



LAPBAND

Pre-op and Post-op Dietary Guidelines

Eating before and after surgery

- Follow these guidelines as instructed.
- Do not advance your diet too soon – any stage of the diet may be *extended* if you or your Nutritionist feel is necessary. However, *none* of the stages are to be shortened or advanced ahead of schedule.
- **THERE ARE NO SHORTCUTS THROUGHOUT YOUR POST-OP DIET.** Advancing your diet too soon can increase your risk of serious complications.
- Become accustomed to the post-operative changes & meal strategies.

If you experience any problems contact our office *immediately*: 210-220-1726

The Pre-op Diet: How to eat in the weeks before your surgery

Duration	<ul style="list-style-type: none"> Start 14 days before your Weight Loss Surgery (WLS) date <i>Your surgeon and/or Nutritionist may alter the duration</i>
Goals	<ul style="list-style-type: none"> Reduce the size of the liver Prepare your home with all the tools/liquids/foods needed after surgery
Instructions	<ul style="list-style-type: none"> Replace 2 meals with a Bariatric Advantage protein shake and have 1 meal made from the foods listed in the chart below Drink at least 64oz fluids per day, with 32oz of this being plain water FOR THE 3 DAYS BEFORE SURGERY: REPLACE ALL MEALS WITH BARIATRIC ADVANTAGE PROTEIN SHAKES. (<i>Drinking only liquids ensures your stomach will not have any food in it during your operation.</i>)

Proteins: serving size 4oz	Vegetables: serving size 1 cup
<ul style="list-style-type: none"> Skinless chicken Steak Pork chop Fish filet Eggs <p>Avoid deep-fried, battered proteins. Grill, bake, broil, or sauté your meats in butter/oil with salt-free seasoning.</p>	<ul style="list-style-type: none"> Broccoli Green beans Iceberg, Romaine, Spring Mix Spinach Cucumber Brussels sprouts Asparagus Cabbage Cauliflower Swiss chard Yellow summer squash Zucchini Dressings for salad: Ranch, Caesar, Oil & Vinegar
Snacks (if needed): 2 per day <ul style="list-style-type: none"> Sugar-free gelatin (no fruit), sugar-free popsicles, 1 boiled egg, 1 cheese stick 	

Sample Menu

Breakfast: 8oz Bariatric Advantage protein shake
Lunch: Baked chicken breast, 1 cup spring mix salad w/ 1 Tbsp Ranch dressing
Snack: Sugar-free Jell-O
Dinner: 8oz Bariatric Advantage protein shake

! **If you are taking diabetic medications:** Please contact your primary care physician to discuss the possibility of adjusting your diabetic medications. You will be consuming a very low amount of carbohydrate on the pre-op liquid diet and after surgery, so you may **not** need your regular dose of diabetic medications.

It is your responsibility to contact your physician regarding your diabetic medications, and whether any changes are necessary.

South Texas Surgeons does not manage or prescribe diabetic medications.

Bariatric Advantage Meal Replacements

How do I make a protein shake?

1. Add 2 scoops of BA protein powder to 8 ounces (1 cup) of cold water.
2. Shake in plastic shaker or blend in a blender with ice.

Tips:

- Freeze the shakes for an ice cream consistency
- Add ice cubes
- Blend with ice cubes and allow to set in refrigerator for ~30 minutes; this creates a malt-like consistency



****DO NOT add juice, milk, fruit, ice cream, or any other food to the shake that will increase calories/carbohydrates****

Bariatric Advantage High Protein Shake Recipes

Lemonade Shake <ul style="list-style-type: none"> • 8 ounces water • 1 packet Crystal Light on the Go Lemonade • 2 scoops vanilla protein powder 	Orange Creamsicle <ul style="list-style-type: none"> • 8 ounces water • One packet Crystal Light on the Go orange flavor • 2 scoops vanilla protein powder
Mocha/Vanilla Frappe <ul style="list-style-type: none"> • 4 ice cubes • 6 ounces coffee* • 2 scoops chocolate/vanilla protein powder 	Chocolate-Banana shake <ul style="list-style-type: none"> • 8 ounces water • 4-5 ice cubes • 1 scoop banana protein powder • 1 scoop chocolate protein powder
Tangerine Cream <ul style="list-style-type: none"> • 4 oz. Tangerine Diet Rite/Diet Orange Sunkist* • 4 ice cubes • 2 scoops vanilla protein powder 	Root Beer Float <ul style="list-style-type: none"> • 4 ounces diet Root Beer* • 4 ice cubes • 2 scoops vanilla protein powder
Pina Colada <ul style="list-style-type: none"> • 6 ounces water • 4 ice cubes • 1 tsp sugar-free coconut extract • 2 scoops vanilla protein powder 	Chocolate-covered Strawberries <ul style="list-style-type: none"> • 6 ounces water • 4-6 ice cubes • 1 scoop chocolate protein powder • 1 scoop strawberry protein powder

Common Questions about the Bariatric Advantage liquid diet:

(Q) "What flavors do the BA-Meal Replacements come in? (A) "Chocolate, Strawberry, Banana, Orange Cream, Latte and Vanilla"

(Q) "How many meals can I get from 1 container?" (A) "One bag will give you 35 meals."

(Q) "How much is one container?" (A) "\$55-- for 35 servings (1bag). A 2-week supply is \$110.00(2 bags)

Possible Side Effects of a Liquid Diet

- **Gas/Bloating**
 - All low-carb protein shakes/mixes contain artificial sugars, which may cause gas/bloating in some people. To relieve the gas make sure you are drinking 48-64oz of plain water or water with a squeeze of lemon, orange, or cucumber. Meeting your water needs will help clean your digestive system.
- **Decreased energy**
 - Some patients experience low-energy because their bodies are adjusting to a diet lacking food. Even though you are on a full liquid diet, **you are still meeting your body's nutritional needs**. Your goal is to drink 3-5 shakes/day.
- **Light-headedness**
 - It is possible to experience light-headedness on the shakes, which may be attributed to one of the following:
 - You are drinking too much caffeine
 - Caffeine should be limited to 1-2 cups coffee/tea per day and 1 diet soda per day.
 - You are not meeting your water needs
 - Aim for at least 48-64oz/day, but your body may require more, especially in warmer weather.
 - You are not drinking at least 3 shakes/day
 - Your blood-pressure medications might need to be adjusted (discuss this with your primary care doctor)
 - Your diabetic medications might need to be adjusted (discuss this with your primary care doctor)*
- **Headaches**
 - You might experience a dull, persistent headache during the first week of the full-liquid diet and could be caused by the following:
 - Significant changes in diet can sometimes cause headaches
 - You are not drinking enough water—consume at least 48-64oz/day.
 - Have you decreased your caffeine consumption? You may have what some refer to as a "caffeine headache."
- **Diarrhea**
 - If you experience more than 1 day of diarrhea, you may have 1 meal and 2 snacks chosen from the list below:
 - 3-4 oz chicken breast, steak, or pork chop, seasoned with pepper or Mrs. Dash only
 - Cheese (the size of a domino)
 - Boiled egg
 - Add a powdered fiber supplement, such as *Metamucil*, to diet. (*Before adding a fiber supplement please contact your Doctor or Nutritionist.*)

If you experience any of the listed side effects for 24 hours after beginning the protein shakes, please call our office: 210.220.1726, option 5

STAGE 1 POST-OP DIET: Liquids (Day 1 to 7)

Duration: Day 1 (day of surgery) through day 7 (one week).

- Goals:**
- **Stay hydrated**--Drink 48-64oz fluids/day. *You may drink fluids through a straw, if desired.*
 - Consume 60g protein/day from *Bariatric Advantage* (BA) High Protein Meal Replacements/day.
 - 2 scoop protein powder = 27g protein
 - You need 2-3 protein shakes/day
 - Start BA Vitamin and Calcium supplements (*Refer to page 10 for more information*)
 - *If you feel nauseous after surgery or vitamins make you nauseous, wait until the soft food stage to begin taking vitamins.*

Liquid choices include:

- Water
- Bariatric Advantage Meal Replacement
- Decaf tea and coffee
- Low-sodium broth or bouillon
- Crystal Light or fluids with artificial sweeteners (Truvia, Splenda)
- Sugar-free Jell-O
- Atkins Advantage (available at grocery stores)
- Designer Whey (available at grocery stores)

South Texas Surgeons recommends Bariatric Advantage® (BA) products due to their high-quality protein, designed for people undergoing Bariatric surgery. BA products are available in our office and online.

❖ STAGE 1 POST-OP DIET: Sample Liquid Menu

		Protein	FLUIDS
Meal 1	8oz Bariatric Advantage (BA) protein shake	30g	SIP on water, calorie-free and non-carbonated fluids throughout the day. <i>>64-oz of fluid every day.</i>
Meal 2	8oz BA protein shake (DMV) (500 mg Ca ²⁺)	30g	
Meal 3 (optional)	8oz BA protein shake	30g	
	(500 mg Ca ²⁺)		

- **DMV** = Daily Multi-vitamin
- **Ca²⁺** = Calcium

Your daily goal is to intake at least 60g protein/day from your *Bariatric Advantage* Meal Replacements and drink 48-64oz of calorie-free fluids.



Remember:

- Adequate protein intake is important to promote proper healing; it's important to reach your daily goal of 60 grams/day.
- Avoid carbonated beverages—they cause bloating and cramping of your recently operated stomach.
- SIP your fluids slowly – this will help minimize the amount of air swallowed while drinking, in order to avoid bloating and cramping. *You may drink fluids through a straw, if desired.*
- Walking can help alleviate gas discomfort. You may also use Gas-X® (Simethicone) strips or chewables.

STAGE 2 POST-OP DIET: Soft Foods (Days 8 to 14)

Duration: Post-operative day 8 through 14 (one week).

- Goals:**
- Consume 60-80g protein/day from regular food items
 - Most of your protein will come from food sources, but you may continue to use 1 protein shake/day, broth is no longer needed
 - Introduce a new soft food at each meal
 - Always eat protein first
 - Continue to drink >64oz of calorie-free, sugar-free, non-carbonated fluids a day (refer to list from Stage 1)
 - Start/continue Vitamin and Calcium supplements

In this stage you are **gradually** reintroducing healthy foods to your body. Each person tolerates new foods at a different rate, so advance your diet slowly. Identify what works for you rather than comparing yourself to other post-op patients. Use a trial and error method when trying new foods. If you are having problems with a certain food, prepare it in a different way and it might work better for you. As you heal and the swelling decreases you can expect some changes in your appetite and meal sizes.

Soft foods are moist foods that require little chewing and include:

- Vegetables: that are cooked or steamed
- Fruits: without skin and seeds
- Proteins: ground meat/turkey, eggs, tuna, cottage cheese and tofu

Choosing healthy foods:

Consuming foods with a low Glycemic Index (GI) help you feel less hungry, provide you with more energy, can lead to long-term weight loss and reduce the risk of diseases such as diabetes.

- The majority of the foods in your diet ought to have a low Glycemic Index(GI).
- Choose majority of your foods from the **Green group**
- Eat foods in the **Yellow group** with caution
- Avoid foods from the **Red group**

❖ STAGE 2 POST-OP DIET: Sample Menu With Soft Foods

		Protein	Fluids
Meal 1	1-2 soft scrambled eggs with cheese, ½ sausage patty (DMV)	~20g	Continue to sip on water, calorie-free, and non-carbonated fluids throughout the day between your meals. <i>>64-oz of fluid every day.</i> DO NOT DRINK FLUIDS WHEN CHEWING FOOD.
Meal 2	½ - ¾ C shredded chicken salad with mayo, diced onion, boiled egg (Eat with a fork—you are not ready for crackers) (500 mg Ca ²⁺)	~20g	
Meal 3	3-4 oz baked fish, ¼ C steamed broccoli with cheese 1/8 – ¼ cup cantaloupe or honeydew (500 mg Ca ²⁺)	~20g	
	Total Protein	~60 g	



Remember: The mouth & teeth now become the “food processor!”

- Eat until *satisfaction*, avoid the feeling of “full and stuffed”
- Eat slowly and chew thoroughly
- The need for well-chewed meals and healthy food choices continues in this stage and throughout your lifetime.

STAGE 3 POST-OP DIET: Regular Foods (Day 15 & onward)

Duration: Post-operative day 15 and onward (indefinite).

- Goals:**
- Consume 2-3 small healthy meals per day. Avoid snacking between meals.
 - Continue to try one new food at a time to test your tolerance.
 - Consume 60-80g protein/day from regular SOLID healthy food items
 - Consume 2-4oz protein first at the meal, followed by non-starch vegetables and if you have room, healthy carbohydrates.
 - Continue to drink >64oz of calorie-free, sugar-free, non-carbonated fluids a day. **Apply “0-30 Rule”**
 - Continue vitamin and calcium supplements

In this stage you may **gradually** reintroduce solid, healthy foods to your body. Going on to the solid/regular diet **does not** mean that you can begin eating whatever you want whenever you want. A diet rich in lean protein and produce (vegetables and fruit) with limited intake of flour products is recommended. You may broaden your menu gradually into solid foods at your own pace.

Solid foods include:

- Vegetables: raw
- Fruits: with skin and seeds
- Proteins: steak, pork and chicken breast.

Choosing healthy foods:

Consuming foods with a low Glycemic Index (GI) help you feel less hungry, provide you with more energy, can lead to long-term weight loss and reduce the risk of diseases such as diabetes. (Refer to the GI list on the next page.)

- The majority of the foods in your diet ought to have a low Glycemic Index(GI).
- Choose majority of your foods from the **Green group**
- Eat foods in the **Yellow group** with caution
- Avoid foods from the **Red group**

❖ STAGE 3 POST-OP DIET: Sample Menu With Solid Foods

		Protein	Fluids
Meal 1	1-2 egg omelet with tomato, onion, peppers and cheese 1 strip bacon (DMV)	~20g	Continue to sip on water, calorie-free, and non-carbonated fluids throughout the day between your meals >64-oz of fluid every day. DO NOT DRINK FLUIDS WHEN CHEWING FOOD.
Meal 2	3-4 oz grilled chicken, ½ C salad with 1 Tbsp dressing, 1/8 – ¼ cup berries	~20g	
	(500 mg Ca ²⁺)		
Meal 3	3-4 oz steak, ¼ C steamed Brussels sprouts/Broccoli	~20g	
	(500 mg Ca ²⁺)	Total Protein	
		~60 g	



Remember: The mouth & teeth now become the “food processor!”

- Eat until *satisfaction*, avoid the feeling of “full and stuffed”
- Eat slowly and chew thoroughly.
- The need for well-chewed meals and healthy food choices continues in this stage and throughout your lifetime.

A Low-glycemic lifestyle is a healthy way to reach your goals!

Foods grouped by Glycemic Index (GI)

GREEN GROUP (GI 0-20): Eat Routinely

Steak	Shrimp	Chicken	Duck	Pork	Lamb
Fish	Turkey	Eggs	Scallops	Tofu	Veal
Green beans	Squash	Tomato	Zucchini	Okra	Turnips
Heart of Palm	Snow Peas	Water Chestnuts	Swiss Chard	Edamame	Spinach
Celery	Cucumber	Lettuce (all types)	Mushrooms	Peppers	Radishes
Artichoke	Asparagus	Brussels sprouts	Broccoli	Onion	Kale
Cauliflower	Eggplant	Cabbage	Olives	Cheese	Avocados
Atkins Protein	Water	Crystal Light	Sugar-Free/Diet flavored beverages	Sweeteners: Stevia, Splenda	

YELLOW GROUP (GI 21-50): Eat Occasionally

Yogurt	Cottage Cheese	Walnuts, Pecans	Macadamia Nuts	Pistachios	Sunflower Seeds
Almonds	Lima Beans	Pinto Beans	Green Lentils	Red Lentils	Kidney Beans
Butter	Navy Beans	Black Beans	Special K Protein	Slim Fast Protein	BA Protein
Beans	Blackberries	Blueberries	Raspberries	Pear	Orange
Peach	Strawberries	Grapefruit	Apple	Nectarine	Apricot
Cherries	Oatmeal	All Bran Cereal	English Muffin (100% Whole Wheat)	Tortilla (100% Whole Wheat)	

RED GROUP (GI 51+): To Be Avoided

Peas	Carrots	Potato	Sweet Potato	Pumpkin	Corn
Beets	Milk	Muscle Protein	Ensure Protein	Pineapple	Watermelon
Kiwi	Mango	Raisins	Cantaloupe	Banana	Grapes
Tortillas	Pasta	Rice	Bread	Crackers	Cookies
Chips	Corn Flakes	Fruit Loops	Grapenuts Cereal	Fruit Juice	Cream of Wheat
Cheerios	Chocolate	Ice Cream	Mac N Cheese	Battered Foods	Granola Bars
“100 Calorie Packs”	Rice Cakes	Sport Drinks	Kool-Aid	Sweet Tea	Soda

Common problem foods

Listed below are foods reported by patients that tend to be difficult to tolerate. **MANY OF THESE YOU KNOW TO BE UNHEALTHY.**

- Dry or tough meats (chicken breast, shrimp, clams, oysters, tougher cuts of beef, dry pork)
- Doughy bread
- Membranes of citrus fruits (these can obstruct your stomach)
- Skins and seeds of fruits (apple, pear)
- Fibrous vegetables (celery, asparagus, corn, peapods)
- Popcorn
- Nuts and Peanut Butter
- Rice and Pasta
- The casings of processed meats (hot dogs, sausage)
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Using Your Lapband as a TOOL

For Nutrition questions/concerns, please call our office: 210.220.1726, option 5

As you move into your second and third week post-op, much of your body's healing process is complete. You are now ready to handle soft foods in larger amounts. Your efforts from this point on with food choices and eating behavior, will determine how successful your weight loss will be. Weight loss occurs because your total caloric intake is reduced. However, optimal weight loss is achieved only if the Lapband is used as a tool, not the complete source.

Keep in mind that your Lapband was placed with little or no saline in it. As the swelling reduces around the stomach over the next three weeks, you will notice your ability to eat is easier and you will notice less restriction. Your first adjustment will be discussed with your surgeon, at your 4th week post-op appointment.

REMEMBER!

You are accountable for what you eat. All foods are available to you once you reach the solid phase however; weight loss is achieved by eating a healthy diet.

Tips for a healthy diet and eating behaviors:

- Sip on water throughout the day to reach 64 oz
- Choose most of your foods from the **Green** group (see page 8)
- Eat foods from the **Yellow** group with caution
- Try to avoid foods from the **Red** group
- Take Multi-vitamins and Calcium supplements daily
- Follow the Lapband eating behaviors:
 - Putting the fork down between bites
 - Waiting *at least* 1 minute between bites
 - Chewing *at least* 10-15X per bite
 - Avoid drinking with your meal (*0-30 Rule*)
 - Eat solid the **protein first**, before the vegetables and fruits



Learning your Lapband:

Getting an adjustment will be discussed with your surgeon at each monthly visit. To avoid weight gain and/or plateaus, it's recommended that you see your surgeon each month; for the first year after surgery.

To help determine if an adjustment is needed, learn the 3 Zones:

Yellow means caution. Some would say that yellow represents "not quite there"

Red indicates it's time to stop adding fluid, you may be over filled.

Green the "Go Zone" The *best* zone of the 3. You are satisfied after modest meals, eating the right kinds of foods and losing weight. If you are in your **green** zone, you are **GOING** in the right direction!

ADD FLUID		REMOVE FLUID
NOT ENOUGH fluid in the band	RIGHT AMOUNT of fluid in the band	TOO MUCH fluid in the band
<ul style="list-style-type: none">■ Hungry between meals■ Eating large portions■ Not losing weight	<ul style="list-style-type: none">■ Not hungry between meals■ Good weight loss■ Portion control■ Patient satisfaction	<ul style="list-style-type: none">■ Poor food choices■ Regurgitation■ Discomfort while eating■ Poor weight loss■ Night cough

Vitamins and Calcium

Multivitamins: In addition to a life-changing operation, you will be consuming a lot less food and will not be able to meet all of your vitamin and mineral needs. You will need to take a quality multi-vitamin every day after you have your surgery, to avoid malnutrition.

- **Read the label:** Choose a supplement that provides 100% of the Daily Value (DV) for most of the vitamins and minerals in that supplement. Some nutrients, like calcium and magnesium, are rarely included at 100%.
- **Read the directions:** You may have to take more than 1 tablet to complete the vitamin.
 - You may take both tablets at the same time.
- **Take your vitamins *everyday!***
 - Set an alarm on your phone
 - Take your vitamins when you brush your teeth in the morning
 - Set them on your nightstand
 - Write yourself a note

Calcium: It is recommended you have 1500mg of Calcium per day. Most multivitamins will provide approximately 500mg of Calcium, so you will need to supplement the rest. This can be done with pills or a chewable.

- Calcium is absorbed most efficiently when it's taken in amounts of 500 milligrams (mg) or less at one time.
 - So if you take 1,500 mg of Calcium a day, split it into three doses over the day.
- Do not take Calcium at the same time as your multivitamin
- Calcium Citrate can be absorbed with or without food

Bariatric Approved Brands

South Texas Surgeons recommends Bariatric Advantage Vitamins and Calcium products as they are the highest quality, most bioavailable nutrient forms; *designed specifically for people with Bariatric surgery*. It is designed to be hypoallergenic, great tasting, and easy to digest and absorb.



- **Multivitamin Capsules:**
 - Ultra Multi Formula w/ Iron \$20/ 1 month supply **OR** \$50/ 3 month supply
- **Chewable Multivitamins: Mixed Berry, Watermelon**
 - Advanced Multi EA: \$40/ 1 month supply
- **Chewable Calcium: Chocolate, Raspberry, Caramel, Strawberry, Coconut, Lemon, Peanut Butter**
 - \$12/ 1 month supply **OR** \$30/ 1 month supply

Where can I get Bariatric Advantage?

1. In our office. All products are available for purchase at our front desk during normal business hours.
2. Online. Visit www.sixsurgeons.com, click on the Bariatric Advantage logo and you will be directed to our E-Store.