



Longview Regional
MEDICAL CENTER

**LAP BAND SYSTEM
POST OPERATIVE DIETARY
GUIDELINES**

**2901 N Fourth Street
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www.longviewregional.com

Week 1

Days 1-2:

Clear liquids, at least 32-64 ounces per day) sip...sip...sip

Days 3-4:

May add protein drink

- * Look for protein drinks with 24-30 grams of protein
- * Try different supplements prior to surgery to find what you like
- * Mix only with skim milk or water

Goal is 60-80 grams/protein per day

Liquid protein supplement 3 times daily between meals and before bed

Remember to go slowly (4 ounces = ½ cup)

Take thirty minutes to drink 4 ounces

When you feel full –STOP

Begin liquid or chewable vitamins and calcium

- * Vitamins need to be “complete,” can take any brand
- * Calcium, try Viactiv chews (3 different flavors)

Days 5-6

May add V-8 juice, then cream soups and applesauce

Day 7

May add low fat yogurt and low fat pudding

Yogurt needs to be plain (no fruit or nuts added in)

Week 2

Days 8-9

Start full liquid diet

Add thinned out oatmeal, cream of wheat, baby foods

NO grits, rice, pasta or peanut butter

Day 10

May add thinned out mashed potatoes, cottage cheese (low-fat)

Days 11-12

Continue low fat and sugar free full liquid diet

Continue protein supplements

Can add bananas to protein shake for volume and flavor

Days 13-14

SLOWLY add soft boiled or scrambled eggs, baked potato and canned fruit (packed in water)

Suggestions for Thin/Clear Liquid Diet

- * Water –bottled or tap
- * Apple juice, cranberry juice, grape juice –choose “lite” variety if possible
- * NO orange or grapefruit juice, too much acid and sugar
- * Gatorade, Propel or Fruit 2.0
- * Diet Snapple and other diet drinks (NO sodas or carbonation)
- * Iced tea, no sugar added (may use NutraSweet, Splenda, Stevia, and Sweet & Low)
- * Hot tea, no sugar added
- * Coffee, no creamer or whole milk, use skim milk or low fat milk
- * Crystal light (avoid the orange and raspberry tea flavors, too acidic)
- * Sugar free Jell-o, sugar free popsicles
- * Broths, any variety
- * Sugar free Kool-Aid

Protein Drinks:

Read the labels

Protein greater than 15 grams per serving, ideal is 24-30 grams per serving

Carbohydrates need to be less than 10 grams per serving, ideal is less than 5 grams per serving

Sugars less than 5 grams per serving

Atkins Advantage Shakes

Carb Solutions

Isopure/Zero Carb

Whey Protein

Stacker protein drink

LaBrada Pro-V

Suggestions for Full Liquid Diet

- * Thin liquids listed above
- * Sugar free pudding
- * V-8 juice, tomato juice
- * Cream soups (need to be strained)
- * Applesauce (no sugar added)
- * Baby foods
- * Cottage Cheese (low fat)

- * NO Starbucks, Smoothie King, Jamba Juice or other high calorie drinks
- * NO low carb ice cream (no, you may not even THINK about it)!

Week 3 –Soft Diet (the Mashies)

- * Soft fruit (banana, melon, strawberries), watch out for fruit with skins (grapes, apples, plums)
- * Well-cooked vegetables (mushy, not crisp) –may have broccoli crown and asparagus tips, not the stalks
- * No celery or corn
- * Small amounts (¼ - ½ cup) of rice, pasta (soft cooked and well chewed)
- * Eggs, any style
- * Toast –crackers, breadsticks, melba toast. No bread or tortillas
- * Whole grain cereal, with or without low fat milk
- * Potatoes –mashed, baked, boiled
- * Any beans or lentils, low fat refried beans

Protein bars

Atkins Advantage

South Beach

AdvantEdge

Cliffhanger

Protein:

Moist skinless chicken, ham, turkey

Fish or other seafood –baked or grilled (NO frying)

Lean ground beef –make sure it is moist, no bun

Canned tuna, chicken or turkey packed in water

Low fat and low card lunchmeats (read the label!), NO hot dogs

Eggs, low fat milk and low fat cheese

Protein drinks/powder

DO NOT EAT:

Steak

Pot roast

Stews

Your doctor will tell you when you can start these foods, usually about three months post op.

Week 4 –Regular Diet

- * Gradually add regular foods, add one food at a time and assess tolerance
- * Eat three meals per day at set times
- * Sit down to eat
- * Eat slowly, fork down between bites
- * Chew 25 times before swallowing
- * Small portions (use a smaller plate)
- * When you feel full –STOP
- * NO grazing!!
- * NO liquids with meals or for 1 hour afterwards
- * Avoid cheap calories –ice cream, (yes, even low carb ice cream), cookies, cakes, pies, chips, nuts, candies, chocolate, high calorie drinks (including alcohol and wine)
- * No carbonated drinks
- * No dried fruits or popcorn
- * No greasy, fried fatty foods
- * No high calorie gravies/sauces
- * Use light tub margarine (Smart Balance, I Can't Believe It's Not Butter)
- * Light or fat free salad dressings
- * No butter or sour cream
- * Use olive oil or canola oil
- * No fast food
- * Once you are on a regular diet, decrease or stop mashed potatoes, rice and pastas
- * Continue protein drinks (you may always need a supplement)
- * Continue vitamin and calcium supplements
- * Fill up on protein and vegetables, not on carbohydrates, fats and sugars
- * If hunger is a problem, you probably need more protein
- * Begin exercising and continue to increase duration and frequency.

LAP-BAND POST-OPERATIVE DIET INSTRUCTION

	Consumption	Foods to Choose
Weeks 1 and 2	<p><u>Liquids only:</u> Room temperature clear liquids until nausea resolves, then may have full liquids hot or cold. Slowly drink 4-6 ounces of fluids 6 times per day. Drink water between meals</p>	Skim/fat free milk Slim-fast Optima Broths Low fat strained cream soups 100% juice (limit to 4 ounces per day)
Week 3	<p>Consume puree texture foods: Limit to ½ cup at a time to prevent stretching pouch Consume meals at least 3 hours apart Consume water or no-calorie liquids (crystal light, tea, sugar free drinks) Wait one hour after “meal” to start fluids</p>	Pureed or baby foods Soft scrambled eggs Sugar free-low fat pudding Fat free yogurt (no fruit or nuts) Hot cereals, thinned Applesauce Low fat cream soups
Week 4	<p>Consume soft foods: Limit to ½ cup at a time Consume meals at least 4 hours apart Consume water between meals, waiting until 1 hour after meals</p>	Scrambled egg Soft canned vegetables Soft canned fruits (packed in water) Tuna or chicken salad
Week 5	<p>Transition to solid foods: Slowly add 2 ounces of protein 3-4 times per day Slowly add 1-2 ounces of vegetables 3-4 times per day Stop eating as soon as you feel full Chew all foods to applesauce consistency (about 25 times) Do not drink liquids with meals</p>	Solid foods as tolerated Macaroni noodles Sliced lunch meats Raw fruits and vegetables as tolerated Avoid stringy, fibrous foods and non-tender cuts of meat Avoid white bread, popcorn, coconut