

GASTRIC BAND DIET PROGRESSION

It is extremely important to follow the instructions regarding eating and drinking immediately after the operation. In the early weeks, it is especially important not to stretch the "small pouch" of the stomach above the band. The new gastric structure must be given a chance to adjust to the situation. This may take up to a month or more.

You will need to be much more careful about eating; too much food or bits of food that are too big can block the narrowed opening. **Breads and thick meats should be avoided.**

The following is a general list of foods that are allowed at each stage of the diet:

Immediately Post-Op:

You will not be eating anything the first 24 hours after surgery until a swallow study has been performed.

First Two Weeks:

**"Liquids Only" (no pieces, no chunks, no particles, no pulp)
(Anything that easily passes through a straw without using a straw)**

Any strained/blenderized soup
Vegetable or tomato juice
100% fruit juice without pulp (limit two cups per day)
Fat-free or 1% milk, lactose free milk, soy milk
Protein supplement (2-3 times per day)
Sugar free popsicles
Decaffeinated coffee and tea
Decaffeinated, sugar free drinks that are non-carbonated
Sugar substitutes
Salt

Second Two Weeks:

"Soft Foods" (foods that do not require chewing or can be mashed with a fork)

(*Foods considered good sources of protein)

*Fat free pudding	*Baked fish
Cooked cereal (oatmeal, cream of wheat)	Applesauce
*Soft cooked beans	*Soft cooked eggs
*Fat free, sugar free yogurt (without fruit)	Canned fruit (rinsed)
*Fat free cottage cheese	Sugar-free Jell-O
*Chicken, Tuna, Egg Salad (with low fat mayo)	Soft cooked/canned vegetables
*Protein supplement (once per day or as needed)	

Week 5:

Regular Diet

Keep a food diary to help monitor tolerance to new foods

Advance to regular diet, as tolerated within Gastric-Band guidelines. Tolerance will vary from person to person, so add regular foods slowly back into the diet. **Soft breads and thick meats should be avoided**, as they will not be tolerated if adjusted properly.