

## **LAPBAND DIETARY GUIDELINES: LIQUIDS**

A **liquid diet** is required throughout various stages of your weight loss with the Lap-Band while your stomach is adjusting to the band.

The **liquid diet** is recommended after a band adjustment (fluid addition to the Lap-Band) to allow your stomach time to adjust to the tighter band. You will be instructed on how long to stay on liquids at the time of your band adjustment. \*Typically 1-2 days of **liquids** post band adjustment is recommended\*

### **Special Circumstances**

You may be placed on a liquid only diet by your nurse practitioner if you are experiencing nausea, vomiting, reflux, pouch dilation, or band slippage. Adhering to a temporary liquid diet can often improve or alleviate these problems.

The following list includes band-appropriate choices for a liquid diet:

- Water
- Broth or clear liquid poured off of soup
- Coffee
- Crystal Light
- Sugar free jello
- Sugar free popsicles
- Herbal teas
- V8 juice
- Protein shakes
- Skim milk
- Juice
- Low fat instant breakfast mixes
- Low fat creamy soups (strain out solids)
- Applesauce
- **Thinned out** Oatmeal/Cream of Wheat
- Smoothies
- Pureed fruit
- Low fat, low sugar pudding
- Low fat, low sugar Greek yogurt

When on a liquid regimen, we recommend 3 protein drinks per day to ensure that you receive adequate amounts of protein. Meeting your recommended protein intake (60 grams of protein per day) will help maintain your energy level and prevent your body from breaking down its own lean muscle mass for protein needs.

We also recommend that you drink a minimum of eight 8-ounce glasses of water per day (in addition to your three protein drinks).

## **LAPBAND DIETARY GUIDELINES: SOFT FOODS**

Soft “mushy” foods are often implemented after a Lap-Band adjustment to help your stomach heal and properly adjust to having the band tightened.

The **soft diet** serves as a transition from liquids to solids for various reasons:

- After an an adjustment
- When you have been placed on liquids due to discomfort/dilation/band slip and are pending transition back to solids

While following the **SOFT** foods diet, you may also have all of the foods included in the **LIQUID** diet. Make sure that soft foods are well tolerated prior to advancing to regular/solid foods. You can soften foods by cooking, mashing, grinding, or placing it in a blender or food processor. Canned fruits/vegetables are usually mushy.

The following list includes band-appropriate choices for a **soft** food diet:

- All of the items on the **LIQUIDS** food list
- Soft canned fruit (in natural juice; no added sugar)
- Well-cooked mushy vegetables (no stalks or crunchy vegetables)
- Thinned scrambled eggs (if tolerated)
- Baby food
- Soft sweet potatoes/yams
- Thinned grits
- Thinned low fat refried beans
- Low fat cottage cheese
- Soft ripe bananas
- Greek yogurt

When on a liquid and soft food regimen, we recommend 3 protein drinks per day to ensure that you receive adequate amounts of protein. Meeting your recommended protein intake (60 grams of protein per day) will help maintain your energy level and prevent your body from breaking down its own lean muscle mass for protein needs.

We also recommend that you drink a minimum of eight 8-ounce glasses of water per day (in addition to your three protein drinks).