



LAP BAND Pre-op Diet

Duration: 10 days prior to your operation

Purpose:

1. To decrease liver mass
2. To initiate weight loss
3. To establish the ability to follow a liquid diet

Nutrition Guidelines:

These liquids can be taken in any amount since they do not contain sugar:

1. Sugar free beverages such as Crystal Light, Wyler's Light, Sugar-Free Kool Aid, Sugar Free Tang, Diet Snapple, diet soda, Fruit2O®, Propel®, coffee or tea with sugar substitute, water
2. Broth only soups
3. Sugar-free popsicles and sugar free jello

Consume these liquids in moderation; they contain larger amounts of sugar.

1. **Juice, Gatorade® or Powerade®-** Limit to 2 cups or less each day. (Try to choose juices lower in sugar such as apple, orange or grapefruit.)
2. **Regular jello, popsicles or no sugar added fudgicles-** 3 or less each day.
3. **1 cup of milk** (skim, 1%, Lactaid®) **6 ounces light yogurt** (Dannon Light, Yoplait Light or Columbo Light, Greek style yogurt like Chobani (0%) or Fage), **½ cup low fat ricotta cheese or ½ cup Low fat cottage cheese:** 3 or less daily.
4. **Atkins Shakes, Carb Solutions Shakes or No Sugar added Carnation Instant Breakfast-1-3** per day. (These can be found at Osco, Walgreens, CVS, Walmart, and BJ's). Carnation Instant Breakfast can be found at any supermarket.

DO NOT BUY: Slimfast, Ensure, Boost, etc.

Supplement Guideline:

At least 15 grams protein per 8 oz. (1 cup) serving

Less than 20 grams carbohydrate per 8 oz serving

Less than 5 grams fat per 8 oz serving

Attention Diabetics: For those with diabetes we recommend consuming 15 grams of carbohydrate every 1-2 hours. Be sure to monitor your blood sugars and contact your doctor if necessary. If your blood sugar is >150mg, spread out these sugar sweetened liquids over a 3 hour period.

Liquids with 15 grams carbohydrate:

- ½ cup orange, apple or grapefruit juice
- 1 popsicle
- 1 cup milk
- 6 ounces light yogurt (Dannon Light, Yoplait Light or Columbo Light)
- 1 cup cottage cheese
- 1/3 cup regular jello
- ½ cup Kool Aid
- 1 Tbsp. Honey or sugar (can be used to sweeten a beverage)