions you may have.

BEHAVIORAL TECHNIQUES:

Trying some behavior modification techniques may help you increase your long-term success after the Lap Band.

Eat small amounts

- Try taking less food at the table
- Try using a smaller plate to make it look like you are eating more food
- Try using smaller utensils to take smaller bites (salad fork or baby spoon)

Make food less visible in your home

- It is very important to avoid grazing (eating small amounts of food throughout the day) after surgery. Grazing will lead to weight gain.
- Store all food out of sight. Try to keep food off of the counters
- Put your favorite foods in hard to reach places.
- When serving meals, keep pots or serving platters on the stove - not on the table.
- Store leftovers immediately after meals or immediately throw them in the trash.

Modify your food shopping habits

- Avoid grocery shopping on an empty stomach.
- Make a shopping list and stick to it.
- Shop the walls. Avoid temptation by avoiding the aisles. Most whole foods are found along the perimeter of the store.
- Buy only the items that are necessary for you and your family.

Slow your eating down

- Eating slowly is very important after you have your surgery. If you eat too quickly, you may vomit. Start to become aware of eating patterns before surgery and modify the pace of eating.
- Try some of these tips to help slow yourself down:
 1. Allow 30 minutes for mealtimes.
 2. Try eating with smaller utensils.
 3. Take small bites and chew food to a liquid consistency before swallowing.
 4. Savor each bite. Pay attention to flavors, textures and consistency.
 5. Set your utensils down in between bites.
 6. Make a reminder sign that says EAT SLOWLY to remind you to do so.

Portions are important

- Carefully weigh and measure all portions before eating. Start measuring portions prior to surgery to familiarize yourself with what a healthy portion looks like.
- Put all extra food away before eating.
- Use small dishes. This will make your portions look bigger
- Cook just enough for you and your family.
- Practice leaving some food on your plate.

Make eating an isolated activity

- Choose a spot at home just for eating. The best bets are the dining room or kitchen table.
- Make a rule to sit whenever you put something in your mouth.
- Avoid doing other activities while eating.
- Avoid watching television while you are eating.
- Relax while eating.
- Become aware of hunger and satiety prior to surgery as well as following surgery.

Plan ahead

- Plan what and how much you will be having for lunch or supper.
- Many find it helpful to purchase a “cooler” or insulated bag for food transport and help in planning meals.

Try activities that you can do instead of eating

- If you usually eat when you are upset, anxious or depressed, try music, a bath or shower, a walk, yoga, meditation or another form of relaxation.
- Make a list of 20 things you like to do or would like to try that don't involve food. Try them out.
- Practice your new habits on a regular basis. It may take a while to develop the new habits and feel comfortable doing them.

Avoid the following behaviors

- **Drinking with meals** – Drink 30 minutes before or 60 minutes after a meal
- **Picking or grazing throughout the day** – Eat regularly scheduled meals
- **High calorie beverages** – Choose non-caloric, sugar free beverages

PHYSICAL ACTIVITY

Your weight is a result of the balance between the foods you eat and the amount of calories you body burns in physical activity. As you lose weight after Lap Band surgery, you may find it much easier to get around. Take advantage of this new freedom! The more active you are, the more quickly you will lose weight.

Ask your doctor before beginning any strenuous program, particularly in the first three months after surgery. Try some of these suggestions to increase your physical activity.

1. Walk more. Walk the dog; go for a walk with a friend, a neighbor or the children.
2. Take the stairs instead of the elevators.
3. Park your car far away at shopping centers and walk through the parking lot.
4. Take a "walking break" at work instead of a coffee break.
5. Do some yard work, gardening, or household chores that require brisk movement.
6. During bad weather, get exercise indoors at malls, schools, etc.
7. Look for easy and fun new ways of exercising with your new body! Before surgery, make a list of fun and exciting classes you might take, such as zumba or pilates.
8. Check exercise videos out of the library and make note of some of the simpler toning exercises you could do. Plan a routine based on this.

FREQUENTLY ASKED QUESTIONS:

Should I purchase anything for after the surgery?

Yes! Measuring cups measuring spoons and a food scale are necessary to determine the exact portion sizes of the food you eat and drink. You may also want to purchase and sample some protein drinks so you have them on hand and are familiar with the taste.

How much weight can I expect to lose?

Your weight loss will depend on how closely you follow the diet after your surgery and the amount of physical activity you do.

What are the side effects of Lap Band surgery?

Some people may experience nausea, vomiting, constipation and/or food intolerances. Some individuals report that they can no longer tolerate foods such as red meats, chicken, eggs, rice, pasta and untoasted bread. Every person is different, and what one person can tolerate, another may not. A careful food record can help your dietitian or physician sort through the foods that may be problematic.

How will I know when I have eaten enough?

As you try new foods after surgery, you may have trouble knowing when you have had enough. It will take time for your body to adjust to the stomach's smaller size and return to a normal "satisfied" feeling. You may feel pressure in the center of your stomach or pain in the shoulder area or upper chest when you have eaten too much. Initially you may only be able to tolerate 2-3 teaspoons of food at one time.

The Procedure – Lap Band

FLUIDS

- Adequate fluid intake will help prevent dehydration.
- AVOID HIGH CALORIE BEVERAGES which can lead to weight gain.
- AVOID juice – it is high in calories and may lead to weight gain.
- You will no longer be able to take large gulps of fluid.
- You must sip your fluids constantly throughout the day.
- Carbonated beverages will cause you to become nauseous from the excess gas
- Caffeinated beverages are gastric irritants and dehydrating. They should be avoided the first few months after surgery.
- Avoid straws which introduce air into your digestive tract causing belching.
- Many low calorie drinks contain sugar alcohols. Avoid intake of sugar alcohols.
- When looking at a label, sugar alcohols typically end in “ol”, example: mannitol, maltitol, sorbitol.
 - Sugar alcohols can cause gas, abdominal pain, and diarrhea.
- Avoid alcoholic beverages for at least 6-9 months after surgery. The alcohol will affect you very quickly causing you to feel very drunk very fast.
 - Avoid carbonated mixers and beer. They will cause nausea.
 - Avoid high calorie mixers, they can lead to weight gain.
 - Alcohol is empty calories with little to no nutritional value.

Fluid goal: Your goal should be 8 cups (64 oz) of non-carbonated liquid per day.

- Water
- Sugar free Popsicles
- Sugar free Jell-O
- Fat free/Low fat broth/bullion
- Decaffeinated Herbal Tea
- Diet Snapple
- Crystal Light
- Fruit20
- Propel
- Milk (skim or 1%)
- Protein Drinks

LACTOSE INTOLERANCE

Sometimes after weight loss surgery, people experience symptoms of lactose intolerance.

- Lactose intolerance is caused by your body’s inability to breakdown the milk sugar “lactose”.
- Lactose intolerance typically causes gas, bloating and/or diarrhea.
- Whey Protein Isolate is tolerated by people with lactose intolerance because the lactose is filtered out.
- Lactose is found in many milk based products but some forms can be hidden in labels.
- Look for these words in on the food label. They contain lactose and may cause symptoms if you are lactose intolerant:

- *Ammonium caseinate
- *Artificial butter flavor
- *Butter solids/fat
- *Calcium caseinate
- *Casein
- *Caseinate
- *Delactosed whey
- *Demineralised whey
- *Dried milk
- *Dry milk solids
- *Hydrolyzed casein
- *Hydrolyzed milk protein
- *Lactalbumin
- *Lactalbumin phosphate
- *Lactate
- *Lactoferrin
- *Lactoglobulin
- *Lactose
- *Magnesium caseinate
- *Milk derivative
- *Milk fat
- *Milk protein
- *Milk solids
- *Opta (fat replacement)
- *Potassium caseinate
- *Rennet casein
- *Simplese
- *Sodium caseinate
- *Sour cream solids
- *Sour milk solids
- *Whey
- *Whey protein concentrate

Important Points to Remember – FOR THE REST OF YOUR LIFE!!

PROTEIN

Adequate protein intake is essential after weight loss surgery; it assists in wound healing, maintains protein stores and helps to prevent hair loss. The foods highest in protein are the meat and dairy groups. Below is a list of high protein foods to help you choose foods high in protein.

POULTRY – 7 grams of protein per ounce

Chicken-no skin (regular or deli slices)
Turkey- no skin (regular or deli slices)
Cornish hen (without skin)

FISH - 7 grams of protein per ounce

Cod
Flounder
Haddock
Halibut
Trout
Salmon (fresh or canned)
Swordfish
Tuna (canned in water, drained)
Sardines
Imitation crab meat

BEEF -7 grams of protein per ounce

Sirloin
Flank steak
Tenderloin
Roast (rib, chuck, and rump)
Steak (T-bone, porterhouse, cubed)

Ground round
Deli sliced roast beef

PORK - 7 grams of protein per ounce

Lean pork
Canadian bacon
Pork tenderloin
Center loin chop
Deli sliced ham

LAMB - 7 grams of protein per ounce

Roast
Chop
Leg

VEAL - 7 grams of protein per ounce

Lean chop
Roast

SHELLFISH - 6 grams of protein per ounce

Crab
Lobster
Scallops
Shrimp

GAME - 7 grams of protein per ounce

Pheasant (without skin)

Venison

Buffalo

Ostrich

CHEESE – 3-11 grams of protein per ounce

Non fat or low fat cottage cheese (3.5g/oz)

Fat free cheese (6g/oz)

Grated Parmesan (11 g/oz)

Low fat or non fat cheese (7g/oz)

Part skim ricotta cheese (3.5g/oz)

DAIRY– 3-8 grams of protein per cup

1% or skim milk (8g/cup)

Non fat, low sugar yogurt (8-13g/cup)

Lactaid milk (8g/cup)

Non fat, sugar free pudding (3g/cup)

SOY – 5-10 grams of protein per serving

Tofu (10g per ½ cup)

Tofu crumbles (10g per ½ cup)

Soy cheese (5g/oz)

Soy milk (6g/cup)

Meat substitutes made from soy

OTHER – 1-8 grams of protein per serving

95% fat-free luncheon meat (less than 1 gram fat per oz.) (5g/oz)

Egg (6g per large egg)

Egg substitutes (6g per ¼ cup)

Peanut Butter (4g per TBS)

Nuts (1.5g per TBS)

Legumes (8g per ½ cup)

Important Points to Remember (continued)**VITAMINS**

Taking vitamins is an absolute requirement after Lap Band Surgery and for the rest of your life! Start 2 weeks post op.

Instructions:

- Take your vitamins EVERY DAY
- Separate all vitamins by 2 hours or more
- Do not take vitamins with tea or coffee
- Do not take your vitamins on an empty stomach

MULTIVITAMINS (with 100% of the RDA)

- One chewable multivitamin (children's or adult) **OR**
- One Tablespoon liquid multivitamin (Avoid Gummy, Chewy, or Spray multivitamins – they are not nutritionally adequate)

Examples:

Centrum Adult Chewable

CVS Spectravite Adult Chewable

Walgreens Adult Chewable

Nature Made Multi Chewable for Adults

Spring Valley Adult Chewable

CVS Spectravite Children's Chewable

Centrum Rugsrats Complete Chewable

Walgreens Children's Chewable

Wal-Mart Children's Chewable

Flintstones Complete Children's Chewable

GNC Multiples Multibite Plus Minerals &

Calcium Multivitamin

Centrum Liquid

Rite Aid Children's Chewable

CALCIUM

1 - 2 Chewable Calcium Supplements 600 to 1200mg/day

- Choose a calcium supplement with Vitamin D3, calcium will be absorbed better
 - Calcium Citrate is preferred due to better absorption
 - Twinlab Chewable Calcium Citrate
 - Calcium Carbonate is also acceptable
 - Caltrate chewable, CVS chewable, Viactiv

LAP BAND DIET

Your diet will progress through different stages over the course of the next few months.

What to Buy

- A few bottles of water or sugar-free, non-carbonated, beverages such as Crystal Light, Fruit20, Diet Snapple
- Protein shakes (to be discussed later in this packet)
- Food scale
- Measuring cups
- Measuring spoons
- Blender



Stage 1: Clear Liquids

Start: Day One (day of surgery)

- The first day you are allowed fluids while in the hospital

Estimated Duration: 1 day

Diet Instructions: small amounts 4-6 oz as tolerated

Clear liquids include:

Water

Fat-free/Low-fat Broth/Bouillon

Diet Snapple

Crystal Light

Sugar-free Jell-O

Fruit2O

Propel

Any other artificially sweetened beverage

Protein Goal: None

Important Information:

- Stop sipping as soon as you feel full or if you have any nausea/vomiting.
- Use 1-ounce medicine cups to help prevent you from drinking too fast.
- Carbonation will cause abdominal distention or discomfort – **AVOID CARBONATED BEVERAGES.**
- Be cautious with straws. They may introduce air into your system and cause abdominal distention or discomfort.
- Avoid chewing gum as it may introduce air into your system and cause abdominal distention or discomfort.
- In addition, if the gum is accidentally swallowed it may obstruct your pouch.
- Avoid gulping; it introduces air into your system and may cause gas pains.
- Juices should be avoided. They are too high in sugar and calories and may slow down weight loss
- Write down the amount of fluids you drink on a food record and include the time of day.

Stage 2: Protein Shakes

Start: Day 2 (day 1 post op)

Duration: Two Weeks (postoperative days 2-14)

Protein Goal: 60-70 grams/day

Fluid Goal: Your goal is 8 cups (64 oz) daily, you may use half of your protein shakes total volume toward your fluid goal. Ex. 64 oz of protein shakes -32 oz= 32 oz remaining fluid needs (4 cups/day)

Vitamins/Minerals: 1 Chewable multivitamin daily, 1-2 Chewable calcium daily (remember to separate iron and calcium)

Diet Instructions: You have a choice of either liquid protein shakes or a combination of protein shakes and blended foods.

- Regardless of the option you choose, all foods must be liquid in texture.
- NO LUMPS

PROTEIN SHAKES - Five - 8oz servings of a high protein, low sugar beverage

- You may not be able to consume all five servings right away. This is normal. Make 5 servings your goal.

Diet Instructions: Choose five - servings of a high protein, low sugar beverage

Milk Based High Protein, Low Sugar Beverages

- Carnation Instant Breakfast – No Sugar Added (blue box) (Walmart)
- HMR 500, 800 (www.hmrprogram.com)
- EAS Advant Edge Carb Control (Target)
- Worldwide Pure Protein Shake(www.vigorousliving.com)
- Boost Glucose Control (Target)
- Atkins Advantage Shake (Walgreens,Walmart, GNC)
- Designer Whey (CVS, Target, Walmart, Walgreens)
- EAS Myoplex Lite or Carb Control(Target)
- Optisource (www.walgreens.com)

Lactose Free High Protein, Low Sugar Beverages

- HMR 70+ (www.hmrprogram.com)
- Lactaid (drops, chewable tablets or milk)
- Unjury** (www.unjury.com)
- Isopure** (www.bariatriceating.com)
- Smartforme shakes/drinks** (www.smartforme.com)
- Syntrex Nectar**(www.bariatriceating.com)

** Contains Whey Protein Isolate which typically does not cause problems for people with Lactose intolerance

Sample Meal Plan – Liquid Milk Products:

8 a.m. 8 oz Protein Drink
9 a.m. 8 oz Water/Fluid
10 a.m. 8 oz Protein Drink
12 noon 8 oz Protein Drink
2 p.m. 8 oz Water/Fluid
3 p.m. 8 oz Protein Drink
4 p.m. 8 oz Water/Fluid
5 p.m. 8 oz Protein Drink
8 p.m. 8 oz Water/Fluid

- Sip all liquids slowly. DO NOT exceed 8 ounces per hour.
- Avoid gulping, it introduces air into your system and may cause gas pains.
- Do not force yourself to finish fluids if you feel satisfied.
- Some protein drinks contain aspartame sweetener or Sucralose. Some people cannot tolerate these sweeteners.
- Plan ahead and have the protein drinks ready to drink.
- Do not drink with meals (consider the protein drink your “meal”).
- Drink fluids 1/2-hour before or 1-hour after your meal.
- It is VERY important to stay hydrated, sip fluids throughout the day.
- Keep an eye on your urine, it should be a light yellow not a dark yellow.
- Write down the amount of fluid you drink in your food record.
- Use a thermos or chill your glasses in the freezer to keep your protein drinks cool while you are drinking them.
- DO NOT FORCE YOURSELF TO VOMIT! This may lead to band slippage.
- If you are lactose intolerant, try Lactaid drops (available at your pharmacy) or Lactaid milk.
- It is OK to use herbs and spices as you please.

Stage 3: Soft Foods

This stage gradually re-introduces solid food to your system. It is important for you to listen to your body to tell you if you are full. If you feel full, do not force yourself to eat. Remember to stay hydrated and to **make protein foods your first choice.**

Start: post-op day 15-29 (diet will progress once cleared by MD and RD at 1st post op visit)

Duration: You may need to be on soft foods for 2-4 weeks

Diet: 8 Protein servings, 1 Dairy serving, 3 Fruit/Vegetable/Starch servings, and 1 Fat serving

Instructions: as tolerated

Vitamins/Minerals: 1 Chewable multivitamin daily, 1-2 Chewable calcium daily (remember to separate iron and calcium)

Protein – CHOOSE 8 SERVINGS (1 serving = 7 grams of protein)

- 1 oz chicken/turkey (dark meat OK)
- 1 oz 93% lean ground chicken/turkey
- 1 oz fish (tuna, cod, haddock, salmon, tilapia)
- 3 oz fat-free plain Greek yogurt (avoid flavored yogurt)
- 1 egg or 2 egg whites or ¼ cup egg beaters
- 1 oz deli meat (low sodium chicken, turkey, or ham)
- ¼ cup low-fat cottage cheese or part-skim ricotta cheese
- ½ cup tofu
- ½ Morningstar Farms® Grillers Original
- ½ cup beans or ½ cup refried beans (counts as 1 protein serving and 1 starch serving)

**Use food scale to measure Protein portions. A good rule of thumb is that 3-4 oz of meat is the same size of a deck of cards.

Dairy – CHOOSE 1 SERVING

- 8 oz fat-free plain or fat-free light yogurt
- 8 oz skim or 1% milk, or soy milk
- 1 oz 50% reduced-fat cheese or soy cheese
- 1 light string cheese

Fruits/Vegetables/Carbohydrate – CHOOSE 3 SERVINGS

- ½ cup applesauce (unsweetened)
- ½ cup mashed pears (no juice)
- ½ banana, mashed
- ½ cup mashed potatoes or sweet potatoes
- ½ cup pureed butternut squash
- ½ cup smooth tomato sauce (no sugar added)

½ cup steamed zucchini (peeled)
 ½ cup steamed carrots
 ½ cup mashed cauliflower
 1 cup low-fat creamed soup made with skim or 1% milk
 ½ cup cooked oatmeal, cream of wheat, or farina
 ½ cup beans or ½ cup refried beans (counts as 1 starch serving and 1 protein serving)
 ½ cup sugar-free/fat-free pudding

Fat – CHOOSE 1 SERVING

1 teaspoon butter, margarine, oil, or mayonnaise
 1 tablespoon (3 teaspoons) light margarine, light salad dressing, fat-free gravy, or light mayonnaise, 2
 tablespoons hummus
 1 tablespoon avocado or guacamole

Protein Goal: 60-70 grams/day

Fluid Goal: 64 oz of sugar-free, calorie-free, non-carbonated, non-caffeinated liquid (8 cups)

Vitamins: Start taking your multivitamins and calcium supplements – Refer to page 10 and 11.

Sample Stage 3 Meal Plan

Time	Meal	Fluids	Protein in grams
8:00AM	2 scrambled eggs (2P), ½ cup applesauce (1 fruit)		14
9:00AM		8 oz Crystal Light	
10:00AM	¼ cup cottage cheese (1P)		7
11:00AM		8 oz Water	
12:00PM		8 oz G2	
1:00PM	2 oz tuna fish (2P), ½ cup steamed carrots (1V), 1 tsp light mayo (1/3 fat)		14
2:00PM		8 oz Water	
3:00PM		8 oz Crystal Light	
4:00PM		8 oz decaffeinated tea	
6:00PM	2 oz tender chicken (2P), ½ cup mashed potatoes (1 C), 2 tsp light butter (2/3 fat)		14
7:00PM		8 oz Water	
8:00PM	1 light string cheese (1D), 1 oz deli ham (1P)		14
10:00PM		8 oz Diet Snapple	
	Totals	64 oz Fluid	63 grams Protein

Stage 3: Soft Foods (*continued*)

- Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage. See common problems and solutions section on page 24.
- Write down everything you eat and drink on your food record to ensure adequate protein and fluid intake.
- You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.
- Do not force yourself to eat if you are feeling full. Feelings of fullness vary per individual. Often times, nausea is the first sign. Work on eating food slowly and chewing food thoroughly.

ADDITIONAL MEAL IDEAS

- Frittata – bake egg mixture in a muffin pan for a portioned, convenient breakfast.
- Oatmeal - add 1 scoop of protein powder, 1 scoop of dry skim milk powder, or ½ cup of skim milk to increase protein content.
- Mix diced tuna, chicken, or egg with 1 T light mayo (1 fat), 1 tsp oil (1 fat) , salsa (chunks of veggies strained), mustard, or 1 T guacamole (1 fat) for variety.
- Roll up 1 oz deli ham, turkey, or chicken with 1 slice of cheese or a cheese stick.
- Turkey meatloaf and turkey chili are great stage 3 foods because they are soft and moist.
- Mix the following ingredients in fat-free Greek yogurt, low-fat cottage cheese, or low-fat ricotta cheese:
 - Sweet - vanilla extract, cinnamon, sugar-free jelly, nutmeg, ginger
 - Savory - salt, pepper, chives, garlic powder, cilantro, lime, chili powder

PROTEIN

- Eat your protein first. If you still have room, then eat your fruit, vegetable, or starch.
- Increase the protein content of your fruits/vegetables by adding protein powder or dry skim milk powder to them.
- Avoid ground beef, steak, shrimp, scallops or lobster on Stage 3.
- You may want to consider having one protein shake per day at the beginning of Stage 3 to ensure adequate protein intake.

EATING

- Bread, rice, pasta, and raw fruits and vegetables should not be consumed during Stage 3.
- It is important to get on an eating schedule. If you are not hungry, take a few bites just to stay on schedule.
- You may need to eat 5 mini-meals per day at the beginning of Stage 3.
- Do not chew gum or suck on hard candy. Chewing gum may cause gas pains. If swallowed it can obstruct your outlet. Tic-Tacs are okay to eat.
- Weigh food on a scale after it has been cooked to be sure you are getting adequate protein. If you do not own a food scale, cook a piece of protein to the size of a deck of cards.
- Take dime-sized bites of food and chew the food well until it is the consistency of applesauce (liquid/paste) in your mouth.
- Eat slowly. Allow yourself 30 minutes to eat your meal.
- Stop eating if you are full. You can go back to your meal later.

Stage 3: Soft Foods (*continued*)

COOKING

- Meat should be tender and moist.
- Marinated meats, boiled meats, and the dark meat of chicken tend to be well tolerated.
- Fibrous meats, such as dry turkey, dry chicken breast, or hamburger, can be difficult to consume.
- Microwaving and grilling may dry out meats, making them difficult to tolerate. Try adding broth before microwaving to make the meat juicier.
- Some condiments are okay, such as ketchup, light or fat-free mayonnaise, mustard, fat-free gravy, herbs and spices.
- Do not fry your meats. Frying adds calories and can make foods hard to digest. Fried foods may also cause dumping syndrome.
- Using a slow cooker will help keep meats tender and moist.



Stage 4: Solid Foods**Start:** Day 60 or when advanced by your MD/dietitian**Duration:** Estimated: Ongoing lifetime maintenance**Diet Instructions:** Regular planned meals: 1000, 1200, or 1500 calories

- Your dietitian will help you decide which meal plan is best for your needs.
- Monitoring your calories is not necessary and calorie recommendations should only be made by your dietitian.

Servings Allowed:

Food Group	1000 calorie diet	1200 calorie diet	1500 calorie diet
Protein	8	8	9
Dairy	1	2	2
Carbohydrate	3	4	5
Vegetable	2	2	3
Fruit	2	2	3
Fat	2	3	4

Protein Goals: 60-70 grams/day**Fluid Goals:** 64 oz of sugar-free, calorie-free, non-carbonated, non-caffeinated liquid (8 cups)**Vitamins:** Continue taking your multivitamins and calcium supplements - Refer to page 10 and 11.**Important Information:**

- The solid foods stage re-introduces solid food to your system. It is important for you to eat all of the recommended protein. Your body must get the protein it needs from your diet.
- Listen to your body and do not overstuff your gastric pouch. Not everyone will be able to eat all of the recommended foods, especially right after surgery.
- It is important to get on a schedule of eating. If you are not hungry, make protein your priority and take a few bites just to stay on schedule. As you are able to eat more at each meal time, your frequency of eating will decrease.
- AVOID PICKING OR GRAZING! This will lead to weight gain.
- The best advice is to take your time with eating and chew your food well.
- Write down all of the food you eat and the fluid you drink on your food record.

Stage 4: Solid Foods (continued)

Some foods may be difficult to tolerate. Wait for your dietitian to advance your diet before trying these foods:

- Tough meats such as red meat, hamburger, lobster, scallops, clams, grilled chicken, and shrimp
- Membranes of oranges, tangerines and grapefruit - they can obstruct your outlet
- Skins and seeds of fruits and vegetables
- Grapes
- Fibrous vegetables such as celery, asparagus, and peapods
- Popcorn and nuts
- Doughy breads - toasted breads tend to be better tolerated
- Rice
- Pasta

Sample Stage 4 Meal Plan (1000 Calorie)

Time	Food	Liquid (oz)	Protein
8:00AM	1 scrambled egg (1P), 1 slice low fat cheese (1D), ½ cup chopped peppers (1V), ½ toasted English muffin (1C), 1 tsp light butter (1/3 fat)		14 grams
9:00AM		8 oz decaffeinated coffee (room temp)	
10:00AM	3 oz fat free Greek yogurt (1P)		7 grams
11:00AM		8 oz Water	
1:00PM	3 oz tuna fish (3P), 6 saltine crackers (1C), 2 tsp light mayo (2/3 fat), ½ cup chopped pear (1 fruit)		21 grams
2:00PM		8 oz Crystal Light	
3:00PM	1 medium apple (1 fruit)		
4:00PM		8 oz decaffeinated tea	
5:00PM		8 oz Water	
6:00PM	3 oz diced chicken (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ cup green beans (1V)		21 grams
7:00PM		8 oz water	
8:00PM		8 oz Crystal Light	
9:00PM		8 oz Water	
	Total	64 oz	63 grams

Stage 4: Solid Foods (continued)**1200 Calorie Meal Plan**

Time	Food	Liquid (oz)	Protein
8:00AM	1 scrambled egg (1P), 2 slice whole wheat toast (2C), 1 TBSP light butter (1fat)		7 grams
9:00AM		8 oz decaffeinated coffee (room temp)	
10:00AM	1 cup strawberries (1 fruit), 1 low fat cheese stick (1D)		7 grams
11:00AM		8 oz Water	
12:00PM		8 oz Water	
1:00PM	½ cup cooked pinto beans (1C, 1P), 3 oz ground turkey (3P), 1 cup steamed peppers and onions (1V), 1 tsp olive oil (1fat)		28 grams
2:00PM		8 oz Crystal Light	
3:00PM	1 medium apple, chopped (1 fruit), mixed with 1 cup plain low fat yogurt (1D), ¼ tsp cinnamon		8 grams
4:00PM		8 oz decaffeinated tea	
6:00PM	3 oz diced chicken (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ cup green beans (1V)		21 grams
7:00PM		8 oz water	
8:00PM		8 oz Crystal Light	
9:00PM		8 oz Water	
	Total	64 oz	71 grams

Stage 4: Solid Foods (*continued*)**Sample 1500 Calorie Meal Plan**

Time	Food	Liquid (oz)	Protein
8:00AM	2 egg omlet (2P) with ½ cup onions and peppers (1V), 1 oz lean ham (1P), 1 toasted English muffin (2C), 1 TBSP light butter (1 fat)		21 grams
9:00AM		8 oz decaffeinated coffee (room temp)	
10:00AM	¾ cup blueberries (1 fruit), 1 cup low fat plain yogurt (1D)		8 grams
11:00AM		8 oz Water	
12:00PM		8 oz Water	
1:00PM	3 oz tuna fish (3P), 1 TBSP light mayo (1 fat), 2 slices toasted whole wheat bread (2C), 1 cup mixed greens (1V), 2 TBSP light Italian dressing (1 fat), 1 cup honeydew melon (1 fruit)		21 grams
2:00PM		8 oz Crystal Light	
3:00PM	1 low fat cheese stick, 1 small peach		7 grams
4:00PM		8 oz decaffeinated tea	
6:00PM	3 oz pork tenderlion (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ soft steamed broccoli (1V)		21 grams
7:00PM		8 oz water	
8:00PM		8 oz Crystal Light	
9:00PM		8 oz Water	
	Total	64 oz	78 grams

Exchange List

CARBOHYDRATES/STARCHES

- Each item listed is 1 serving containing 15 grams of Carbohydrate, 3 grams of protein, 0-1 gram of fat, and approximately 80 calories. Look for at least 3 grams of fiber.

STARCHES- Breads

Item	Amount
English muffin	½ (1 ounce)
Bread: whole-wheat, rye, white, pumpernickel	1 slice
Bread (reduced-calorie)	2 slices
Dinner roll	1 small (1 ounce)
Hamburger bun, hot dog bun	½ (1 ounce)
Pita bread (6 inches)	½
Raisin bread (unfrosted)	1 slice
Tortilla (6 inches)	1

STARCHES- Cereals

Item	Amount
Bran Cereal	½ cup
Grits	½ cup cooked
Grape-Nuts, muesli, low-fat granola	¼ cup
Hot cereal: oatmeal, Cream of Wheat	½ cup cooked
Other ready-to-eat cereals (unsweetened)	¾ cup
Puffed cereal (unfrosted)	1½ cups
Shredded wheat	1 biscuit
Shredded wheat (spoon size)	½ cup
Sugar frosted cereal	½ cup

OTHER STARCHES

Item	Amount
Barley, bulgur (cooked)	½ cup
Couscous (cooked)	1/3 cup
Pasta: spaghetti, noodles, macaroni (cooked)	1/3 cup
Rice: white or brown (cooked)	1/3 cup
Wheat germ	3 tablespoons

STARCHES- Peas, Beans, and Lentils (also count as 1 PROTEIN)

Item	Amount
Baked beans	1/3 cup
Dried beans, peas (cooked)	½ cup
Lentils	½ cup
Lima beans	2/3 cup

STARCHY VEGETABLES

Item	Amount
Corn	½ cup
Corn on the cob (fresh or frozen)	1 small ear (5 ounces)
Mixed vegetables with corn, peas or pasta	1/2 cup
Parsnips	½ cup
Peas (green)	½ cup
Potato (baked or boiled)	1 small (3 ounces)
Potato (mashed)	½ cup
Pumpkin	1 cup
Winter squash: acorn, butternut, buttercup, Hubbard	1 cup
Yam, sweet potato (fresh or without added sugar)	½ cup

STARCHES- Soups

Item	Amount
Bean	½ cup
Broth-based	1 cup
Cream-based (low-fat or made with skim milk)	1 cup

STARCHES- Crackers and Snacks

Item	Amount
Animal crackers	8
Graham crackers (2 ½ inch squares)	3 (1 ½ sheets)
Melba toast	4
Matzo	¾ ounce
Oyster crackers	24
Popcorn (low-fat microwave or popped with no added fat)	3 cups
Pretzel sticks	¾ ounce
Rice cakes or popcorn cakes (4 inches)	2
Rice minicakes or popcorn minicakes	5
Ry-Krisp	4
Saltine crackers (2 inch squares)	6
Snack chips: tortilla, potato (fat-free or baked)	15 to 20

OTHER STARCHES—Most also count as 1 FAT

***The following foods are less nutritious and contain more sugar or fat. Use sparingly.

Item	Amount
Angel food cake (1 ½ inch slice)	1 ounce
Biscuit (2 ½ inches)	1 small
Cake doughnut (plain)	1 small
Chow mein noodles	½ cup
Cookies	2 small (¾ ounce total)
Cornbread (2 inch square)	1 piece (2 ounces)
Corn muffin (2 inches)	1 (2 ounces)
Croissant	1 small
Croutons	¾ cup
French fries (½ of a small order)	16

Frozen yogurt	½ cup
Frozen yogurt (fat-free)	1/3 cup
Gelatin (sugar-sweetened)	½ cup
Gingersnaps	3
Ice cream (fat-free and no sugar added)	½ cup
Muffin (cupcake size)	1 small (1 ounce)
Pancake (4 inches)	1
Pudding (sugar-free)	½ cup
Pudding (sugar-sweetened)	¼ cup
Quick bread: banana, pumpkin, zucchini	3/8 inch slice (1 ounce)
Sherbet, sorbet	1/3 cup
Stuffing (bread)	1/3 cup
Taco shells (6 inches)	2
Vanilla wafers	5
Waffle (4 inches)	1
Unfrosted cake (2 inch square)	1

FRUITS

- 1 serving of fruit contains 15 grams Carbohydrate, 0 grams Protein, 0 grams Fat, and approximately 60 calories. Fresh, frozen, and dried fruits have 2 or more grams of fiber per serving. Use fresh, frozen, or canned fruits without added sugar. Whole fruit is more filling than fruit juices or dried fruits. Serving size of fruit juice is ½ cup (4 oz) but is NOT recommended.

Item	Amount
Apple	1 small (4 ounces or 2 inches across)
Apple, dried	4 rings
Apricots	4 medium
Apricots, dried	8 halves
Banana	½ (4 ounces)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe	1/3 small (1 cup cubed)
Cherries	12 large
Dates	3 medium
Figs, dried	1 ½ medium
Figs, fresh	2 medium or 1½ large
Grapefruit	½ large
Grapes	17 small (3 ounces)
Guava	1 medium
Honeydew melon	1/8 medium (1 cup cubed)
Kiwi	1 large
Kumquats	5 medium
Mango	½ small
Nectarine	1 small
Orange	1 small (2½ inches across, or 6½ ozs)
Papaya	½ medium (1 cup)
Passion fruit	3 medium
Peach	1 medium
Pear	½ large (4 ounces)

Persimmons	2 medium
Pineapple, fresh	¾ cup
Plums	2 small (5 ounces)
Pomegranate	½ medium
Prickly pear	1 large
Prunes	3 medium
Raisins	2 tablespoons
Raspberries	1 cup
Strawberries	1¼ cup
Tangelo	1 medium
Tangerine	2 small (8 ounces)
Watermelon, crushed	1¼ cup
CANNED, FROZEN (UNSWEETNED):	
Applesauce, apricots, cherries, fruit cocktail, grapes, peaches, pears, pineapple or plums	½ cup
Grapefruit or mandarin oranges	¾ cup

NON/LESS-STARCHY VEGETABLES

- Each serving contains 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat, about 2-3 grams of fiber, and approximately 25 calories.
- Fresh and frozen vegetables have more vitamins and minerals as well as no added salt when compared to canned vegetables. If you choose to use canned vegetables, purchase the NO SALT ADDED variety.
 - 1 serving of cooked vegetables or vegetable juice= ½ cup
 - 1 serving of raw vegetables= 1 cup

Artichoke	Cabbage
Okra	Radishes
Kale	Green onion
Mushrooms	Cucumber
Zucchini	Celery
Brussel sprouts	Water chestnuts
Broccoli	Kohlrabi
Beets	Rutabaga
Greens (collard, mustard, turnip)	Summer squash
Eggplant	Peppers
Spinach	Cauliflower
Tomato	Bean sprouts
Green beans	Carrots
Asparagus	Onions

***Starchy Vegetables such as corn and potatoes are found on the starch lists.

DIARY and DAIRY PRODUCTS

- Each item listed equates to one serving of dairy which contains 6-8 grams of proteins. Carbohydrate, fat, and calories may vary—refer to food label.

Item	Amount
Fat-Free and Low-Fat milk products:	
Buttermilk (fat-free or low-fat)	1 cup (8 ounces)
Dry milk powder (fat-free)	1/3 cup
Evaporated skim milk	½ cup
Hot chocolate mix (sugar-free, made with water)	1 cup (8 ounces)
Milk (1/2 percent and 1 percent)	1 cup (8 ounces)
Pudding (sugar-free, made with skim milk)	½ cup
Yogurt (fat-free, made with sugar substitute)	2/3 cup (6 ounces)
Yogurt (plain, fat-free)	2/3 cup (6 ounces)

PROTEIN: MEAT and MEAT SUBSTITUTES

- Each listed item is one serving. Meat or Protein items contain no carbohydrates.
- Per Serving:
 - Lean to Medium Fat Meats: 7 grams of protein, 0-3 gram of fat, and 35-55 calories
 - High Fat Meats are NOT Recommended.

Item	Amount
Lean Meats and Meat Substitutes:	
Poultry without skin (chicken, turkey, duck, goose, pheasant, Cornish hen)	1 ounce
Wild game (venison, rabbit, elk, buffalo, ostrich)	1 ounce
Dried beans, peas, lentils (cooked)	½ cup (also counts as 1 starch)
Fish (fresh or frozen)	1 ounce
Herring	1 ounce
Tuna, salmon or mackerel (canned, drained)	1 ounce
Sardines	2 medium
Clams, crab, scallops, oysters, lobster, shrimp, imitation shellfish	1 ounce
Beef, USDA select or choice, fat-trimmed (rib, chuck and rump roasts; ground round; round, sirloin, flank, T-bone, porterhouse steaks)	1 ounce
Lamb (roast, chop, leg)	1 ounce
Pork (tenderloin, center loin chop, ham)	1 ounce
Veal (roast, lean chop)	1 ounce
Cheese (less than 3 grams of fat per ounce)	1 ounce
Cottage cheese (fat-free, low-fat or regular)	¼ cup
Parmesan cheese	2 tablespoons
Egg substitute	¼ cup
Egg whites	2
Hot dog, fat-free or low-fat (less than 3 grams of fat per ounce)	1 small
Luncheon meat, (fat-free or low-fat (less than 3 grams of fat per ounce)	1 ounce
Egg	1

FATS

Item	Amount
Monounsaturated Fats	
Avocado	2 tablespoons
Nuts: pecans, almonds or cashews	4 to 6
Oil: canola, olive, peanut or sesame	1 teaspoon
Olives, black or ripe	8 large
Olives, green	10 large
Peanut butter, smooth or crunchy	½ tablespoon
Peanuts	10 large
Sesame seeds	1 tablespoon
Tahini or sesame paste	2 teaspoons
Margarine	1 teaspoon
Polyunsaturated Fats	
Margarine, reduced-fat or light	1 tablespoon
Mayonnaise	1 teaspoon
Mayonnaise, reduced-fat	1 tablespoon
Miracle Whip reduced-fat salad dressing	1 tablespoon
Miracle Whip salad dressing	2 teaspoons
Non-dairy cream substitute, liquid or powder	¼ cup
Salad dressing, reduced-fat	2 tablespoons
Salad dressing, regular	1 tablespoon
Tartar sauce	1 tablespoon
Tartar sauce, reduced-fat	2 tablespoons
Walnuts	4 halves
Saturated Fats:	
Bacon, crisp	1 strip
Bacon fat	1 teaspoon
Butter	1 teaspoon
Butter, reduced-fat	1 tablespoon
Butter, whipped	2 teaspoons
Coconut, shredded	2 tablespoons
Cream cheese	1 tablespoon
Cream cheese, reduced fat	1½ tablespoons
Gravy	2 tablespoons
Half-and-half (light cream)	2 tablespoons
Heavy cream	1 tablespoon
Salt pork	1-inch cube
Shortening or lard	1 teaspoon
Sour cream	2 tablespoons
Sour cream, reduced fat	3 tablespoons

*****After Your Band Adjustment**

Your band is typically adjusted 6 weeks after placement. It is important to advance your diet slowly after your band has been adjusted. You should go back to Stage 2 for 2-3 days immediately after your adjustment. You will then advance to Stage 3 for 2-3 days, and then you will return to Stage 4. Please refer to these stages as they are described earlier in this packet.

After adjustment

- **Days 1-3: Stage 2 (pages 13-15)**
- **Days 4-6: Stage 3 (pages 16-19)**
- **Day 7: Advance to Stage 4**



Common Problems and Solutions

The following guidelines are for your reference in case you experience any problems. Please be sure to keep your medical team informed of any problems you may be experiencing. It may help to keep a record of anything unusual that occurs and what you did to correct it.

Constipation

- Try taking a stool softener
- Be sure to drink plenty of water (64 oz per day – 8 cups)
- Stay active
- Benefiber or Sugar-free Metamucil
- Increase your fiber intake through fruits, vegetables and whole grains if your diet stage permits. Be sure to follow the dietary instructions of the stage you are in as some high fiber foods may not be good choices for your current stage.

Vomiting

- Go back to an earlier stage that you can tolerate
- Chew foods thoroughly
- Eat slowly
- Measure out portion sizes
- Make sure foods are moist
- Avoid eating and drinking at the same time
- If these suggestions do not work, or you vomit bright red or dark brown liquid, please call the bariatric surgery center right away.

Nausea

- Do not over eat
- Drink plenty of fluids
- Chew foods thoroughly
- Eat slowly
- Avoid carbonated beverages
- Avoid foods that you cannot tolerate
- Call the Bariatric Center if nausea persists

Stomach Bloating After Eating

- Do not over eat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay active

Cannot Tolerate Dairy Products

- Try Lactaid-milk, tablets or drops. These are available at your local pharmacy.

- Yogurt may be better tolerated than milk because some of the lactose is already broken down.

Diarrhea

- Eat slowly
- Do not over eat
- Do not drink fluids with meals
- Avoid high sugar, high fat and spicy foods
- Limit the amount of sugar free products (like sugar free candies). These products contain sugar alcohols called sorbitol and mannitol that can cause diarrhea
- Limit caffeine containing beverages
- If diarrhea is foul smelling, an unusual color or you feel ill, contact the Bariatric Center.

Dizzy or Headache

- Drink plenty of water
- Add salt to your foods
- Drink regular bouillon
- Be sure you are eating enough food
- If you take any blood pressure or heart medications, call the bariatric surgery center

Sudden Light Headedness

- Eat on a regular schedule
- Do not skip meals
- Be sure you are eating enough food
- If you take any blood pressure or blood sugar medications, call the bariatric surgery center

Tired and Weak

- Drink plenty of fluid
- Limit caffeine
- Sleep on a regular schedule
- Stay active
- Check to be sure you are getting enough protein
- Be sure to take your vitamins

Heartburn

- Limit caffeinated and spicy foods
- Avoid aspirin
- Try over the counter Pepcid, Prilosec or Zantac
- Avoid foods that are too hot or too cold
- Check the side effects of any medications you are taking
- Call the Bariatric Center if the heartburn persists

Leg Cramps

- Eat a well balanced diet
- Take your multivitamin every day
- Stay active
- Call the Bariatric Surgery Program if cramps persist or present with swelling

Excessive Hair Loss

- Eat a well balanced diet with adequate protein (60-70 grams)
- Drink plenty of fluids
- Take your multivitamin daily

Wound Infection

- If your wounds are red, hot or oozing, call the Bariatric Surgery Program immediately
- Drink plenty of fluids
- Take your multivitamin

Very Slow Weight Loss

- Be sure to keep a food record. Your dietitian will discuss this with you.
- Avoid high fat foods
- Avoid high calorie beverages
- Stay active

Extreme Hunger

- Keep a food record. Your dietitian will discuss this with you.

Excessive Weight Loss

- Keep a food record. Your dietitian will discuss this with you.
- Discuss the weight loss with your doctor.
- Be sure you are taking in enough calories.