

POST LAP BAND-SOFT DIET-STAGE 5

FOOD	CHOOSE	AVOID	RECOMMENDED # SERVINGS
Beverages	Diet beverages, coffee/tea without cream or sugar (sugar substitute OK)	Carbonated beverages, fruit juice, high calorie liquids (frappes, soda, punch, sweetened drinks)	Drink to avoid dehydration. Choose calorie free or low calorie (<10 calories per serving), non carbonated liquids between meals.
Dairy	Fat free (skim) or 1% milk, fat free or low fat / unsweetened yogurt (Dannon Light© / Fit©), low fat Greek yogurt (Chobani©, Fage©), reduced fat or non fat cheese (Alpine Lace©, Slender from Land o Lakes), low fat cottage cheese	2% and whole milk, chocolate milk, sweetened condensed milk, yogurt > 3 grams fat/serving or >4 grams sugar per oz, regular cheese	Maximum of 2 cups milk or yogurt and 1 ounce cheese per day
Grains	Hot & cold cereals, rice, pasta, toast, crackers; choose whole grains. Rice, pasta and bread can be difficult because they are sticky, but acceptable if tolerated.	High sugar cereals (> 6 grams/serving), soft/untoasted breads, cakes, pies & pastries, biscuits, croissants, muffins	4-6 grains/day, at least ½ of those whole grains
Fruits	Unsweetened cooked or canned fruit in their own juice or light syrup, fruits without seeds or skin, banana or citrus fruit without membranes	Fruits in heavy syrup, fruits with skins or seeds, fruit with membranes, fruit juice	2 servings of fruit daily
Vegetables	Soft cooked vegetables, mashed potatoes without skins	Vegetables with tough hulls or skins (corn, asparagus, celery, rhubarb, artichokes, bok choy, pea pods)	3 servings of vegetables daily
Meat, Poultry, Fish, Nuts, Beans & Eggs	Ground lean meat (meatloaf, meatballs, hamburgers- at least 90% lean), poultry or fish (cooked soft and moist- no skin or visible fat), casseroles made with ground meat, kidney beans, lentils, creamy peanut butter, eggs	Nuts, diced meats until ground meat tolerated for at least 2 weeks, tough/dry/grilled steak or chicken. (Note- add fat free gravy to moisten meat/poultry), cooking meat with fat	4-6 ounces meat, fish, poultry per day ; 1 egg = 1 oz meat. (limit eggs to 3 per week)
Fats	Choose olive, canola, safflower or peanut oil, trans fat free margarine, low fat or fat free dressing & mayo	Butter, regular mayo	Limit fats to 3 per day. 1 serving = -1 teaspoon oil, margarine -1 tablespoon low fat dressing/mayo

Diet Guidelines:

1. Three meals per day with one high protein snack. Do not go more than 4-5 hours between meals.
2. Eat until you are no longer hungry (when you start to feel full.) If we find you are eating too large portions and not losing weight, your band will be adjusted. This is why frequent follow up is important.
3. Consume a minimum of 50 grams (women) and 70 grams (men) of protein per day. Consume protein first at each meal, then vegetables & fruit and then “whole” grains.

Food	Amount	Protein (grams)
Meat / poultry / Fish	1 ounce	7
Egg	1	7
Peanut butter	1 tablespoon	7
Cheese	1 ounce	7
Milk / yogurt	8 ounces	8
Bread	1 slice	3
Pasta/rice	½ cup	3
Fruit	1 serving	0
Vegetables	¼ cup	1
Fat (oil, margarine)	1 tsp	0
Dressing, mayonnaise	1 Tbsp	0

4. Chew food well until food is a liquid consistency.
5. Eat slowly (10 minutes per ounce.)
6. Drink between meals (½ hour to 1 hour before and 2 hours after.) Beverages should be calorie free or less than 10 calories per serving.
7. Avoid snacking on high calorie foods between meals.
8. Avoid syrups, jams and honey.
9. Limit Alcoholic beverages (should be consumed in moderation- such as a glass of wine per day.)
10. Stay on the soft diet for 2 weeks. Gradually introduce new foods one at a time. Keep food records and document how you tolerate these foods.
11. Take your multivitamin/mineral supplement for life.
 - Chewable or liquid adult multivitamin
 - Calcium 1000-1200 mg in doses of 500 mg at one time

DIETITIAN VISITS

- 4 weeks post op
- 3 months post op
- 6 months post op
- 1 year post op
- Once per year after 1st year

Foods that may cause blockage:

(Note: introduce slowly and individually)

Dry meat, Thick meat

Shrimp

Pasta, Rice & Bread (untoasted or doughy)

Peanut Butter

Popcorn

Dried fruit

Coconut

Nuts

Seeds & skins of fruits & vegetables

Membranes on citrus fruits

Fibrous vegetables (corn, asparagus, celery)

SAMPLE MENU

- 7 a.m. water with lemon or lime
- 8 a.m. scrambled egg , oatmeal
- 10 a.m. skim milk with 1 scoop protein powder
- 11a.m. diet lemonade (sipped)
- 12p.m. chicken salad made with low fat mayonnaise, TOASTED whole wheat bread, canned peaches in their own juice, cooked broccoli
- 2p.m. low fat Greek yogurt with pureed strawberries
- 4p.m. skim milk
- 5p.m. lean pork chop (very moist, try crockpot), soft cooked green beans, unsweetened applesauce
- 7 p.m. Crystal Lite (sipped) with 1 scoop unflavored protein powder

