

# LAP-BAND SURGERY NUTRITION GUIDELINES

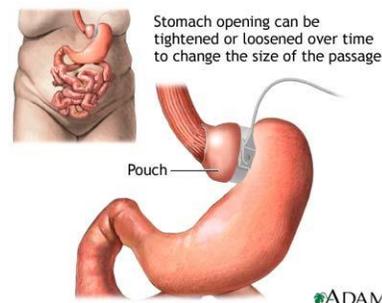
**Start Date:** \_\_\_\_\_

## STAGE 1 DIET

**End Date:** \_\_\_\_\_ Follow for the first **1 week** after surgery

### Liquids Only

- The initial stomach pouch capacity is usually 1 to 2 ounces, therefore a medicine cup (1 ounce or 30 ml) is recommended for slow sipping.
- Sip 1 ounce (30 ml) over 10 minutes.
- To prevent you from swallowing air, we recommend that you take a small sip, blow air out through your nose and then swallow. Also, avoid using straws or chewing gum.
- **Stop sipping if you feel fullness, pain, or nausea.**
- Adequate protein intake is important for proper healing of your incisions and new stomach pouch. Protein is equally important for the prevention of hair loss and maintaining muscle mass during weight loss. During the Stage 1 diet, you will be drinking small amounts of liquids throughout the day. Therefore, it is important to choose liquids high in protein.
- Be sure to consume **60- 80 grams of protein everyday.**
- **Please consult with your Registered Dietitian for more selections or if you experience any intolerances.**
- To prevent dehydration, try to sip at least 48 to 64 ounces of **total fluids** each day. Devise a system to track the quantities of fluids you are drinking each day.
- Continue to take your multivitamin with iron. If you do not consume milk, yogurt or cheese on a daily basis, you may need to take an additional calcium supplement that contains Vitamin D. Discuss your options with the dietitian.



### CLEAR LIQUID CHOICES:

- Water
- Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®
- Decaffeinated tea (hot or iced), decaffeinated coffee
- Fruit juice should be 100% juice diluted 50:50 with water. Initially, apple, white grape and white cranberry juices are the easiest to tolerate. It is recommended to avoid citrus juices at this time.
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles®
- Sugar-free Jell-O®

### LIQUID PROTEIN CHOICES:

<b>Milk Products</b>	<b>Protein (g)</b>	<b>Protein Shakes</b>	<b>Protein (g)</b>	<b>Protein Powders</b>	<b>Protein (g)</b>
Non-fat (skim)/1%	8g per 8 oz	Medifast® shakes or puddings	10-14g per packet	100% whey protein powder (any brand)	~20g protein/scoop
Lactaid, fat-free	8g per 8 oz	Slim Fast® High Protein/Atkins® Advantage, Myoplex® AdvantEDGE Carb Control	15g-17g per 11 oz	Unjury® (www.unjury.com)	20g protein per packet
Soy milk (plain), low-fat or fat-free	8g per 8 oz	Slim Fast® Low-Carb, Myoplex® Lite	20g per 11 oz	Beneprotein® (www.walgreens.com)	6g protein per scoop
Fortified milk (blend ¼ cup non-fat dry milk powder with 8 oz (1 cup) skim	20g per 8 oz	Muscle Milk® Light, Myoplex® Lite, Myoplex Carb Control	25g per 11 oz	-Isopure® Fruit-flavored clear protein beverage -Protein Blitz® (fruit-flavored beverage)	40g pro / 20 oz bottle 30g pro / 20 oz bottle

Additional ideas and recipes for use on the Stage 1 diet can be found on our website ([www.lifeweigh.com](http://www.lifeweigh.com)) under "Patient Portal".

## STAGE 1 DIET

Follow for the first **1 week** after surgery

1. Alternate each hour you are awake with 6 ounces of a protein beverage (protein shake, milk, protein powder mixed with milk, etc) or 6 ounces of clear liquids (water, Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®, or decaffeinated tea). You may also choose from any of the protein beverages or clear liquids listed on the previous page.
2. Important note: 1 ounce of fluid should be consumed over 10 minutes
3. Do not exceed a total of 6 ounces in an hour.
4. Aim for a total of 48-64 ounces of liquids per day.
5. **DO NOT FORCE FLUIDS.** It is important to stop sipping if you feel full.
6. **Aim for 60-80 grams of protein everyday.**



1 medicine cup = 1 ounce.  
Sip 1 ounce over 10  
minute's time.

**SAMPLE MENU:** This will provide approximately 75 grams of protein and 64 oz of liquids

<b>8:00am</b>	6 ounces protein beverage	<b>3:00 pm</b>	<i>break</i>
<b>9:00 am</b>	6 ounces clear liquids	<b>4:00pm</b>	6 ounces protein beverage
<b>10:00am</b>	6 ounces protein beverage	<b>5:00 pm</b>	6 ounces clear liquids
<b>11:00am</b>	6 ounces clear liquids	<b>6:00pm</b>	6 ounces protein beverage
<b>Noon</b>	6 ounces protein beverage	<b>7:00pm</b>	6 ounces clear liquids
<b>1:00 pm</b>	6 ounces clear liquids	<b>8:00pm</b>	6 ounces protein beverage
<b>2:00 pm</b>	6 ounces protein beverage	<b>9:00 pm</b>	6 ounces clear liquids

Tip: In order to keep track of your protein and fluid intake, it may be helpful to keep "food logs" of everything you drink during the first week. At your first appointment after surgery, your dietitian will ask you how many ounces you are drinking and how many grams of protein you are consuming per day.

## STAGE 2 DIET

Start Date: \_\_\_\_\_

After a full 1 week on the Stage 1 Diet,  
progress to the Stage 2 Diet for 1 week

End Date: \_\_\_\_\_

### Liquids and Pureed Solids

- This stage consists of liquids with an introduction of blended or pureed foods. All blended or pureed foods should be the consistency of applesauce and should not contain pieces or chunks of food. Foods do need to be blended/pureed; foods that are merely cut into small pieces are not acceptable.
- **Continue to sip and eat slowly.** It should take approximately 30-45 minutes to eat ½ cup of food. It should take approximately 30 minutes to sip 6-8 ounces of liquids. **Stop eating or sipping when you feel full.**
- **Be precise with measuring.** The food portions need to be limited to ½ cup to help prevent vomiting. Use measuring spoons and cups. Use baby plates, bowls and utensils for small portions.
- Because the band has not yet been filled with fluid, it is common to experience slight hunger. It is incredibly important to be mindful and eat slowly. Limit all food portions to ½ cup serving size per meal. Band fill needs will vary from person to person. Discuss with your surgeon if a fill is appropriate.
- Eat 6 times a day, consuming protein 1<sup>st</sup> at each meal. This is necessary to better meet nutritional needs. Most people have pureed meals and liquid protein snacks.
- ***Avoid drinking 30 minutes before, after and during meals.***
- Select a **variety** of foods as tolerated. Consuming a variety of foods will ensure adequate and appropriate nutrient intake for energy and continued healing of your incisions.
- Blend all foods until applesauce-like consistency. A small amount of healthy fat (i.e. oil or margarine) may be used to cook or flavor your pureed foods. Tips on how to blend foods:
  - Cut food into very small pieces.
  - Place food into a blender or food processor or use the Magic Bullet®.
  - Add a liquid such as broth, juice, milk or tomato juice.
  - Blend or puree until a smooth-consistency is obtained; chunks should not be present.
  - Strain foods that do not blend completely.
- Be aware of how pureed food feels in your mouth. In the future, this is how well you should always chew your food before swallowing.
- Continue to drink 48-64 ounces of water between meals/snacks each day, to prevent dehydration.

#### **CLEAR LIQUID CHOICES:**

These can be enjoyed between meals

- Water
- Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®
- Decaffeinated tea (hot or iced)
- Decaffeinated coffee
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles®
- Sugar-free Jell-O®

- Continue to take your multivitamin with iron and if you do not consume milk on a daily basis you may need to take an additional calcium supplement that also contains Vitamin D. Discuss your options with the dietitian.

**STAGE 2 DIET**

**1. Choose Protein foods first:**

Protein shakes

- Non-fat (skim) or 1% milk
- Lactaid®, fat-free or low-fat
- Low-fat or fat-free plain soy milk
- Fortified milk (blend ¼ cup non-fat dry milk powder with 8 oz skim)
- Protein beverages: Medifast® shakes, Slim Fast® Low-Carb or High Protein, Atkins Advantage® shakes, Isopure®

Measurements

- 1 medicine cup = 1 ounce
- 2 Tablespoons = 1 ounce
- 4 Tablespoons = ¼ cup
- 8 Tablespoons = ½ cup
- 4 ounces = ½ cup

- Sugar-free/light, non-fat yogurt (plain, vanilla or creamy varieties, do not choose “Fruit on the Bottom” varieties)
- Greek Yogurt (non-fat): Oikos®, Fage® 0%
- Baby foods: stage 1 or 2 meats
- Blended cooked egg or egg substitute (i.e. Egg Beaters®)
- Blended low-fat cottage cheese
- Blended water-packed tuna or chicken
- Blended cooked lean meat such as chicken, moist fish, pork, turkey, beef, or veal
- Blended well-cooked lentils (kidney beans, pinto beans, black beans)
- Blended bean soups, blended chili
- Low-fat ricotta cheese
- Soft silken tofu
- Power Pak High Protein Pudding (GNC) – 30g protein

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**2. Fruits and Vegetables next:**

**Vegetables**

- 100% vegetable juice (tomato, V-8®, carrot)
- Blended, cooked vegetables (homemade or baby food): green beans, carrots, tomatoes, zucchini, well-cooked and blended red or green peppers
- Note: avoid corn, celery, cabbage, cauliflower, broccoli, and Brussels sprouts

**Fruit**

- 100% fruit juice, diluted 50:50 with water
- Unsweetened applesauce
- Unsweetened, blended fruit (homemade or baby food), dilute as needed to achieve applesauce-like consistency: bananas, peaches, plums, nectarines, mango
- Note: avoid strained fruit desserts (i.e. pie fillings) and fruits with skin, seeds, and pulp

**3. Starches / Grains last:**

- Blended, low-fat soup
- Sugar-free pudding
- Blended, cooked cereal (cream of wheat or rice, oatmeal) made with skim milk
- Blended, starchy vegetables such as mashed potatoes, sweet potatoes, yams, peas, winter squash (acorn, butternut or pumpkin)

½ cup = 4 ounces  
or 4 medicine cups



Protein



Protein



Vegetables/  
LifeWeigh Bariatrics Fruits



Starches  
(if any room)

Tip: If you have 100% whey or soy protein powder, add it to yogurt, oatmeal or pudding to boost the protein content of your foods.

## STAGE 2 DIET

### Ideas for Blended Meals

- Blend cooked chicken with chicken broth and a touch of V8® juice or tomato juice.
- Blend canned tuna with light mayo and relish. Add black pepper to taste.
- Blend cooked Egg Beaters® with tomato juice.
- Blend cottage cheese with canned peaches.
- Blend canned black beans with chicken broth and cilantro.
- Blend any vanilla protein beverage with decaffeinated coffee to create your own “frappuccino”.
- Blend oatmeal, skim milk and 1 scoop protein powder. Add cinnamon to taste.
- Blended tuna casserole: blend tuna, lemon juice, hot milk and hot water.
- Blended meatloaf: blend 2 oz lean ground sirloin with  $\frac{3}{4}$  cup beef broth,  $\frac{1}{2}$  small potato and 2 tablespoons cooked carrots.
- High protein hot cocoa (from the book *Bariatric Innovations* by Dawn Boxell, RD): 8 oz very warm skim milk, 1 package sugar-free hot cocoa mix and  $\frac{1}{4}$  cup non-fat dry milk powder blended until smooth.

## STAGE 2 DIET Sample Menu

### Breakfast 8:00 am

4 Tablespoons (2 ounces) blended Egg Beaters®  
2 Tablespoons (1 ounce) applesauce  
2 Tablespoons (1 ounce) cream of wheat (should be a smooth, thin consistency)

}  $\frac{1}{2}$  cup  
total

9:00-9:30 am sip on fluids

### Snack 10:00 am

6-8 ounces ( $\frac{3}{4}$  cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

11:00-11:30 am sip on fluids

### Lunch 12:00 noon

4 Tablespoons (2 ounce) blended tuna with low-fat mayonnaise  
4 Tablespoons (2 ounce) blended carrots

}  $\frac{1}{2}$  cup  
total

1:30-2:30 pm sip on fluids

### Snack 3:00 pm

6-8 ounces ( $\frac{3}{4}$  cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

4:30-5:30 pm sip on fluids

### Dinner 6:00 pm

4 Tablespoons (2 ounce) blended chicken (blended with chicken broth)  
2 Tablespoons (1 ounce) blended green beans (well-cooked)  
2 Tablespoons (1 ounce) blended mashed sweet potatoes

}  $\frac{1}{2}$  cup  
total

7:00-7:30 pm sip on fluids

### Snack 8:00 pm

6-8 ounces ( $\frac{3}{4}$  cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

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NUTRITION GUIDELINES**



8:30 pm-bed time sip on fluids

Note: Please blend all foods on this list to a pureed/applesauce-like consistency

Note:  
This is a guide only. It is important to eat slowly and to stop if you feel full.

**PROTEIN-RICH FOOD SOURCES**

CONSUME 60- 80 GRAMS PER DAY

Food	Portion Size (cooked or prepared)	Approximate Protein Content (grams)
Beef, pork, chicken, turkey, fish	1 ounce (2 tbsp)	7
Cheese, hard (low-fat)	1 ounce	7
Tuna fish	1 ounce	7
Shrimp, lobster	1 ounce	6
Egg	1	6
Egg substitutes	¼ cup	6
Lentils	½ cup	9
Lima beans	½ cup	7
Red kidney beans	½ cup	8
Edamame (soybeans)	½ cup	14
Tofu, firm	¼ cup	10
Vegetarian burgers (i.e. Boca Burger®)	1 ounce (½ patty)	5
Refried beans (fat-free)	½ cup	6
Chili with beans (drained)	½ cup	10
Natural peanut butter	2 tbsp	7
Milk: skim/fat-free, 1%, or fat-free Lactaid®	8 ounces (1 cup)	8
Soy milk (plain, fat-free)	8 ounces	7
Light yogurt (fat-free, sugar-free)	6 ounce container	5
Greek style yogurt (plain, fat-free) (brands: Oikos®, Fage®, Chophani®)	5 ounce container	13-15
Cottage cheese (fat-free or low-fat)	½ cup	14
Sugar-free pudding, made with milk	½ cup	4
Protein Shakes	1 container	10-25g protein