



## *Surgical Weight Loss Program*

### **Post-Op Lap Band Diet**

The Lap Band reduces the size of the stomach and dramatically decreases the amount of food needed to reach satiety. It is extremely important with this reduced intake of food that every effort is made to ensure that calorie, protein, and fluid requirements are met consistently. All requirements are extremely important and need to be monitored to ensure adequate intake of each.

#### **Nutritional Requirements**

##### **Fluid (NO CARBONATED BEVERAGES!!!)**

Adequate fluid intake is crucial to prevent dehydration. Fluid requirements are the same as they were prior to surgery. It is recommended that you take in at least 64 ounces of fluid every day. In the beginning phases it is not required that the fluids are sugar-free. However, increased consumption of sugary liquids will inhibit weight loss. It is possible to take in an excessive amount of calories through liquids alone. Once diet has incorporated solid foods, only sugar-free beverages should be consumed. Good alternatives to water are Crystal Light®, Fruit2O®, Propel®, and Sugar-Free Kool-Aid®. It's recommended to not use a straw when drinking beverages. Straws introduce increased amounts of air into the stomach and can cause gas which can be uncomfortable and painful. People tend to take bigger drinks with straws and drink liquids faster which could also result in more fluid than the stomach can hold.

##### **Protein**

This nutrient is needed for wound healing, preserving muscle mass and preventing hair loss. Protein also helps create a sense of fullness and to prevent general weakness and fatigue. Your goal for adequate protein intake after surgery should be 50-60 grams of protein each day. Once solid food is added back into your diet, half of your meal should consist of a protein source. Each ounce of meat has 7 grams of protein and 1 cup of non-fat milk has 8 grams of protein.

##### **Calories**

Calories provide energy and fuel for the body. Calorie restriction is needed for weight loss. It is recommended that women should consume ~1200 calories per day and men should consume ~ 1500 calories per day after surgery. It is important that you do not skip meals or limit calories below these recommendations to ensure that minimum requirements are met to provide required calories for basic body function.

# Protein Supplementation

For the first couple phases of the diet it will be **extremely** important for you to have some form of a protein supplement. While it is possible for you to make your own, patients find it easier to purchase a premixed or an easy mix powder for their supplements. It is suggested to start looking for a supplement prior to surgery. It may take trying a few before finding one that you like. When shopping look for Sugar-Free or No Added Sugar on the label. Here are a few that you might try.

## **Sugar-Free Carnation Instant Breakfast (No Sugar Added) ®**

- Mix with 8 ounces of skim milk
- If using as a snack, drink only 4 ounces, refrigerate the other serving for later
- 8 ounces mixed = 150 calories and 12 grams protein

## **Beneprotein®**

- Tasteless, odorless, colorless protein powder
- Very versatile. May mix into hot or cold liquids, soups, puddings, or hot cereal
- 1 scoop = 6 grams protein
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Optisource®**

- Specialty Bariatric supplement
- Premixed sugar-free drink
- 4 ounces = 100 calories and 12 grams protein
- Caramel and Strawberry Flavor
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Diabetashield®**

- Fruit flavored protein supplement
- Sweetened with Splenda
- 8 ounces = 150 calories and 7 grams protein
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Isopure®**

- Alternative to "milky" protein shakes
- Along with standard flavors, available in variety fruit-type flavors
- Available at GNC

# Vitamin and Mineral Supplementation

Since your portions sizes will be much smaller it will be almost impossible for you to obtain an adequate amount of vitamin and minerals through your food alone. It is **mandatory** that you take a multivitamin everyday after surgery. Some patients may require additional calcium and iron supplements in addition to the multivitamin. Ask your physician for guidelines.

## Suggested Multivitamins:

- Shaklee® Chewable
- Flinestones® Chewable with Iron
- Optisource™ Chewable (Available in Walgreen stores)
- Centrum® Chewable



## Suggested Minerals:

- **Iron:** 325 mg as Ferrous Sulfate for menstruating women
- **Calcium:** 1000-1500 mg/day as Calcium Citrate in 2-3 500 mg doses



# General Guidelines

The first band adjustment usually occurs approximately 6 weeks post-operatively.

It is extremely important that the guidelines below are followed closely. Choosing to be non-compliant with them could result in dangerous complications after surgery.

1. **DO NOT EAT AND DRINK AT THE SAME TIME!!** Wait 30 minutes after meals to begin drinking fluids. Stop drinking 30 minutes before your anticipated meal.
2. For the first 6 weeks it's strongly encouraged to use a protein supplement along with diet.
3. Portion out your meal with measuring instruments.
4. Eat only 3 meals a day once solids have been added to diet.
5. Avoid foods that are difficult to digest (nuts, tough meat, celery, etc.)
6. Avoid "doughy" or "sticky" foods (soft, white bread, peanut butter, dried fruits).
7. Chew all food to a pureed texture.
8. Eat slowly – take at least 20-30 minutes to consume your meal.
9. Make sure half your meal is a protein source.
10. Only sip low calorie beverages between meals.
11. Take your multivitamin everyday.

## Week 1 – 2: Full Liquids

During these 14 days after surgery you should intake liquids that are thin enough to be drunk through a straw. However, it is cautioned that these liquids be consumed through small sips rather than with a straw. Make sure to include your protein supplements throughout the day to ensure you meet your protein requirements. Remember to look for sugar-free alternatives to liquids. It's very easy to get an excessive amount of calories through liquids alone. It's important to be on liquids to keep the stomach from working too hard, decrease pressure on the band, and to avoid any vomiting in the immediate post-operative period.

### Examples:

Skim, 1% Milk, or Soy Milk

Blue Bunny Lite 85® Smoothies

Strained, Thinned Cream Soups or Tomato Soup

100% Fruit Juice (Apple, White Grape – lower acidity)

Tea (Hot or Cold)

Hot Chocolate

Coffee

Broth

Sugar-Free Carnation Instant Breakfast®

Optisource®

Diabetashield®

Isopure®



**NO CARBONATED LIQUIDS!!!**

## Week 2 – 4: Full Liquid/Pureed

During these weeks full liquids will be continued and foods with a pureed consistency may be added to diet. This entails foods that require no chewing and foods that melt in the mouth to liquid. Protein supplements should be continued to be consumed during these two weeks.

**Portion size of meals:** No more than ¼ cup

### Examples:

Cream of Wheat

Grits

Malt-o-meal

Oatmeal

Fat-Free Puddings, Non-fat Yogurt, Light Ice Cream

Sugar-Free Popsicles and Jell-O®

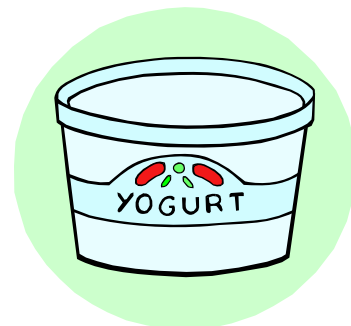
Scrambled Eggs (mashed with a fork)

Mashed Potatoes

Cottage Cheese (mashed with a fork)

Applesauce

Baby Food



## Week 5: Transition to Soft Foods

During this week softer foods can be transitioned into diet. This should be done very slowly with only one new food per meal to help monitor food tolerance. Continue with the other foods from previous weeks. Also continue protein supplements to provide a sufficient amount in combination with diet.

**Portion size of meal:** No more than  $\frac{1}{4}$  cup

### Examples:

Boiled or Scrambled Eggs

Soft 2% cheese (Mozzarella or Swiss)

Rice or Soft Cooked Noodles

Soft Cooked Potato or Baked Potato

Beans (\*high gas food)

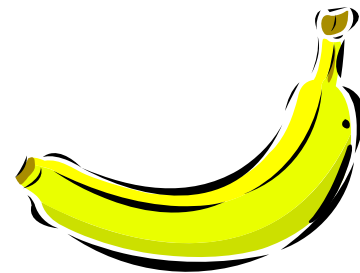
Soft, Over-Cooked Vegetables

Canned Fruit in Natural Juice

Banana

Toasted Bread

Crackers



## Week 6: Transition to Regular

During this week try transitioning more solid type foods into diet. Remember to slowly add foods into diet and no more than one new food per meal. Take small bites and chew everything to a pureed consistency. Use protein supplements if meats are not tolerated well at this point.

**Portion size of meal:** No more than ½ cup

### Examples:

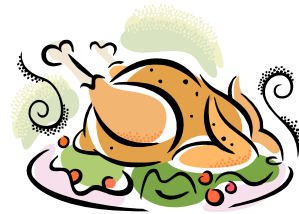
Extra Lean Ground Beef (Avoid Steak), Turkey, Chicken, Pork, Fish (chew, chew, chew!)

Deli Meats

Crisper Steamed/Boiled Vegetables

Shredded Lettuce

Bread



## Week 7+ : Regular

From this week on most foods should be included into diet. All individuals will have different toleration of foods. There may be some foods that are cause problems indefinitely after placement of the band. These foods should be avoided to decrease risk of complications. Focus on nutrient dense foods (providing protein, vitamins, etc.) and “healthier” options. Look for sugar-free and lower fat alternatives to many of your favorite foods.

**Portion size of meal:** ~ 1 cup

### Examples:

Healthy Choice® or Lean Cuisine® Frozen Dinners

Raw Vegetables and Fruits

Tender, Lean Cuts of Red Meat (Avoid steak unless small bites and chewed thoroughly).

## Exercise

Exercise is the other key component to making your weight loss successful and lifelong. Diet alone will help you lose weight, but adding in a daily amount of exercise will help you burn calories and fat which will lead to quicker weight loss with more results. Exercise will also help you build muscle mass which will increase your metabolism. The activity of exercise doesn't have to be strenuous or exhaustive, but consistency is the key here. Make sure to get in a minimum of 30 minutes of cardiovascular (aerobic) exercise a day. If joint problems or arthritis prevents much activity try swimming, water aerobics, or bicycling which are examples of non-weight bearing exercise that won't put pressure on your joints.



**PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PLAN!!**

**If you have any questions before or after surgery, please do not hesitate to call. We are committed to helping you have a successful weight loss surgery.**

**Katrina Castle RD/LD  
405-945-5347**