

HOW TO EAT WITH THE GASTRIC BAND

Dietary Guidelines

Bryn Hamilton R.D., L.D.

STAGE 1

Week 1

LIQUIDS ONLY

By consuming liquids only, you will prevent vomiting or overfilling and stretching your new stomach pouch. This gives your band a chance to encapsulate around the stomach wall, thereby decreasing the chances of your band slipping out of position later on.

Week 1	Eating Behaviors	Food Choices
	<p>Consume a low-fat, low-sugar liquid diet for the first week:</p> <ul style="list-style-type: none">• Sip 4-6 ounces of liquids per meal• 3 protein shakes a day• Drink water or other non-calorie, non-carbonated beverages between meals	<p>Full Liquid diet choices:</p> <ul style="list-style-type: none">• Carnation Instant Breakfast (blue box-no added sugar)• Nonfat (skim) milk• Clear broth (skimmed of fat)• Creamy (strained) soups• Any sugar free, non carbonated beverage• Sugar free jello and popcicles• Commercially prepared protein drinks (like Slimfast)

The fluids listed above may travel through the band rapidly. You may not feel full after a liquid meal. This is expected. Remember, the primary concern in the first month is not so much weight loss as it is allowing you to heal and allowing the band to encapsulate around the stomach. This will also prepare you to start progressing your diet to thicker, denser foods.

STAGE 2

Week 2

THICKER LIQUIDS

Week 2	Eating Behaviors	Food Choices
	<p>Consume a low-fat, low-sugar, all liquid Diet for the first 3 weeks:</p> <ul style="list-style-type: none">• Sip 4 to 8 ounces of liquids per meal• 2-3 protein shakes a day• Drink water or other non-calorie, non-carbonated beverages between meals	<p>Liquid diet choices:</p> <ul style="list-style-type: none">• Nonfat (skim) milk• Carnation Instant Breakfast• Low-fat creamy soups (with more consistency)• Low-fat, low-sugar yogurt or pudding• Commercially prepared protein drinks (like Slimfast)

DO's	DON'Ts
<ul style="list-style-type: none">• Sip liquids slowly• Choose liquids which are low in fat and calories• Drink plenty of water or non-calorie beverages between meals• Avoid alcohol and carbonated beverages	<ul style="list-style-type: none">• Eat any solid foods or soups containing solids such as meats, breads or noodles• Soups made with cream• Puddings or custards unless they are low-fat and low-calorie• Gulp any liquids

STAGE 3

Weeks 3-4

SOFT FOODS

During week 4, you should eat foods which are moist and mushy and can be crushed with your fork. If at any time you have difficulty with this stage, return to the liquid stage.

Weeks	Eating Behaviors	Food Choices
3-4	<ul style="list-style-type: none">• Slowly consume soft consistency protein food in small amounts 3 times a day• Drink water or other non-calorie, non-carbonated beverages.• Do not drink with your meals or for 1 hour after a meal.	<p>Soft protein food choices:</p> <ul style="list-style-type: none">• Low-fat cheese (cottage cheese, American cheese)• Eggs or egg substitutes• Egg, chicken or tuna salad• Soy products• Beans <p>Soft carbohydrate food choices:</p> <ul style="list-style-type: none">• Hot cereal or cold “soggy” dry cereal• Mashed potatoes• Fruit without the skin (canned fruit, apple sauce or bananas) <p>Soft well-cooked vegetables (spinach, squash)</p>

Remember to eat slowly and try very small portions to start. You may notice a feeling of fullness after eating small portions of soft foods.

STAGE 4

Week 5+

SOLID FOODS

You are ready to introduce solid food into your diet. You should be experiencing satiety, a feeling of fullness and satisfaction after eating small portions of solid foods, mainly after your first adjustment.

Weeks 5+	Eating Behaviors	Food Choices
	<ul style="list-style-type: none">• Slowly consume a small portion of protein food and vegetables 3 times a day• Space these solid meals 5 hours apart• Chew all solid foods to a mushy consistency• Do not drink liquids during or for 1 hour following a meal	<p>Solid foods, as tolerated:</p> <ul style="list-style-type: none">• Fish• Ground chicken, beef and turkey (dark meat)• Avoid fibrous foods such as pineapple, celery and non-tender cuts of red meat• Avoid meats and other foods which are dry and overcooked• Introduce pasta, rice and breads at separate times to see if they are tolerated• Tolerance of some foods is dependent on tightness of your band

Remember to eat very slowly, chew thoroughly, and take very small bites. You should spend about 20 minutes eating each meal. Once solids are started, you should experience a feeling of fullness. This is how you will eat permanently.

	Go Ahead Foods	On Occasion Foods	Foods to Avoid
Vegetables	All fresh and frozen	Vegetable juice Tomato juice	Deep fried vegetables Creamed vegetables Corn Asparagus stalks Celery
Fruits	Fresh fruits	Fruit juices	Fruits canned in syrup Pineapple Fruit candy Fruit punch
Proteins	Chicken or turkey, no skin Lean pork Lean beef Fish Tuna fish Milk, skim or 1% Eggs or egg substitutes Low-fat cottage cheese Low-fat cheeses Yogurt, non-fat, no added sugar Dried beans and peas	Marbled beef Less lean cuts of pork and beef	Whole milk Regular cheeses Omelets Ribs Sausage Bacon Fried Chicken
Starches	Whole grain bread Cooked cereal Brown rice Whole wheat pasta Dried beans and peas Baked potato Sweet potato	White bread Unsweetened ready- to-eat cereal Saltine crackers Rice cakes	Snack chips and crackers Sweetened cereal Cookies Cake Ice Cream Sweetened beverages French fries

Choose a variety of foods everyday and refer to this list if weight loss is not optimal.

Vitamins

If you eat a balanced diet every day, you may not need a daily supplemental multi-vitamin. We recommend taking one every day. Since most vitamin pills are fairly large and could possible block the small opening in your stomach pouch, you will need to select either a liquid daily multi-vitamin supplement (e.g. liquid Centrum) or 2 children's chewable vitamins (e.g. Flinstones) or one adult chewable (e.g. Centrum chewable).

Caffeine

We advise limiting caffeine to 300mg per day. Caffeine tends to increase the acids in the stomach causing irritation and heartburn pain. Caffeine is a diuretic (increases urination), which will increase the loss of water, certain vitamins and minerals such as calcium, magnesium and potassium. Try substituting decaffeinated beverages instead.

Soft Drinks (Carbonated Beverages)

Carbonation from soft drinks can build up in the small stomach pouch and cause bloating or stomach irritation, which can be very uncomfortable. Three to four (3-4) months following your surgery, if you want to try soft drinks, let the soda sit in a glass with ice for a few minutes so that some of the gas is released. You should only try sugar free (diet), caffeine-free sodas.

Exercise

Exercise will be an important part of your new lifestyle. We know that by increasing your activity level, you are increasing the amount of energy your body expends. This results in increased weight loss. We also know that most individuals who have successfully maintained their weight for long periods of time are usually those who exercise on a regular basis.

Tips for an Active Lifestyle
<ul style="list-style-type: none">• Walk for 30 minutes or more most days of the week• Take the stairs instead of the elevator• Park your car further away in the parking lot• Go for a walk with a friend or family member• Follow a balanced fitness program• Join friends in a sports activity

The Rules for Successful Weight Loss

- Eat 3 small meals a day
- Limit portion size to approximately 1 cup of food per meal
- Eat slowly and chew thoroughly (approximately 15-20 times a bite)
- Always eat proteins first
- Stop eating as soon as you feel full
- Don't drink while you are eating
- Don't eat between meals
- Eat mostly fresh foods (less processed)
- Avoid sweets and foods high in fat
- Avoid fibrous food (celery, corn, etc.)
- Drink enough during the day (approximately 64 ounces)
- Only drink low calorie drinks
- Exercise at least 30 minutes a day

Helpful Hints

- A liquid is anything that can be sucked through a straw
- Take very small bites of food
- Don't swallow until food becomes uniformly mushy
- Cut up your food into tiny pieces before beginning
- Try eating with baby or toddler utensils
- Order an appetizer instead of an entrée at a restaurant
- Ask if you can order from the children's menu
- Share the entrée with a friend
- Tolerance to some foods (bread, pasta, rice, red meats) is going to depend on how much restriction you have in your band
- You can receive your first fill between 6 and 8 weeks after surgery

HOW TO KNOW WHEN YOU NEED A FILL (ADJUSTMENT)

1. No weight loss in 1 month (4 weeks)
2. Get hungry before 4-5 hours after a meal
3. Can eat more than 1 - 1½ cups of food at a meal
4. Can eat white bread, fibrous vegetables (celery, corn) and large portions

You cannot have a fill more than 1 time in a 4 week period (Example: if you had a fill and don't feel like it is enough, you must wait 4 weeks before you can get another fill). This is because sometimes fills don't take effect for a few days or weeks.

It is also better to get your fills in the afternoon (after 12:00 p.m.) than in the morning.