

WHAT TO EAT WHEN AFTER LAP BAND SURGERY

WHAT TO EAT

IN HOSPITAL STRAIGHT AFTER SURGERY TO DAY 1

In hospital straight after surgery - CLEAR FLUIDS OVERNIGHT -

- water,
 - clear fruit juice and
 - cordial only
- don't drink everything at once
 - small amounts often - 50mls every 10 minutes
 - suck on ice if thirsty or dry
 - no fizzy drinks

NO SOLID FOOD - CLEAR FLUIDS ONLY

VERY IMPORTANT NOTES

Do ***NOT*** eat anything other than water, clear fruit juice, clear consommé, and black tea/coffee or cordial – even if it has been delivered to your room – it is probably a mistake.

EATING UTENSIL Slim straw only

DAYS 2 to 21-28 LIQUIDS ONLY

LIQUIDS ONLY - small amounts frequently to keep you hydrated - 50mls every 10 minutes (up to 2 litres per day). **Within a week you should be able to drink 1 cup of fluid slowly.**

- 120 ml fruit juice
- 250 ml vegetable juices/ vegetable soup (pureed, thin)
- protein drinks
- reduced fat milk
- fully vitamised chicken/meat & vegetable soup
- no fizzy drinks

NO SOLID FOOD - FLUIDS ONLY

VERY IMPORTANT NOTES

Drink small amounts often. Your new stomach pouch is small. Don't overstretch it by drinking too much at once.

Sip slowly

Small mouthfuls

If you can't get it through a slim straw easily you can't have it.

EATING UTENSIL Slim straw only

WHAT TO EAT

DAYS 21-28 to 35 Pureed LOW FIBRE FOODS ONLY

SLOPPY LOW FIBRE FOODS ONLY - EASILY SQUISHED THROUGH THE FINGERS - OR - THE THICKNESS OF BABY'S FIRST FOOD OR SMOOTHED MASHED POTATO

- turn off the telephone, lock the front door, occupy the kids, totally concentrate on eating
- sip very small amounts very slowly
- wait for a minute between sips
- no more than 200mls at a time
- 2 lite dairy/soya serves daily (1 serve= 1cup milk or 200g lite yoghurt or 35 g cheese)
- $\frac{1}{2}$ cup pureed fruit or mashed banana
- puree cooked veal, pork or chicken, avoid beef (too fibrous)
- eat small amounts slowly but more frequently, hunger makes you eat faster
- avoid lobster, squid or prawns
- avoid home-cooked spaghetti & rice
- tinned spaghetti & tinned creamy rice are okay
- no fizzy drinks

VERY IMPORTANT NOTES

Eat very slowly

Chew very well – 30 times each mouthful

Low fibre fruit & vegetables only

Low fibre means without the fibrous skin. Dried fruits like prunes, raisins & sultanas are also off the menu for this month.

Drink 15 minutes or more before eating, and one hour after eating.

SLOPPY/PUREED LOW FIBRE FOODS ONLY

EATING UTENSILS MacDonald's sized thicker straw or Teaspoon

See Sloppy Phase Recipe Ideas

DAYS 35-42 TRANSITION PHASE - gradual introduction of solids

TRANSITION PHASE - **gradually** introduce solids from 5 to 6 weeks only **very cautiously**

- turn off the telephone, lock the front door, occupy the kids, totally concentrate on eating
- do not increase the portion sizes you have become used to over the last 4 weeks
- eat very small amounts very slowly
- wait for a minute between each mouth full
- **cautiously** introduce cooked unblended chicken or veal - 50 grams in total to begin with
- **cautiously** introduce cooked unblended vegetables
- cut fibrous vegetables into tiny pieces, then chew very well

VERY IMPORTANT NOTES

Eat very slowly

Chew very well – 30 times each mouthful

Cut meat into tiny pieces

Drink 15 minutes or more before eating, and one hour after eating.

EATING UTENSILS Teaspoon or Equivalent Size

WHAT TO EAT FOR THE REST OF YOUR LIFE

- turn off the telephone, lock the front door, occupy the kids, totally concentrate on eating
- do not increase the portion sizes you have become used to over the last 4 weeks
- continue the further introduction of solids that you began to introduce at 5 to 6 weeks **very cautiously**
- the volume and coarseness of the food should **slowly** be increased over the coming weeks
- eat very small amounts very slowly
- wait for a minute between each mouth full
- continue to **cautiously** introduce cooked unblended chicken or veal - begin with 50 grams
- continue to **cautiously** introduce cooked unblended vegetables
- cut fibrous vegetables into tiny pieces, then chew very well 30 times each mouth full
- by **about** week 10 you should be at the point where you can attend a restaurant and eat an entrée sized meal in both volume and consistency - the time it takes you to eat this meal should equal the time it takes your eating partner to consume both entrée and main meal

VERY IMPORTANT NOTES

Eat very slowly Chew very well – 30 times each mouthful

Cut meat into tiny pieces

Cut fibrous vegetables into tiny pieces

Drink 15 minutes or more before eating, and one hour after eating.

EATING UTENSILS Teaspoon or Equivalent Size

Tips for Eating Out

- the drinking rule still applies, 15 minutes or more before eating and one hour after eating; special exception because you're eating out, you can take tiny sips of liquid while eating
- while we're on the drinking subject, for those of us who don't mind a tippie, with the Lap Band in place alcohol will be absorbed much more quickly and therefore if consumed should be done so very slowly – remember, less is more and a lower tolerance can mean higher blood alcohol levels, so if you're going to drink, please don't drive
- just because you're eating out, don't decide to "make a meal of it" so to speak, and consume more than you have become used to over the last ten weeks
- eat one entrée sized meal only over the time it takes your eating companion to consume both entrée and main course
- if you don't like the entrée choices, ask for the main meal served entrée size
- remember, we often eat just for taste, and not for hunger; if you remember this then savouring one tiny teaspoon of your partner's dessert for the taste is all you really need
- if you're worried about drawing attention to yourself by making the above requests, or by seeming to eat less than you have in the past, remember, this is the new you, you DO eat less now, your appetite isn't as great, you don't seem to need as much to satisfy you anymore, perhaps you're coming down with something (any of these statements, casually uttered should deflect the curiosity of family or friends used to the old you, if you're the shy type and think it's none of their business. Otherwise feel free to be loud and proud and espouse the wonders of Lap Band surgery.)
- locate the toilets on arrival so you know exactly where to go if you're not concentrating on each mouth full and you need to make a hasty exit
- by now you should be able to judge what "tiny" mouthful means and should be back to using knife and fork

Liquids Only Meal Ideas
DAYS 2 to 21-28

These are a guide only – not a prescription – use common sense to mix and match ensuring you get sufficient fluids, calories and protein in any one day

Breakfast	Lunch	Dinner	Snacks
protein drink 250mls liquid or soluble vitamin eg Supradyn or Accomin	Pureed/strained thin vegetable soup 200mls	Dr MacLeod's soup 250mls	Drinking yoghurt 200mls Tea, coffee 200mls or fruit juice 120 ml
Drinking yoghurt 200mls liquid or soluble vitamin eg Supradyn or Accomin	creamed chicken soup – no solid pieces 250mls	Protein drink/soup 250mls	Skim or low fat milk 250mls Tea, coffee or fruit/vegetable juice, 200mls
Up & Go 250mls liquid or soluble vitamin eg Supradyn or Accomin	Protein drink 250mls	Creamed pumpkin soup – no solid pieces 250mls	Miso soup – no lumps 200mls Tea, coffee or V8 juice 200mls Drinking yoghurt 200mls
Skimmed milk, egg, vanilla essence shake 200mls liquid or soluble vitamin eg Supradyn or Accomin	Stained chicken soup – no lumps 200mls	Dr MacLeod's soup 200mls Protein drink 250mls	Skim or low fat milk 250mls Tea, coffee or tomato juice 200mls Drinking yoghurt 200mls
Dr MacLeod's or Leisa's Secret shake 200mls liquid or soluble vitamin eg Supradyn or Accomin	Strained vegetable soup – no lumps 200mls	Dr MacLeod's soup 250mls	Skim or low fat milk 250mls Tea/coffee, vege juice or drinking yoghurt 200mls

**Remember to keep up a good fluid intake – at least 2 litres daily.
Water is best but other drinks count too – tea, coffee, vegetable juice and
thin strained soups.**

Puree/sloppy Phase Recipe Ideas
DAYS 21-28 to 35

These are a guide only – not a prescription – use common sense to mix and match ensuring you get sufficient fluids, calories and protein in any one day

Breakfast	Lunch	Dinner	Snacks
2 eggs scrambled	Small tinned spaghetti 1/4 Mashed avocado	3 teaspoons steamed cooked well chewed fish 3 teaspoons combined mashed potato & well cooked & softened broccoli	250 ml fruit smoothie (on low fat milk, no ice-cream) 200 ml lite custard or yoghurt
Skimmed milk banana smoothie (no ice-cream) 250mls	Stewed, pureed vegetables with pureed tofu or fish	3 teaspoons cooked, pureed chicken & gravy 3 teaspoons mashed potato & pumpkin	200 g lite yoghurt Stewed or pureed fruit
Sloppy porridge 150mls Tub low-fat yoghurt – no lumps 150mls	Pureed chicken with stewed & pureed tomato, zucchini, mushroom, soy sauce & flavourings to taste 250mls	3 teaspoons cooked, pureed pork or veal 3 teaspoons mashed potato & sweet potato & pureed well cooked broccoli	Skim or low fat milk 250mls Mashed banana
1 Sloppy weet bix & pureed fruit with low-fat yoghurt	Dr MacLeod's or Leisa's Secret soup with added pureed vegetables	3 teaspoons cooked, pureed veal & gravy 3 teaspoons mashed potato & sweet potato & pureed well cooked broccoli	Tinned creamy rice & pureed fruit Scoop low fat sorbet
2 eggs poached	Tinned creamy rice 200mls	Choice of pea & ham, chicken & vegetable or minestrone soup 250mls	Egg custard or yoghurt 200mls Unsweetened fruit & vegetable juice 200mls

Remember drink water 15 minutes before meals and 1 hour after meals

Anything can be included or substituted from the liquid phase also.

Eat very slowly Chew very well – 30 times each mouthful

NO HOME COOKED SPAGHETTI OR RICE PLEASE

NOW READ AND RE-READ THE SECTIONS ON WHAT TO EAT WHEN AFTER LAP BAND SURGERY DURING THE TRANSITION PHASE & FOLLOWING