

# LAPBAND DIET

## STAGE I

First 10 days after operation:

- ❖ 2 to 3 meals per day
- ❖ Only water between meals
- ❖ No more than 2 ounces of volume at any one time. Wait 30 minutes to one hour between intake of fluids.

## FOODS ALLOWED

- ❖ Beef or chicken broth (O.K. to use strained soups)
- ❖ Sugar free Jell-O
- ❖ Sugar free popsicles
- ❖ Fruit juice (100% pure, cut half and half with water or crystal light)

**No carbonated or fizzy beverages, read label to choose juices with less than 10 gm of sugar per serving.**

11<sup>th</sup> day (TEST MEAL):

- ❖ Cooked, poached or soft scrambled egg (only one egg) and eat as test meal. Wait one hour after eating, before ingesting liquids. If no vomiting, it is then okay to move to next stage.

## STAGE II

Day 12 through 20 after operation:

- ❖ Again eat 2 to 3 meals per day. (Absolutely no more than 3 meals and NO snacking between meals. Drink only water between meals.)
- ❖ Eat slowly, and set aside at least 30 minutes to eat. Be sure to chew your food slowly! Measure food-2ounces maximum.
- ❖ Remember to read labels, choose low fat and low sugar items (less than 10 grams of sugar per serving)
- ❖ DO NOT eat breaded meats.
- ❖ You may begin to take the pill form of your vitamins. (We recommend Centrum) Take 2 pills per day.

## STAGE III

Day 21 and beyond

- ❖ All foods are allowed at this phase. However, choose one new food per day to judge your tolerance.

# Remember The Rules

- I. Only 2 to 3 meals per day and **NO SNACKING.**
- II. Eat slowly and chew your food very well.
- III. Measure your food to gauge capacity of your personal stomach pouch volume.
- IV. Choose the right foods, at this point the more solid foods are preferred over softer foods because they will fill you up for a longer period of time.
- V. Remember: Vomiting usually means you are eating too much, too fast, or you are not chewing well enough. This is not intolerance.
- VI. Eat high protein foods in preference to carbohydrates. Meat especially. Fish is preferred as well as soy or tofu products. **NO STEAKS OR CHOPS, YOU WILL NOT BE ABLE TO CHEW THEM UP FINE ENOUGH.**
- VII. Remember to read labels, choosing low fat and low sugar items. (Less than 10 grams per serving)
- VIII. Do not eat breaded meats.
- IX. You may begin to take the pill form of your vitamins. (Again we recommend Centrum)

**✿ Remember this is your “DIET TOOL” to use as you please. ✿**  
**IT DOES WORK BY ITSELF; THE SUCCESS DEPENDS UPON WHAT YOU PUT INTO YOUR BODY. USE THE EFFECTS TO YOUR ADVANTAGE:**

- ▶ **SOLIDS, SOLIDS, SOLIDS**
- ▶ **PROTEIN, PROTEIN, PROTEIN**
- ▶ **WATER, WATER, WATER**
- ▶ **EXERCISE, EXERCISE, EXERCISE**

