ARCH BARIATRICS

Post-Operative Nutrition Guidelines for Gastric Band

If you have any questions or concerns about these guidelines, please contact our office at (314)6901527

Behavior Modifications

- **Small portions**

  Your portions will be significantly smaller than prior to surgery.

- **Chew foods thoroughly.**

  It is essential to chew all your foods thoroughly in order to get it through the stoma. If you do not chew your food thoroughly, you may get foods stuck , have pain, and/or have food come back up.

- **Eat slowly.**

  It is important to take your time with a meal because if you go too fast, it is very easy to eat too much and become sick.

- **Stop eating when you begin to feel satisfied.**

  You should not be feeling uncomfortable or in any pain. If you are, you have eaten too much.

- **Eat protein first with your meals.**

  High protein foods should be consumed first with each meal every day in order to make sure you are getting enough protein in throughout the day. If you don't eat your high protein foods first, you may fill up on too much of other foods and not be able to get enough protein in to keep you healthy.

- **No drinking with or around meals.**

  You should stop drinking 30 minutes before a meal and not drink anything until 30 minutes after a meal. Drinking too close to meals can liquefy the foods in your pouch and push the food through too quickly, so you won't feel satisfied or may be hungry between meals.

- **Drink 64 ounces of fluids each day.**

  This is essential to keep you hydrated, which can be especially difficult right after surgery.

- **Do not drink carbonated beverages.**

  Carbonation can put extra pressure on inside your stomach, which can cause pain and gas.

- **Limit alcoholic beverages and limit caffeine.**

  Alcohol and caffeine can contribute to dehydration. Alcoholic beverages are also often high in calories.

Vitamin & Mineral Supplements

After surgery, it is important to be taking vitamin and mineral supplements because your small portions do not allow you to get all the nutrients you need just from food. It is essential to choose high-quality, high-potency vitamins that will be most appropriate for helping you meet your needs after surgery. Many people find they tolerate their vitamin and mineral supplements if they take them with meals, rather than on an empty stomach. This is not required, but suggested for your comfort.

All vitamin and mineral supplements should be chewable , liquid or dissolvable for life!

- **Multivitamin**

  - You will need to take 1 chewable, liquid or dissolvable multivitamin per day.

  - We recommend the Celebrate brand.

- **Calcium with Vitamin D**

  - We recommend Celebrate calcium or Calcet.

  - You need to take 2—3 per day and these must each be taken two or more hours apart. You can only absorb approximately 500 mg calcium at one time, so each 500 mg chew has to be taken separately.

***Sample Supplement Plan:**

Take 1 calcium chew with breakfast.

Take 1 calcium chew with lunch.

Take 1 calcium chew with dinner.

Take 1 chewable multivitamin at bedtime.

*Please note that this plan is just a suggestion. Other variations of this plan are possible and may work better with your lifestyle. Please discuss any concerns about when you take your vitamins with your dietitian.

Protein

Protein is essential in your diet because it helps repair and build new cells in your body, so it is involved in keeping your hair and muscles healthy. In order to ensure you are getting adequate protein in your diet, you should consume protein first with all of your meals.

How much protein do you need? MEN need 65 grams per day, WOMEN need 50 grams per day.

Protein shakes can be helpful for meeting protein needs during the first few weeks after surgery, but should not be continued long-term. Liquid calories do not help fill you up and can set you back on your weight loss, so **these should be stopped after the first month or two after surgery**. For your protein shakes, whey protein is the best option and search for ones with little to no sugar and fat.

Acceptable options include:

- Unjury™
- Beneprotein® by Resource
- Pro-Stat™ 64
- Perfect Zero Isopure®
- Nectar®
- Body Fortress 100% Whey Protein
- GNC 100% Whey Protein
- GNC Optimum Nutrition 100% Whey
- Syntrax Matrix 5.0
- Carb Solutions™
- Designer Whey Protein®
- Low Carb Slim Fast
- EAS AdvantEdge®

Once you are eating solid protein sources, such as chicken, fish, turkey, eggs, and beans, if you are still struggling to get enough protein, eating an **occasional** protein bar would be acceptable.

Protein bars should be LESS THAN 200 calories, with AT LEAST 15 grams of protein.

Acceptable options include:

- Pure Protein Bar
- Balance Bar
- EAS Lean 15 Bars
- Zone Perfect—Classic Flavor Bars
- Life Choice Protein Bars
- Supreme Protein Carb Conscious Bars
- Smart For Life Protein Bars
- SOME Atkin's Advantage Bars

Pre-Operative Clear Liquids

The pre-operative clear liquid diet is typically followed for 7 to 14 days, as directed by your surgeon. It is important to follow this diet, as it helps to shrink the liver, which makes surgery safer. An added bonus is that many people lose a significant amount of weight prior to surgery from being on this diet. As a general rule, liquids allowed on this diet should be 10 calories or less per serving .

Acceptable Clear Liquids During Pre-Operative Clear Liquid Diet Include:

- Water
- Ice chips/cubes
- Sugar-free drinks, like Sugar-Free Kool-Aid/Wyler's, Crystal Light
- Gatorade diluted to half strength with water
- Thin broths or bouillon (No vegetables or meat chunks) - limit to 2 servings per day
- Sugar-free popsicles and ices
- Coffee and tea with artificial sweeteners (no milk or cream)
- Fruit2O Flavored Water, Dasani Flavored Water, Propel Zero Fitness Water, Vitamin Water Zero, Powerade Zero
- Sugar-free Jell-O, any flavor
- Sugar-free gum

Week 1: Clear Liquids

Acceptable Clear Liquids During Your First Week After Surgery Include:

- Protein Water (Isopure Zero Carb Protein Drink, Cytosport Whey Isolate Protein Drink or Designer Whey Protein2Go Drink Mix) - Aim for MINIMUM of 15 grams of protein per day from these sources.
- Water
- Ice chips/cubes
- Sugar-free drinks, like Sugar-Free Kool-Aid/Wyler's, Crystal Light
- Gatorade diluted to half strength with water
- Thin broths or bouillon (No vegetables or meat chunks) - limit to 2 servings per day
- Sugar-free popsicles and ices
- Decaf Coffee and tea with artificial sweeteners
- Fruit2O Flavored Water, Dasani Flavored Water, Propel Zero Fitness Water, Vitamin Water Zero, Powerade Zero
- Sugar-free Jell-O, any flavor

Remember: NO carbonated beverages, NO alcohol, NO drinking with straws

Drink liquids slowly with "baby-sips," never gulp, guzzle or chug

Note: Start walking! Try to increase your walking to 3 ten minute walks daily, 150 minutes every week minimum. No lifting over 20 lbs. for two weeks and no vigorous activity for 6 weeks, to allow the port to heal. Do NOT submerge yourself (NO bath tub, swimming pool or hot tub) for one month.

Week 2: Full Liquids

Acceptable full liquids during your second week after surgery include:

- All clear liquids
- Skim milk
- Sugar-free hot chocolate
- Approved protein shakes (Refer back to page 4)
- Cream soups (or blended soups) with NO chunks or particles
- THINLY cooked Cream of Wheat, Malt-O-Meal or grits
- Applesauce with no particles, and with no sugar added
- Sugar-free pudding
- Sugar-free fudgesicles
- Vegetable juices, such as tomato and sugar-free V-8 Splash®
- Low-fat smooth and creamy yogurt, with no fruit pieces or sugar added

Remember: NO carbonated beverages, NO alcohol and NO drinking with straws!

Drink liquids slowly with "baby-sips", never gulp, guzzle or chug.

Walk 150 minutes every week minimum!

Note: Start taking your daily chewable, liquid or dissolvable vitamin and mineral supplements (menstruating females should take multivitamin that contains iron). Your regular medications should be crushed and taken with applesauce, dissolved in fluid, or taken in a liquid form. Protein supplements are high in calories and are not necessary after Lap-Band®/REALIZE Band surgery. Some patients feel energized with protein supplements. If you would benefit from protein supplements, feel free to use them, but monitor the amount of calories they give you.

Week 3: Soft Foods

Acceptable soft foods during your third week after surgery include:

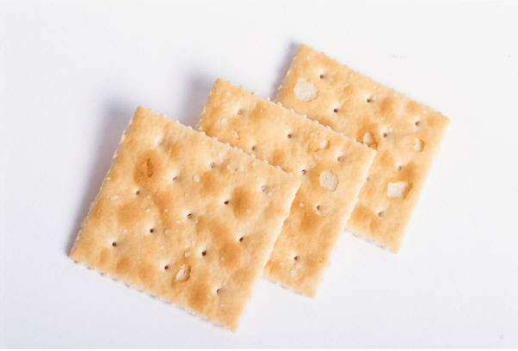
- Hot cereal, like grits, oatmeal, cream of wheat
- Mashed potatoes made with skim milk
- Low-fat or fat-free cottage cheese
- Blended soups and pureed foods
- Scrambled eggs
- Canned tuna/chicken mixed with light mayonnaise
- Low-fat crackers like saltines and graham crackers
- Peanut butter with no sugar added
- Low-sugar and low-fiber cereals with skim milk, like Cheerios®, Rice Krispies® and corn flakes
- Canned fruits (in juice or water), melons, ripe bananas
- Canned vegetables or tender cooked vegetables (no peels/ seeds)
- Beans and lentils
- Tofu and soy products

Remember: NO carbonated beverages, NO alcohol, NO drinking with straws!

Drink liquids slowly with "baby-sips", never gulp, guzzle, or chug.

Three healthy meals a day with a protein source for your first few bites. Take small bites, chew food the consistency of toothpaste, and eat slowly!

AVOID all fluids 30 minutes before, during and 30 minutes after a meal.



Continue taking your chewable, liquid or dissolvable vitamin/ mineral supplements. All medications should be crushed, dissolved or in liquid form.

EXERCISE! Do your 3 ten minute walks daily, 150 minutes every week minimum. If you fail to do sustained exercise to increase your heart rate, you will never improve your metabolic rate. If your metabolic rate does not improve, then you will probably not burn enough calories to lose weight. The optimal daily exercise is actually 3 twenty minute walks daily, but doing 30 minutes of exercise daily gives you about 80% of the optimal health benefit.

Soft Foods

These menus are just examples of what your meals might look like. You do not need to follow these plans exactly, but you do need to stick with eating only approved foods listed on the previous page.

7:00 am	½ cup Activia yogurt
8:00 am	1 cup water 1 chewable calcium with vitamin D
10:00 am	1 cup Crystal Light
12:00 pm	3 oz. meatless chili 1 chewable multivitamin
1:00 pm	1 cup water with Metamucil
2:00 pm	1 cup skim milk
4:00 pm	1 cup protein water 1 chewable calcium with vitamin D
5:00 pm	¼ cup scrambled egg ¼ cup fat-free cottage cheese
6:00 pm	1 cup water 1 chewable calcium with vitamin D
7:00 pm	1 cup skim milk
8:00 pm	1 cup Alpine Sugar-Free Spiced Apple Cider

8:00 am	¼ cup low-fat cottage cheese ¼ cup diced peaches
9:00 am	1 cup skim milk
10:00 am	1 cup water with Metamucil
12:00 pm	½ cup canned tuna mixed with 1 Tablespoon low-fat mayonnaise 1 chewable multivitamin
1:00 pm	1 cup Crystal Light 1 chewable calcium with vitamin D
3:00 pm	1 cup protein water
4:00 pm	1 cup skim milk 1 chewable calcium with vitamin D
5:00 pm	1/2 cup Chobani Greek yogurt ¼ cup diced pears
6:00 pm	1 cup water 1 chewable calcium with vitamin D
7:00 pm	1 cup sugar-free Kool-Aid

Week 4—8: Modified Regular Foods

Acceptable regular foods during week four through week eight include ALL except:

- DO NOT EAT Breads, all types
- DO NOT EAT Rice, all types
- DO NOT EAT Pasta, all types
- DO NOT EAT Raw vegetables (including salads)
- DO NOT EAT beef, pork, venison, veal or lamb

Note: Focus carefully while eating. Many patients have to eat alone at first, otherwise they will talk during a meal and not pay attention— they will return to old habits of large bites, not chewing, drinking with meals, and eating too fast. If you eat too fast, take too large a bite, not chew thoroughly, or eat too much, you may develop severe pain in the chest or below the rib cage. This pain is from the esophagus trying to contract and to force food through the band. The pain will last up to an hour and vomiting often occurs.

Be sure to get 150 minutes of exercise each week. There are only TWO types of patients: those who exercise and those who find excuses (long work hours, cold weather, kid's schedules, etc.)

Remember: NO carbonated beverages, NO alcohol, NO drinking with straws!

Drink liquids slowly with "baby-sips", never gulp, guzzle, or chug.

Three healthy meals a day with a protein source for your first few bites. Take small bites, chew food the consistency of toothpaste, and eat slowly!

AVOID all fluids 30 minutes before, during and 30 minutes after a meal.

Modified Regular Meal Plans

8:00 am	1 hard-boiled egg ½ cup cooked oatmeal
9:00 am	1 cup decaffeinated coffee 1 chewable multivitamin
10:00 am	1 cup skim milk
11:00 am	1 cup water with Metamucil or Benefiber 1 chewable calcium with vitamin D
12:00 pm	3 oz. grilled tilapia ½ cup peaches
1:00 pm	1 cup water 1 chewable calcium with vitamin D
3:00 pm	1 cup protein water
4:00 pm	1 cup water 1 chewable calcium with vitamin D
6:00 pm	3 oz. baked chicken ¼ cup mashed potatoes ¼ cup cooked green beans
7:00 pm	1 cup water
8:00 pm	1 cup protein water
9:00 pm	1 cup unsweetened decaf hot tea

8:00 am	1 Atkins Advantage Peanut Butter Granola Bar
9:00 am	1 cup water 1 chewable multivitamin
10:00 am	1 cup water 1 chewable calcium with vitamin D
12:00 pm	3 oz. chicken with 2 Tbsp. Salsa ¼ cup pears
1:00 pm	1 cup water 1 chewable calcium with vitamin D
2:00 pm	1 cup skim milk
3:00 pm	1 cup protein water 1 chewable calcium with vitamin D
5:00 pm	3 oz. tuna salad (no celery) ½ cup cooked spinach
6:00 pm	1 cup water
8:00 pm	1 cup protein water

Week 8 and Beyond: Regular Diet

MOST foods are allowed on the diet at this time. You may try most foods, but most patients will have difficulty with one or more types of food, especially **red meat and vegetables that are difficult to chew the consistency of toothpaste**. These foods often stick to your pouch and block off the opening. If you have nausea and vomiting after eight weeks from surgery, your band should be fibrosed (cemented or scarred) in place and the band should not be harmed. You can try carbonated sugar-free drinks, but beware—you may have gas pains since you cannot burp normally. You can have alcoholic beverages in moderation, but remember that alcohol is very high in calories and it is not encouraged.

- Do NOT EAT bread, rice or pasta!
- STOP drinking protein drinks if you have not already.

Drink liquids slowly with "baby-sips", never gulp, guzzle, or chug.

Three healthy meals a day with a protein source for your first few bites. Take small bites, chew food the consistency of toothpaste, and eat slowly!

AVOID all fluids 30 minutes before, during and 30 minutes after a meal.

EXERCISE! Do your 3 ten minute walks daily, 150 minutes every week minimum (there are over 10,000 minutes in a week!). Remember that this is essential to improving your metabolic rate, so you can burn calories efficiently. There are only two types of patients: those who exercise and those who find excuses!

Note: Continue your daily chewable vitamins FOR LIFE! Your regular medications can now be taken as prior to surgery. Take each pill one at a time with several sips of water over several minutes each. Do not take medications with meals. If your medication must be taken with a meal, then take the medication 30 minutes after eating the meal with several sips of water. Make certain that you drink your full amount of liquids (64 ounces) slowly throughout the day, about six ounces an hour. At least 32 ounces should be plain water.

Other Information

- The first week after surgery, there will be swelling on the inside lining of the stomach, so the opening between the top of your stomach (or pouch) and the rest of your stomach will be very small, about the size of a pencil lead. Because of this swelling, many patients will feel little hunger during the day. Make certain that you drink your full amount of liquids (64 ounces) slowly throughout the day, about six ounces every hour. At least 32 ounces should be plain water. Your regular medications should be crushed, dissolved in fluid or taken in a liquid form.

- The second week after surgery, the swelling on the inside lining of the stomach will start to go away. Your new sense of fullness may feel like pressure in your chest or below your rib cage.

- It is important that you drink your full amount of liquids (64 ounces) slowly throughout the day, about six ounces an hour. At least 32 ounces should be plain water.

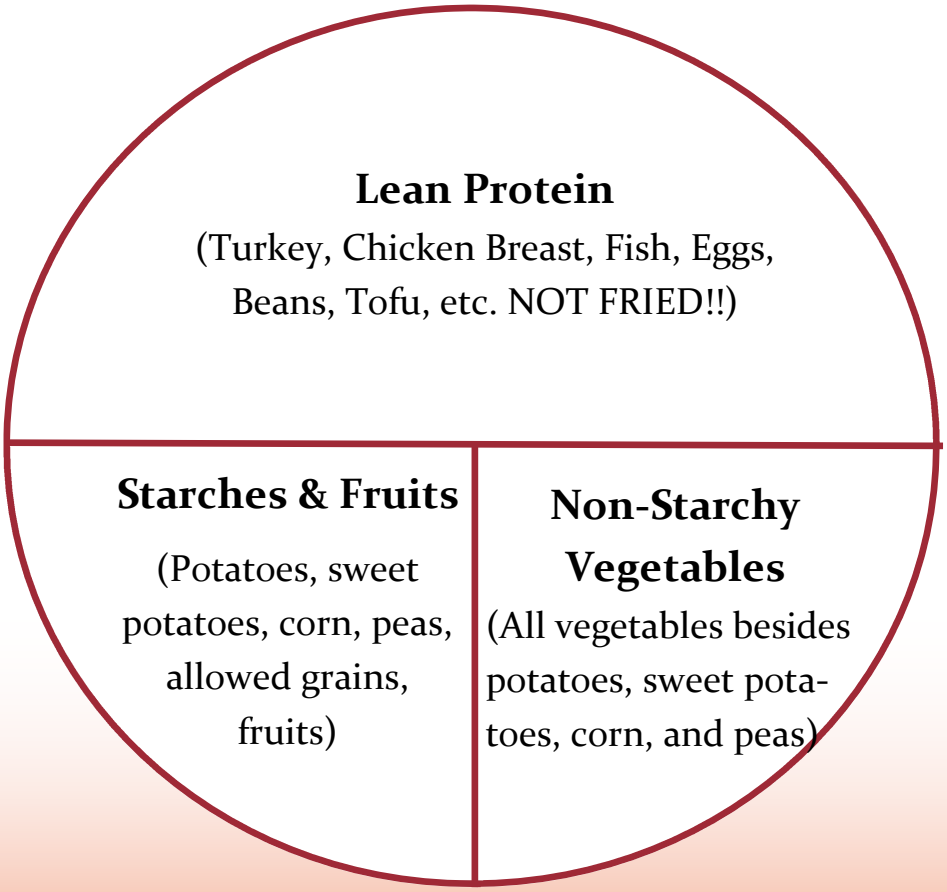
- If you do not follow these guidelines, you will likely block off the opening of the Lap-Band Band, which will lead to nausea and vomiting. If you have nausea and vomiting during the first two months after surgery, you will likely tear out the sutures in your stomach covering the Lap-Band, and you will likely develop a band slippage in the future.

Sample Meal Plans

The following pages have some sample meal plans that would be appropriate for you after you have fully healed and are back on a regular diet. You do not need to follow these plans exactly, but they will provide you with an idea of what your meals should look like. If you are interested in getting more meal plans, please contact your dietitian.

In general, you want to make sure that each of your meals contains a good source of protein. With this, you want to include healthy sides, such as vegetables, fruits and whole grains. You should eat 2—3 meals per day with no snacks.

You may use the following "plate" to give you an idea how to create your meals. This plate should be about the size of a salad plate.



Meal Plans for Men
(65 grams of protein per day)

Drinks:	1 cup coffee, Splenda 8 ounces skim milk
Breakfast	1 hard boiled egg 1 medium banana
Drinks:	1 bottle Powerade Zero
Lunch:	1 Healthy Choice Country Herb Chicken frozen meal
Drinks:	16 oz. water 8 oz. skim milk
Dinner:	3 oz. roasted turkey breast 1/4 cup green beans 1/4 cup mashed potatoes
Drinks	16 ounces water

Drinks	8 oz. skim milk
Breakfast	1 Quaker Weight Control Oatmeal 2/3 cup hot milk (to make oatmeal)
Drinks	16 oz. water
Lunch	Hormel Turkey Chili with Beans 1 medium pear 1 oz. trail mix
Drinks	16 oz. water 8 oz. unsweetened tea
Dinner	3 oz. grilled chicken breast 1/4 baked sweet potato with 1 tsp. margarine, Splenda and cinnamon to taste 1/4 cup cooked broccoli
Drinks	16 ounces water

Drinks	8 ounces hot tea with Splenda
Breakfast	1 container plain Oikos Greek yogurt 2 tsp. honey 1/4 cup blueberries 1/4 cup granola
Drinks	16 ounces Crystal Light
Lunch	Tyson Premium Chunk Chicken Salad Kit 1 peach 1 low-fat string cheese
Drinks	16 ounces water 16 ounces Dasani flavored water
Dinner	3 oz. broiled salmon 1/4 cup green beans 1/2 cup mashed sweet potatoes
Drinks	8 ounces skim milk

Drinks	1 cup coffee 8 ounces skim milk
Break-fast	2 eggs, scrambled with 1/8 cup shredded reduced fat Cheddar cheese 1/2 banana
Drinks	16 ounces water
Lunch	6 Club crackers 2 oz. deli turkey 1 slice reduced fat cheddar Cheese 1/4 cup canned peaches
Drinks	16 ounces Sugar-Free Kool-Aid
Dinner	3 oz. grilled turkey burger 1/4 cup cooked spinach 1/4 cup baked beans
Drinks	8 ounces water

Meal Plans for Women
(50 grams of protein per day)

Drinks	1 cup coffee, Splenda 8 ounces skim milk
Breakfast	2 eggs, scrambled 1/2 banana
Drinks	1 bottle Powerade Zero
Lunch	Starkist Ready Made Tuna Salad Lunch-To-Go Chunk Light 1 orange
Drinks	16 ounces water
Dinner	3 oz. grilled turkey burger 1/4 cup coleslaw 1/4 cup potato salad
Drinks	16 ounces water

Drinks	1 cup coffee, Splenda
Breakfast	1 medium banana 2 Tbsp. peanut butter
Drinks	8 ounces water 16 ounces Crystal Light
Lunch	Lean Cuisine Turkey & Vegetables frozen meal 2 graham cracker sheets
Drinks	16 ounces water
Dinner	3 oz. baked halibut 1/4 cup cooked carrots 1 kiwi, peeled
Drinks	16 ounces unsweetened tea

Drinks	8 ounces skim milk
Breakfast	1 packet Quaker Weight Control oatmeal 2/3 cup hot milk (to make oatmeal) 1/4 cup Craisins
Drinks	16 ounces water 8 ounces tomato juice
Lunch	Hormel Turkey Chili with Beans 1 medium pear
Drinks	1 bottle Fruit2O Flavored Water
Dinner	3 ounces grilled chicken breast 1/4 baked sweet potato with 1 tsp. margarine, Splenda & cinnamon to taste 1/4 cup cooked broccoli
Drinks	16 ounces water

Drinks	1 cup hot tea
Breakfast	2 links turkey sausage 1/2 cup strawberries
Drinks	16 ounces water
Lunch	6 Club crackers 2 oz. deli turkey 1 slice reduced fat Cheddar cheese 1/4 cup canned pears
Drinks	1 bottle Dasani flavored water
Dinner	1 cup mixed salad greens with 3 ounces Tyson fully cooked chicken breast strips, 2 Tbsp. raspberry vinaigrette dressing, 1/4 cup mandarin oranges, 1/4 cup sliced almonds
Drinks	16 ounces water

Diet Support

- ARCH BARIATRICS staff is available Monday through Friday to help you with all of your diet and nutrition-related questions.

  Phone: **(314)6901527**

- There are many bariatric support groups available. Please contact our office for more information.
- Arch Bariatrics has a Facebook page, where we post fitness, nutrition and other useful information. “Like” us at http://www.facebook.com/archbariatrics.

Recipe Websites

There are many websites where you can find healthy recipes. Only a few are tailored to people that have had bariatric surgery, but with a few modifications, many healthy recipes can work for you.

- www.lapband.com
- www.cookinglight.com
- www.eatbetterearly.com
- www.livebetteramerica.com
- www.eatingwell.com
- http://www.bariatriceating.com/category/wls-friendly-recipes/