



BRIGHAM AND
WOMEN'S HOSPITAL

Center for Metabolic and Bariatric Surgery

Dietary Guidelines for Laparoscopic Adjustable Gastric Banding

Your Dietitian:

Dietitian Phone Line: (617) 732-8884

Email us through Patient Gateway:
www.patientgateway.org



Improving Health through Weight Loss

Brigham and Women's Hospital
Center for Metabolic and Bariatric Surgery
75 Francis Street
Boston, Massachusetts 02115
www.brighamandwomens.org/WeightLossSurgery
Tel: (617) 732-8500

AN INTRODUCTION TO THE GASTRIC BAND DIET PROGRESSION

This booklet has been designed to help you, your family, and your friends learn about the behavior, diet, and lifestyle changes needed to be successful with the gastric band.

In order to be successful at losing weight and keeping it off, you must learn how to modify your eating behavior permanently. The goal of gastric banding is to help you change your eating habits in order to promote weight loss and weight maintenance.

The surgery is only part of the treatment. Your commitment to a healthy lifestyle (diet, exercise, behaviors) is the most vital part of the treatment. It is still possible for people to overeat and gain weight after gastric banding. The lifestyle you lead after surgery and for the rest of your life will determine your ability to control your weight.

It is very important that you keep all of your pre-op and post-op appointments with the bariatric team. The people that keep regular appointments have the greatest chance of successful and safe weight loss and maintenance.

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SKILLS FOR SUCCESS

Your gastric band is a tool and tools only work when you use them correctly. These are the behaviors that you'll need to practice before surgery so you can make them part of your lifestyle after surgery.

Drink sugar-free beverages, and lots of them!

- ✓ Keep yourself hydrated by sipping fluids regularly throughout the day.
- ✓ Don't drink your calories! They won't help you to feel satisfied in the same way that food does.
- ✓ High calorie beverages can cause weight gain.

Slow down your eating

- ✓ People who do not slow down and eat carefully have a lot of problems after surgery, such as stomach pains, vomiting, and/or diarrhea.
- ✓ **To eat right, take small bites.** Take bites of food that are the size of a dime.
- ✓ **The more you chew the better you'll do.** Chew for 22! You want to 'puree' the food with your teeth.
- ✓ **Pause between bites.** Give your brain time to check in with your stomach to see how you feel or if you are getting full.
- ✓ **Take your time when you dine.** Eat for 30-40 minutes. Too short, and you're eating too quickly. Too long, and you might be eating more food than you need to eat.

Avoid picking, grazing, or nibbling

- ✓ Your new stomach will be designed to hold smaller amounts of food which will help you to lose weight, but, if you are eating little bits of food every hour, you can still overeat and gain weight.
- ✓ Have regularly scheduled meals and snacks.

Separate fluids from food

- ✓ Drinking with meals can push food through your band pouch too quickly, or may overfill your band pouch. This can lead to unpleasant digestive tract problems.
- ✓ Wait until 30 minutes AFTER a meal to drink.

Make eating mindful

- ✓ Choose a spot at home just for eating, maybe the dining room or kitchen table.
- ✓ Make a rule to sit whenever you put something in your mouth.
- ✓ When you're eating, just eat! Avoid doing other activities like watching television or being on the computer.
- ✓ Relax while eating and use all your senses to best enjoy your meal.
- ✓ Learn when you're hungry, and when you're full.
 - Listen to your body and hunger cues.
 - Be aware of stomach hunger versus 'head hunger' (emotional or boredom hunger).

Keep a food log

- ✓ When you write it down, you are being more mindful about what you choose to eat or drink and why.
- ✓ Use a notebook, a computer or a phone app – ask your dietitian for resources.
- ✓ Take note of how you feel when eating and drinking. Are you eating because you are stressed or tired, or are you eating because your stomach is hungry?

Focus on portions

- ✓ Carefully weigh and measure all portions before eating. Start measuring portions prior to surgery to see what a healthy portion looks like.
- ✓ Weigh your meat after cooking it.
- ✓ Use small dishes and glasses. This will make your portions look bigger.
- ✓ Practice leaving something on your plate even before you have surgery.
- ✓ Consider purchasing a "portion plate".

Plan ahead

- ✓ Life is busy now, and it will be busy after surgery too. Planning ahead helps you to make better food and fluid choices.
- ✓ Plan what you will be eating for each meal weekly, or the night before.
- ✓ Use a cooler or insulated bag to carry food on days when you're on the go.

Make food less visible in your home

- ✓ Out of sight, out of mind! Store food in cupboards or drawers, not on the counter.
- ✓ When serving meals, keep serving dishes in the kitchen - not on the table.
- ✓ Pack up leftovers right away. Don't leave them out for nibbling or seconds.

Modify your food shopping habits

- ✓ Avoid grocery shopping on an empty stomach.
- ✓ Make a shopping list and stick to it.
- ✓ Avoid temptation by avoiding the aisles. Most whole foods are found along the outer edge of the store.
- ✓ Buy only the items that are necessary for you and your family.
- ✓ Avoid buying and storing tempting foods, even if they are not for you.

PHYSICAL ACTIVITY

Here are some ideas for increasing your physical activity before and after surgery.*

- ✓ Walk more!
 - Walk the dog; go for a walk with a friend, a neighbor, or your children.
 - Get up to talk to co-workers instead of sending an email or making a phone call.
 - Wear a pedometer to track your steps and challenge yourself to increase steps over time.
 - Take a "walking break" at work instead of a coffee break.
 - If you take the bus or subway, get off a few stops early and walk.
 - Park your car farther away at shopping centers and walk through the parking lot.
 - Take the stairs instead of the elevators.
 - During foul weather, get exercise by walking in the mall.
- ✓ Make exercise a family event.
- ✓ Keep exercise clothes in your car to make sure you will go to the gym.
- ✓ To decrease impact on your joints, try pool exercises, water aerobics, or a stationary bicycle.
- ✓ Turn up the music and dance.
- ✓ Do yard work, gardening, or household chores that require brisk movement.
- ✓ Check out exercise videos On Demand, online, or at the library.
- ✓ Try performing chair exercises.

Use an activity log to keep track of your exercise.

Date	Type of Exercise	Duration	Notes
Jan 25	Water aerobics	45 min	Felt really great today!
Jan 27	Walking	20 min	Knee was kind of sore
Jan 30	Walked up and down 3 flights of stairs		Getting used to taking the stairs

What are the benefits to exercise besides weight control?

- Improves mood
- Keeps body strong
- Improves bone health
- Boosts energy
- Promotes better sleep
- Improves heart health

* Remember to check with your primary care doctor or surgeon before starting any strenuous exercise.

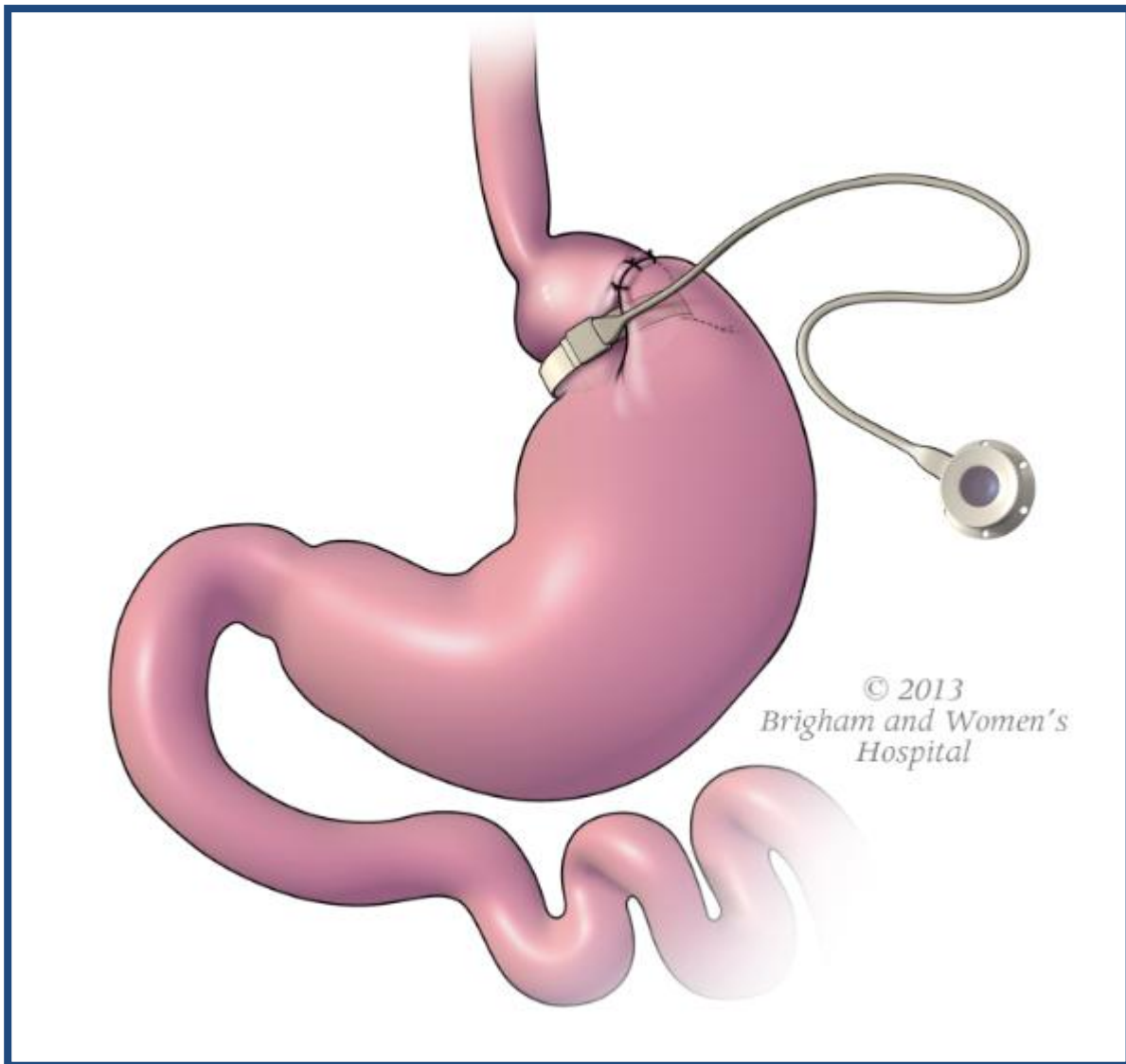
GASTRIC BAND DIET PROGRESSION

You are usually in the hospital for 2 nights following gastric banding. Your diet will progress through 4 different stages over the course of the next several weeks.

Before Surgery: What to Buy

- ✓ Measuring cups and spoons
- ✓ Food scale (can purchase from Walmart, Bed, Bath and Beyond, Amazon.com, Target)
- ✓ Clear liquids (See page 6 for examples)
- ✓ Protein shakes and powders (see page 7 for examples)
- ✓ Vitamin and mineral supplements (see page 10 for examples)

The Procedure



Diet Stages At-A-Glance

This is just an overview of the diet stages. Please read through each diet stage in the following pages for details and tips.

Stage 1: Clear Liquids

Start: Post-op Day 1
Duration: 1 day
Diet Instructions: Sip sugar-free, low-calorie, non-carbonated, non-caffeinated liquids throughout the day.
Fluid Goal: 2 ounces / hour

Stage 2: Protein Shakes

Start: Post-op Day 2
Duration: 14 days / 2 weeks
Diet Instructions: Slowly sip fluids and protein shakes throughout the day.
Fluid Goal: Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal: Aim for 60-70 grams/day (usually 3-4 8-ounce protein shakes).

**** You won't reach the fluid and protein goals right away. Just do your best sipping throughout the day. ****

You will meet with a dietitian and your surgeon 2-3 weeks after surgery.

Stage 3: Soft Textures

Start: Post-op Day 16
Duration: 21 days / 3 weeks
Diet Instructions: Keep sipping fluids. Start introducing soft-textured foods.
Fluid Goal: Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal: 60-70 grams/day (may still need daily protein shake)
Vitamins: 1 complete multivitamin, 1200-1500 mg calcium citrate

Stage 4: Regular Textures

Start: Post-op Day 37
Duration: Ongoing
Diet Instructions: Well-balanced, planned meals using meal plan as a guideline
Fluid Goal: At least 48-64 ounces clear liquids daily (see clear liquid guidelines above)
Protein Goal: 60-70 grams/day
Vitamins: 1 complete multivitamin, 1200-1500 mg calcium citrate

You will meet with a dietitian and your surgeon 6-8 weeks after surgery.

After Band Adjustments

Start: Immediately after band adjustment
Duration: 5-6 days
Diet Instructions: Follow stage 2 for 2-3 days and then stage 3 for 2-3 days before resuming stage 4.
Fluid Goal: Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal: 60-70 grams/day
Vitamins: 1 complete multivitamin, 1200-1500 mg calcium citrate

Stage 1: Clear Liquids

Start: Post-op Day 1
✓ The first day after surgery or the first day you are allowed to drink fluids.

Estimated Duration: 1 day

Diet Instructions: Sip sugar-free, low-calorie*, non-carbonated, non-caffeinated liquids throughout the day.
*Low-calorie includes beverages with less than 15 calories per 8 ounce serving.

Clear liquids include:

- | | |
|-----------------------------------|-----------------------------|
| ✓ Water | ✓ Crystal Light |
| ✓ Sugar-free popsicles | ✓ Fruit ₂ O |
| ✓ Sugar-free gelatin | ✓ Propel Zero |
| ✓ Fat-free/low-fat broth/bouillon | ✓ G2 |
| ✓ Diet Snapple | ✓ Vitamin Water Zero |
| ✓ Fuze Slenderize | ✓ Dasani Drops |
| ✓ PowerAde Zero | ✓ MiO Liquid Water Enhancer |

- You can use artificial sweeteners such as Equal (Aspartame), Sweet & Low (Saccharin), Splenda (Sucralose), PureVia and Truvia (Stevia), and Nectresse (monk fruit).
- Try to limit sugar alcohols. When looking at a label, sugar alcohols typically end in “ol”, example: mannitol, malitol, sorbitol. Sugar alcohols may cause gas, abdominal pain, and diarrhea in some people.
- The hospital will provide various clear liquids.

Fluid Goal: 2 ounces / hour; you will need to sip slowly throughout the day

Protein Goal: None

Stage 1 Tips:

- ✓ Stop sipping as soon as you feel full or if you have any nausea/vomiting.
- ✓ Use 1-ounce medicine cups to help prevent you from drinking too fast.
- ✓ Avoid caffeine for the first 4-6 weeks after surgery. It irritates the stomach.
- ✓ Avoid carbonation. It can cause gas, belching, bloating, and stomach discomfort.
- ✓ Avoid gulping; it may cause stomach discomfort.
- ✓ Write down the amount of fluids you drink on a food record.

Stage 2: Protein Shakes

Start: Post-op Day 2

Estimated Duration: 14 days

Diet Instructions: Slowly sip fluids and protein shakes throughout the day.

Fluid Goal: Aim for 48-64 oz (6-8 cups) of sugar-free, low-calorie, non-carbonated, non-caffeinated liquid per day. This does not include your protein shakes.

Protein Goal: Aim for 60-70 grams protein /day (usually 3-4 8-ounce protein shakes).

**** It is normal to not reach your fluid and protein goals right away. Just do your best each day. ****

Protein Shake Nutrition Guidelines

- Each 8 oz serving of protein shake should have:
 - at least 13 grams of protein
 - 100-200 calories
 - less than 20 grams of sugar
- This includes the liquid you use to mix your protein powder (8 oz milk has 12 grams sugar).

Recommended Protein Shakes and Powders (contain lactose)

- | | |
|--|--------------------------------|
| ✓ EAS AdvantEdge Carb Control | ✓ Worldwide Pure Protein Shake |
| ✓ Syntrax Matrix | ✓ Slim Fast High Protein |
| ✓ Ensure High Protein | ✓ Atkins Advantage Shake |
| ✓ Carnation Instant Breakfast – No Sugar Added | ✓ Designer Whey |
| ✓ Premier Protein | ✓ EAS Myoplex Lite |
| ✓ Aria Protein | ✓ Tera's Whey Protein |

Recommended Protein Shakes and Powders (lactose-free)

- | | |
|---|---|
| ✓ HMR 70+ (www.hmrprogram.com) | ✓ Syntrax Nectar * |
| ✓ Glucerna Hunger Smart | ✓ Optisource |
| ✓ Muscle Milk Light | ✓ Isopure * |
| ✓ Bariatric Advantage *
(www.bariatricadvantage.com) | ✓ Boost Glucose Control or Boost Calorie Smart |
| ✓ Unjury Protein * (www.unjury.com) | ✓ Bariatric Fusion * (www.bariatricfusion.com) |
| ✓ FRS Healthy Protein * | ✓ GNC Total Lean Shake |
| | ✓ BiPro * (www.biprousa.com) |

* These brands offer protein shakes and powders that have a clear liquid base.

Where to Buy?

Protein shakes and powders can be found at many major stores such as Target, Walmart, Kmart, Stop and Shop, Shaw's, Whole Foods, BJ's, Sam's Club, Walgreens, CVS, and RiteAid, GNC, and Vitamin Shoppe. Others are sold on their company websites or Amazon.com.

Artificial Sweeteners

Most protein shakes contain artificial sweeteners. If you are allergic or choose not to use these types of sweeteners, ask your dietitian for an alternative protein shake list.

Stage 2: Protein Shakes (continued)

Enhancing Your Protein Shakes:

Extracts are a great sugar-free way to add flavor to any shake. Usually you just need a drop or two to add a flavorful punch, so go slowly and taste-test along the way to get a flavor that works for you.

- McCormick's makes many flavors of extracts, such as vanilla, almond, cinnamon, peppermint, coconut, orange, and raspberry.

Syrups are the "flavor shots" you'll find at coffee shops. You can buy sugar-free syrups at:

- Da Vinci Gourmet – Offers 40+ sugar-free syrup options including pumpkin pie and watermelon (http://www.davincigourmet.com/products/sugar_free_flavored_syrups/).
- Torani – Offers 30+ sugar-free syrup options including black cherry and Irish cream (<http://www.torani.com/#/products/search/all/sugarfree>; found at some Walmart and Shaw's stores).

Spices aren't only meant for cooking and baking; they are great in shakes too. Some ideas:

- Cinnamon
- Ginger
- Nutmeg
- Cloves

Make protein **popsicles** by preparing your protein shake ahead of time and pouring it into a frozen popsicle tray, or just semi-freeze your protein shake and eat it like a slushy.

Are **smells** bothering you? Try drinking a shake from a bottle with a small opening or drinking it very cold to minimize any smell from the protein.

Lactose Intolerance:

Lactose is the sugar in milk. Sometimes after surgery, your body cannot digest this sugar which will cause nausea, cramping, bloating, gas, and/or diarrhea when you drink or eat products with lactose.

What if you become lactose intolerant?

- Stop drinking milk and any protein powders or shakes that have "whey protein **concentrate**" or "milk protein **concentrate**" in the ingredient list.
- Keep drinking your fluids, especially if you've been having diarrhea.
- Switch to protein powders or shakes from the 'lactose-free' list on page 7. You can mix powders into water, light soy milk, or Lactaid milk.
- Call your dietitian if you need help finding lactose-free options.

Stage 2 Tips:

- Don't expect to be perfect! Just keep taking small sips throughout the day to work towards your goals.
- Keep track of the amount of protein shakes and fluids that you are drinking using a food log.
- Changes in bowel regimens, such as less frequent movements or loose stools, are normal. If you are having discomfort, contact the bariatric team.
- If you're struggling to tolerate fluids, it's helpful to try different temperatures for your beverages. Some patients tolerate ice cold while others tolerate room temperature or warmer beverages.
- Be aware of signs of dehydration: sudden lightheadedness or dizziness, headaches, and urine color becoming darker throughout the day.
- Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.

Stage 3: Soft Textures

This stage introduces soft textured foods. Stay hydrated and make protein foods your first choice. Take tiny bites, chew thoroughly, and eat slowly. **Breads, rice, pasta, red meats, and most fruits and vegetables are not part of Stage 3.**

Start: Post-op Day 14

Estimated At least 21 days / 3 weeks

Duration:

Diet

Instructions: 8 Protein servings, 1 serving each of Fruit, Vegetable, Dairy, Fat, and Starch daily

Protein – CHOOSE 8 SERVINGS (1 serving = 7 grams of protein)

- ✓ 1 oz chicken/turkey (dark meat is fine)
- ✓ 1 oz 93% lean ground chicken/turkey (dark meat is fine)
- ✓ 1 oz fish (tuna, cod, haddock, salmon, tilapia)
- ✓ 3 oz fat-free Greek yogurt (without fruit chunks)
- ✓ 1 egg or 2 egg whites or ¼ cup egg beaters
- ✓ 1 oz deli meat (low sodium chicken, turkey, or ham)
- ✓ ¼ cup low-fat cottage cheese or part-skim ricotta cheese
- ✓ ½ cup tofu
- ✓ ½ soy-based veggie burger (Boca Original Vegan, Morningstar Farms Grillers Original)
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)

Vegetables – CHOOSE 1 SERVING

- ✓ ½ cup smooth tomato sauce (no sugar added)
- ✓ ½ cup steamed zucchini (peeled)
- ✓ ½ cup steamed carrots
- ✓ ½ cup mashed cauliflower

Fruits – CHOOSE 1 SERVING

- ✓ ½ cup applesauce (unsweetened)
- ✓ ½ cup canned pears or peaches (in own juice or water; no syrup)
- ✓ ½ soft banana

Dairy – CHOOSE 1 SERVING

- ✓ 8 oz fat-free or light yogurt (without fruit chunks)
- ✓ 8 oz skim or 1% milk, or soy milk
- ✓ 1 oz 50% reduced-fat cheese or soy cheese
- ✓ 1 light string cheese

Fat – CHOOSE 1 SERVING

- ✓ 1 teaspoon butter, margarine, oil, or mayonnaise
- ✓ 1 tablespoon (3 teaspoons) light margarine, light salad dressing, fat-free gravy, or light mayonnaise
- ✓ 2 tablespoons hummus
- ✓ 1 tablespoon avocado or guacamole

Starch – CHOOSE 1 SERVING

- ✓ ½ cup mashed potatoes or sweet potatoes
- ✓ ½ cup pureed butternut squash
- ✓ ½ cup cooked oatmeal, cream of wheat, or farina
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)
- ✓ ½ cup sugar-free/fat-free pudding

Stage 3: Soft Textures (continued)

Protein Goal: 60-70 grams/day

Fluid Goal: 48-64 ounces daily – Refer to page 6

Vitamin and Mineral Supplements:

You will need to take chewable or liquid vitamin and mineral supplements for the rest of your life after surgery.

Multivitamins:

- Take one 'complete' multivitamin daily.
- Complete multivitamins contain iron, selenium, zinc, folic acid and copper.
- Avoid gummy or chewy multivitamins – these are not complete.
- Separate multivitamins from calcium by at least 2 hours.

Calcium with Vitamin D:

- Take 1200-1500 mg of calcium daily split into 2-3 doses.
- Limit 1 dose to 600 mg (maximum your body can absorb at one time).
- Separate calcium doses by at least 4 hours.
- Separate calcium from multivitamins by at least 2 hours.

Other Supplements:

Some patients may need extra vitamins and minerals, such as iron, vitamin D, or B vitamins. We will check your vitamin and mineral levels through lab tests regularly and discuss extra supplements as needed.

Sample Stage 3 Meal Plan

Time	Food	Liquid (oz)	Protein (g)
8 AM	2 scrambled eggs (2 protein), ½ cup applesauce (1 fruit)		14
9 AM		8 oz Crystal Light	
10 AM	¼ c cottage cheese (1 protein)		7
11 AM		8 oz water	
12 PM		8 oz Propel	
1 PM	2 oz tuna fish (2 protein), ½ c steamed carrots (1 vegetable), 1 tsp lite mayo (1/3 fat)		14
2 PM		8 oz Crystal Light	
3 PM		8 oz water	
4 PM		8 oz decaf tea	
5 PM	2 oz diced chicken (2 protein), ½ c mashed sweet potato (1 starch), 1 tsp light margarine (1/3 fat), 1 tsp fat-free gravy (1/3 fat)		14
6 PM		8 oz Crystal Light	
7 PM		8 oz water	
8 PM	1 light string cheese (1 dairy), 1 oz sliced ham (1 protein)		14
10 PM		Sugar-free popsicle	
	Total	64 oz	63 grams

Stage 3: Soft Textures (continued)

Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage but can be avoided. See common problems and solutions section on pages 20-22.

FOOD PREPARATION TIPS

- ✓ Keep meat tender and moist. Dry or tough meats are likely to get 'stuck' when you are eating them.
 - Use a slow cooker, marinate meats, cook in foil packets, avoid over-cooking
 - Microwaving and grilling can make meat dry.
 - Add broth when reheating meat in the microwave.
- ✓ You can use seasonings, spices, and light condiments to add flavor and moisture to meals.
- ✓ Weigh meat on a food scale AFTER it has been cooked.

EATING PATTERN TIPS

- ✓ You will be eating every 2 to 3 hours during stage 3 and sipping fluids between your meals.
- ✓ It is important to get on an eating schedule. If you are not hungry, take a few bites just to stay on schedule.
- ✓ Always eat the protein food first. You will fill up very quickly and may not have room for many other foods besides protein.
- ✓ Keep track of how much you are eating and drinking using a food log, website, or smart phone app.
- ✓ It's normal to not tolerate certain textures the first time you try them. If you have trouble with a food even when you are eating very carefully, avoid the food for 2-3 weeks before trying again.
- ✓ You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.
- ✓ Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.

SLOW EATING TIPS

- ✓ Take tiny bites of food that are the size of a dime.
- ✓ Chew each bite of food 22 times or until it is 'pureed' by your teeth.
- ✓ Pause between bites. Give your brain time to check in with your stomach to see how you feel or if you are getting full.
- ✓ Allow yourself 30 minutes to eat your meal.
- ✓ Stop eating or drinking at the first sign of fullness. Sometimes this can feel like chest pressure or nausea.

RECIPE IDEAS – Check our website or ask the dietitian for a more detailed list of Stage 3B Meal Ideas.

- ✓ Bake eggs, seasonings, and reduced-fat cheese in a muffin pan for a portioned, convenient breakfast.
- ✓ Add 1 scoop of protein powder, 1 scoop of dry skim milk powder, or ½ cup of skim milk to oatmeal or cream of wheat.
- ✓ Mix diced tuna, chicken, or egg with 1 Tbsp light mayo (1 fat), 1 tsp oil (1 fat) and 1 tsp lemon, salsa, mustard, or 1 Tbsp guacamole (1 fat) for variety.
- ✓ Roll up 1 oz deli ham, turkey, or chicken with 1 slice of cheese or a cheese stick.
- ✓ Make meatloaf, meatballs, or chili with ground turkey or chicken.
- ✓ Spice up fat-free Greek yogurt, low-fat cottage cheese, or low-fat ricotta cheese:
 - Sweet - vanilla extract, cinnamon, sugar-free jelly, nutmeg, ginger
 - Savory - salt, pepper, chives, garlic powder, cilantro, lime, chili powder

Stage 4: Regular Textures

Start: Post-op Day 37 or when advanced by your dietitian

Estimated Duration: Ongoing lifetime maintenance

Diet Instructions: Small balanced meals and snacks; have foods from each food group throughout the day
✓ Refer to pages 15-19 for servings of each food group.

8 protein servings ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
2 vegetable servings ☐ ☐
2 fruit servings ☐ ☐
1 dairy serving ☐
2 fat servings ☐ ☐
3 starch servings ☐ ☐ ☐

Protein Goals: 60-70 grams/day

Fluid Goals: At least 48-64 ounces clear liquids - Refer to page 6.

Vitamins: Continue taking your multivitamin and calcium supplements - Refer to page 10.

Stage 4 Tips:

- Always eat your protein first and then focus on vegetables and fruits.
- Listen to your body and stop eating when full. It's normal to not be able to eat all of the recommended food at the beginning.
- Work towards an eating schedule. If you are not hungry, take a few bites of a protein food to stay on schedule. As you are able to eat more at each meal time, your frequency of eating will decrease.
- Avoid picking or grazing which can lead to weight gain. Have planned meals and snacks.
- Keep track of how much you are eating and drinking using a food log, website, or smart phone app.
- You will need to avoid alcohol for several months after surgery. Alcohol irritates your stomach, increases the risk of stomach ulcers, is high in calories, and you are at higher risk for becoming dependent upon alcohol after surgery. Please speak with your bariatric team before consuming alcohol after surgery.
- Some foods have tough textures that are difficult to tolerate. Please wait until you are 3-6 months post-op before trying these foods. Remember to take tiny bites, chew thoroughly, and eat slowly.

- | |
|---|
| ✓ Tough meats such as red meat, hamburger, lobster, scallops, clams, and shrimp |
| ✓ Raw fruits and vegetables that are stringy or have peels and membranes <ul style="list-style-type: none">○ Examples: Celery, asparagus, oranges, pineapple, peapods, grapes |
| ✓ Popcorn and nuts |
| ✓ Doughy breads - toasted breads tend to be better tolerated |
| ✓ Rice and pasta |

Stage 4: Regular Textures (continued)

Sample Stage 4 Meal Plans

1000 Calorie Meal Plan

8 protein servings ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

2 vegetable servings ☐ ☐

2 fruit servings ☐ ☐

1 dairy serving ☐

2 fat servings ☐ ☐

3 starch servings ☐ ☐ ☐

Time	Food	Liquid (oz)	Protein (g)
8 AM	2 scrambled eggs (2 protein), 1 slice low fat cheese (1 dairy), ½ banana (1 fruit)		14
9 AM		8 oz decaf tea	
10 AM	3 oz fat-free Greek yogurt (1 protein), ½ cup bran flakes (1 starch)		7
11 AM		8 oz water	
1 PM	Homemade chili: 2 oz turkey (2 protein), ½ cup beans (1 protein, 1 starch), ½ cup stewed tomatoes (1 vegetable), 1 tablespoon avocado (1 fat)		21
2 PM		8 oz Crystal Light	
3 PM	½ cup mandarin oranges - no sugar added (1 fruit)		
4 PM		8 oz tea	
5 PM		8 oz water	
6 PM	3 oz fish (3 protein), ½ cup cooked green beans (1 vegetable), ½ cup butternut squash (1 starch), 1 tablespoon diet margarine (1 fat)		21
7 PM		8 oz water	
8 PM		8oz Crystal Light	
10 PM		8 oz tea	
	Total	64 oz	63 grams

After Band Adjustments

Your gastric band is typically adjusted 6 weeks after placement. It is important to advance your diet slowly after your band has been adjusted. You should go back to Stage 2 for 2-3 days immediately after your adjustment. You will then advance to Stage 3 for 2-3 days, and then you will return to Stage 4. Please refer to these stages as they are described earlier in this packet.

Stage 2: Protein Shakes

✓ Refer to page 7 for details

Duration: 2 – 3 days

Diet

Instructions: Slowly sip fluids and protein shakes throughout the day

Stage 3: Soft Textures

✓ Refer to page 9 for details

Duration: 2 – 3 days

Diet

Instructions: 8 Protein servings, 1 serving each of Fruit, Vegetable, Dairy, Fat, and Starch daily

Stage 4: Regular Textures

✓ Refer to page 12 for details

Duration: Ongoing lifetime maintenance

Diet

Instructions: Small balanced meals and snacks; have foods from each food group throughout the day

Serving Sizes

Very Lean Meat/Protein and Substitutes

Each item on the list is one serving.

Each serving contains 0 grams of carbohydrates, 7 grams of protein, 0-1 gram of fat, and 35 calories.

<u>Poultry</u> (without skin): Chicken, turkey, Cornish hen.....	1 oz
<u>Fish</u> : Fresh or frozen cod, flounder, haddock, halibut, trout, tuna.....	1 oz
<u>Shellfish</u> : Crab, lobster, scallops, shrimp, clams (fresh or canned in water).....	1 oz
<u>Game</u> : Pheasant (without skin), venison, buffalo, ostrich.....	1 oz
<u>Cheese</u> : Non-fat cottage cheese, non-fat ricotta cheese.....	¼ cup
<u>Greek yogurt</u> : 0%.....	3 oz
<u>Beans, peas, lentils (cooked)</u> : also count as 1 starch.....	½ cup
<u>Deli meat</u> : 95% fat free.....	1.5 oz
<u>Egg substitutes</u>	¼ cup

Lean Meat/Protein and Substitutes

0 grams of carbohydrate, 7 grams of protein, 3 grams of fat, and 55 calories.

<u>Beef</u> : Round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round (at least 90% lean).....	1 oz
<u>Pork</u> : Ham, Canadian bacon, tenderloin, center loin chop.....	1 oz
<u>Veal</u> : Lean chop, roast.....	1 oz
<u>Lamb</u> : Roast, chop, leg.....	1 oz
<u>Poultry</u> : Chicken, turkey (dark meat no skin), chicken (white meat with skin).....	1 oz
<u>Fish</u> : Salmon (fresh or canned), tuna (canned in oil), catfish, oysters, sardines (canned), herring.....	1 oz
<u>Wild game</u> : Rabbit, duck, or goose (no skin).....	1 oz
<u>Cheese</u> : Low-fat cottage cheese, part-skim ricotta cheese.....	¼ cup
<u>Egg</u>	1
<u>Tofu</u>	3 oz soft/ 2 oz firm

Non-Starchy Vegetables

Each vegetable serving contains 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat, and 25 calories.
Vegetables contain 2-3 grams of fiber per serving.

Fresh and frozen vegetables have more vitamins and less added salt than canned vegetables.
Rinse canned vegetables under water to remove much of the salt prior to cooking/eating.

½ cup = 1 serving of cooked vegetables or vegetable juice
1 cup = 1 serving of raw vegetables

Artichoke
Okra
Asparagus
Onions
Beans (green, wax, Italian)
Pea pods
Bean sprouts
Peppers
Beets
Broccoli
Brussel sprouts
Sauerkraut
Zucchini
Endive
Cucumber
Green onion
Radishes

Cabbage
Spinach
Carrots
Summer squash
Cauliflower
Tomato
Eggplant
Greens (collard, mustard, turnip)
Rutabaga
Kohlrabi
Leeks
Water chestnuts
Celery
Escarole
Lettuce
Mushrooms
Kale

**Starchy vegetables such as corn, peas, potatoes, plantains and winter squash are found on the
Starches list.**

Serving Sizes (continued)

Fruits

Each fruit serving contains 15 grams of carbohydrates, 0 grams of protein, 0 grams of fat, and 60 calories.

Fresh, frozen, and dried fruits have about 2 grams of fiber per serving.

* indicates 3 or more grams of fiber per serving

Use fresh, frozen or canned fruits without sugar added. Whole fruit is more filling than fruit juice or dried fruit and is a better choice for those who are trying to lose weight.

Fresh, Frozen, & Unsweetened Canned Fruit

Apple (raw, 2 in. across)	1 apple
Applesauce (unsweetened)	½ cup
Apricots (canned)	½ cup or 4 halves
Apricots (medium, raw)	4 apricots
Banana (8 in. long)	½ banana
*Blackberries (raw)	¾ cup
*Blueberries (raw)	¾ cup
Cantaloupe (5 in. across)	1/3 or 1 cup cubes
Cherries (canned)	½ cup
Cherries (large, raw)	12 cherries
Figs (raw, 2 in. across)	2 figs
Fruit cocktail (canned)	½ cup
Grapefruit (medium)	½ grapefruit
Grapefruit (segments)	¾ cup
Grapes (small)	15 grapes
Honeydew melon (medium)	1/8 or 1 cup cubes
Kiwi (large)	1 kiwi
Mandarin oranges	¾ cup
Mango (small)	½ mango
*Nectarine (2 ½ in. across)	1 nectarine
Orange (2 ½ in. across)	1 orange
Papaya	1 cup
Peach (2 ¾ in. across)	1 peach or ¾ cup
Peaches (canned)	½ cup (2 halves)
Pear	½ large or 1 small
Pears (canned)	½ cup or 2 halves
Persimmon (medium)	2 persimmons
Pineapple (canned)	1/3 cup
Pineapple (raw)	¾ cup
Plum (raw, 2 in. across)	2 plums
Pomegranate	½ of fruit
*Raspberries (raw)	1 cup
*Strawberries (raw, whole)	1 ¼ cup
*Tangerine (2 ½ in. across)	2 tangerines
Watermelon (cubes)	1 ¼ cup

Dried Fruit (no added sugar)

*Apples	4 rings
*Apricots	7 halves
Dates	2 ½ medium
*Figs	1 ½
*Prunes	3 medium
Raisins	2 Tablespoons

Serving sizes for dried fruits are small because they are calorie-dense foods.

Serving Sizes (continued)

Dairy

Each item on the list is one serving.
Each serving of dairy contains 6-8 grams of protein.
Carbohydrates, fat and calories vary – please see food label.

Skim and Very Low-fat Milk

Skim milk.....	8 oz (1 cup)
1% milk.....	1 cup
Low-fat buttermilk.....	1 cup
Evaporated skim milk.....	½ cup
Dry nonfat milk.....	1/3 cup
Nonfat yogurt.....	1 cup
Soy milk.....	1 cup
Lactaid milk.....	1 cup

Low-fat Cheese

(3 g saturated fat or less per serving)

Cheese or soy cheese.....	1 oz
Grated parmesan.....	2 Tbsp
Shredded cheese.....	¼ cup
String cheese.....	1 stick

Fat

Each item on the list is one serving.
Each serving of fat contains 5 grams of fat and 45 calories.
Conversion tip: 1 Tablespoon = 3 teaspoons

Unsaturated Fats

Nut butters (peanut butter).....	2 tsp
Avocado.....	1 Tbsp
Diet margarine.....	1 Tbsp
Mayonnaise.....	1 tsp
Light mayonnaise.....	1 Tbsp
Oils.....	1 tsp
(soybean, olive, canola, peanut, sunflower)	
Olives.....	10 small or 5 large
Salad dressing (creamy).....	2 tsp
Salad dressing (light creamy).....	1 Tbsp
Salad dressing (oil based).....	1 Tbsp
Salad dressing (light).....	2 Tbsp
Hummus.....	2 Tbsp

Saturated Fats (not recommended)

Bacon.....	1 slice
Butter.....	1 tsp
Coconut, shredded.....	2 Tbsp
Coffee creamer.....	4 tsp
Cream, light.....	2 Tbsp
Half and half.....	2 ½ Tbsp
Sour cream.....	2 Tbsp
Cream cheese.....	1 Tbsp

Nuts and Seeds

Almonds, dry roasted.....	6
Whole cashews, dry roasted.....	1 Tbsp
Pecans.....	2 whole
Peanuts.....	10 small
Walnuts.....	2 whole
Pumpkin seeds.....	1 tsp
Other nuts and seeds.....	1 Tbsp

Serving Sizes (continued)

Starches

Each item on the list is one serving.

Each serving contains 15 grams of carbohydrates, 3 grams of protein, 0-1 gram of fat, and 80 calories.

* 3 or more grams of fiber

Cereals/Grains/Pasta

Choose whole grains whenever possible.

*Bran cereals.....	1/3 cup
*Bran cereals (flaked).....	1/2 cup
Bulgur (cooked).....	1/2 cup
Hot cereals (unsweetened).....	1/2 cup
Cornmeal (dry).....	2 1/2 Tbsp
Grape-Nuts®.....	3 Tbsp
Grits (cooked).....	1/2 cup
Cold cereals (unsweetened).....	3/4 cup
Pasta (cooked).....	1/2 cup
Puffed cereal.....	1 1/2 cup
Rice (cooked).....	1/3 cup
Shredded wheat.....	1/2 cup

Crackers and Other Starchy Foods

Choose whole grains whenever possible.

Animal crackers.....	8
Graham crackers (2.5 in. square).....	3
Matzoh.....	3/4 oz
Melba toast.....	5 sl.
Oyster crackers.....	24
*Popcorn (popped, 94% fat free).....	3 cups
Pretzels.....	3/4 oz
*Rye crisp (2 in. x 3 in.).....	4
Saltine-type crackers.....	6
*Whole-wheat crackers.....	2-4 sl.
(Wasa®, Kavli®, Finn®)	

Breads

Choose whole grains whenever possible.

Bagel (from cafe).....	1/4 (1 oz)
Bagel (pre-packaged, grocery store).....	1/2 (1 oz)
Bread sticks.....	2 (2/3 oz)
English muffin.....	1/2
Frankfurter or hamburger bun.....	1/2 (1 oz)
Pita, 6 in. across.....	1/2
Plain roll, small.....	1 (1 oz)
Bread.....	1 sl (1 oz)
Tortilla, 6 in. across.....	1
Sandwich thins.....	1

Cooked Beans/Peas/Legumes

(also count as 1 very lean meat)

*Beans and peas (kidney, white, split, black-eyed, lentils).....	1/2 cup
*Broad beans, garbanzo, navy, pinto, chick peas.....	1/3 cup
*Baked beans.....	1/4 cup

Starchy Vegetables

*Corn.....	1/2 cup
*Corn on the cob, 6 in. long.....	1
*Lima beans.....	1/2 cup
*Peas, green (canned or frozen).....	1/2 cup
*Plantain.....	1/2 cup
Potato, baked (3 oz).....	1/2 cup
*Winter squash (acorn, butternut).....	1/2 cup
Yam/sweet potato.....	1/3 cup

Starchy Foods Prepared with Fat

(also count as 1 fat)

Biscuit, 2 1/2 in. across.....	1
Chow mein noodles.....	1/2 cup
Corn bread, 2 in. cube.....	1 (2 oz)
Cracker, round butter type.....	6
French fries, 2 in. – 3 1/2 in. long.....	10 (1 1/2 oz)
Muffin, small.....	1
Pancake, 4 in. across.....	2
Stuffing, bread (prepared).....	1/4 cup
Taco shell, 6 in. across.....	2
Waffle, 4 1/2 in. square.....	1
*Whole wheat crackers (Triscuits®).....	4-6 (1 oz)

Common Problems and Solutions

The following guidelines are for your reference in case you experience any problems. Please be sure to keep your medical team informed. It may help to keep a record of anything unusual that occurs and what you did to correct it.

Constipation

Short-term Solutions

- ✓ Increase your fluids – aim for 64 ounces daily
- ✓ Try a laxative, such as Milk of Magnesia or Miralax, and take a stool softener up to 3 times daily

Long-term Solutions

- ✓ Increase your fluids – aim for 64 ounces daily
- ✓ Increase your fiber intake
 - Eat more fruits, vegetables, and whole grains if your diet stage permits.
 - If you are unable to add more fiber through your diet, try a fiber supplement, such as Benefiber or Metamucil.
 - Slow and steady is the key to adding fiber to your diet. Start with a small amount, such as one serving of fiber supplement or one extra serving of food with fiber. Stick with that amount for 1-2 weeks before increasing as needed.
- ✓ Stay physically active
- ✓ Continue taking a stool softener as needed

Diarrhea

- ✓ Limit or avoid foods with lactose. Lactose intolerance can occur after surgery. Please see page 8 for more details.
- ✓ Eat slowly and chew thoroughly
- ✓ Do not drink fluids with meals
- ✓ Avoid high sugar, high fat, and spicy foods
- ✓ Limit the amount of sugar-free products (like sugar-free candies). These products may contain sugar alcohols that can cause diarrhea. See page 6 for more details.
- ✓ Limit caffeinated beverages
- ✓ Try a probiotic supplement – ask your dietitian for suggestions

Vomiting

- ✓ Go back to an earlier stage that you can tolerate
- ✓ Chew foods thoroughly and eat slowly
- ✓ Do not overeat
- ✓ Make sure foods are moist
- ✓ Avoid eating and drinking at the same time
- ✓ If these suggestions do not work, or you vomit bright red or dark brown liquid, please call your doctor right away.

Nausea

- ✓ Do not overeat
- ✓ Drink plenty of fluids
- ✓ Chew foods thoroughly and eat slowly
- ✓ Avoid carbonated beverages
- ✓ Avoid foods that you cannot tolerate
- ✓ Avoid eating and drinking at the same time
- ✓ Avoid foods that may cause dumping syndrome
- ✓ Limit or avoid foods with lactose

Common Problems and Solutions (continued)

Stomach Bloating After Eating

- ✓ Do not overeat
- ✓ Do not drink fluids with meals
- ✓ Avoid carbonated beverages
- ✓ Stay physically active
- ✓ Avoid sugar alcohols

Cannot Tolerate Dairy Products

- ✓ If this occurs the first few weeks after surgery, make sure you are drinking a lactose-free protein shake. See pages 7-8 for a list of lactose-free protein drinks and to learn more about lactose intolerance.
- ✓ Try Lactaid® milk, tablets, or drops. These are available at your local pharmacy.
- ✓ Yogurt may be better tolerated than milk because some of the lactose is already broken down.
- ✓ Aged low-fat cheese may be better tolerated (i.e. cheddar).

Dizziness or Headache

- ✓ Drink plenty of water and other low calorie fluids with electrolytes (i.e. Propel Zero, G2, Powerade Zero)
- ✓ Add salt to your foods
- ✓ Drink regular bouillon
- ✓ Be sure you are eating enough

Sudden Light Headedness

- ✓ Stay hydrated by drinking low calorie fluids with electrolytes (i.e. Propel Zero, G2, Powerade Zero)
- ✓ Eat on a regular schedule
- ✓ Do not skip meals
- ✓ Be sure you are eating enough

Tired and Weak

- ✓ Drink plenty of fluids
- ✓ Avoid caffeine
- ✓ Sleep on a regular schedule
- ✓ Stay physically active
- ✓ Make sure you are getting adequate protein
- ✓ Be sure to take your vitamins

Heartburn

- ✓ Avoid caffeinated beverages
- ✓ Avoid spicy foods
- ✓ Avoid aspirin or other NSAIDs
- ✓ Take Tums
- ✓ Avoid foods that are too hot or too cold
- ✓ Check the side effects of any medications you are taking
- ✓ Avoid lying down for 2 hours after eating

Leg Cramps

- ✓ Eat a well balanced diet (include potassium rich foods)
- ✓ Take your multivitamins daily
- ✓ Stay physically active
- ✓ Drink plenty of fluids
- ✓ Call your doctor if cramps persist or present with swelling

High Levels of Vitamin B₁₂

- ✓ Take vitamin B₁₂ 1-2 times per week instead of daily

Hair Loss

- ✓ Hair loss is normal in the first six months after surgery and will usually resolve on its own

If hair loss continues past six months, consider your diet:

- ✓ Eat a well balanced diet with adequate 60-70 grams protein daily
- ✓ Take your multivitamins daily – you should be getting 200% of iron, zinc, and biotin
- ✓ Drink plenty of fluids
- ✓ You can also try Nioxin shampoo – this can be found at your local beauty supply store

Very Slow Weight Loss

- ✓ Be sure to keep a food record. Your dietitian will discuss this with you.
- ✓ Avoid high fat foods
- ✓ Avoid high calorie beverages (i.e. juice, soda, cream and sugar in your coffee, etc.)
- ✓ Stay physically active

Extreme Hunger

- ✓ Keep a food record. Your dietitian will discuss this with you.
- ✓ Be sure to eat 60-70 grams of protein per day.

Excessive Weight Loss

- ✓ Keep a food record. Your dietitian will discuss this with you.
- ✓ Discuss the weight loss with your doctor.
- ✓ Be sure you are taking in enough calories by meeting regularly with the dietitian.

Frequently Asked Questions

Should I purchase anything for after the surgery?

Yes! Measuring cups, measuring spoons, and a food scale are necessary to determine the exact portion sizes of the food you eat and drink. You should also purchase and sample protein shakes (see page 7 for a list) and vitamin/mineral supplements (see page 10 for guidelines) so you have them on hand and are familiar with the taste.

How much weight can I expect to lose?

Weight loss rate varies patient to patient. Do not compare yourself to others. You will lose weight more rapidly in the early weeks/months; weight loss will slow down and become more stable with time.

Why is protein important?

Every tissue in your body needs protein. Protein is important for maintaining your lean body mass while you are losing weight. Your body needs protein to stay strong and have energy. Protein helps you to feel fuller for longer which will be critical when you start feeling hunger. Protein keeps your hair, your fingernails and your toenails healthy. See page 15 for a list of protein foods.

What are the side effects of gastric banding?

Some people may experience nausea, vomiting, constipation, and/or food intolerances. Some individuals report that they can no longer tolerate foods such as red meats, chicken, eggs, rice, pasta, and untoasted bread. Every person is different, and what one person can tolerate, another may not. A careful food record can help your dietitian sort through the foods that may be problematic.

How will I know when I am full?

As you try new foods after surgery, you may have trouble knowing when you are comfortably full. Nausea may be your first indication of fullness. Don't let this alarm you. It will take time for your body to adjust to the stomach's smaller size and return to a normal "full" feeling. You may feel pressure in the center of your stomach or pain in the shoulder area or upper chest when you are full. This is an indication that you have consumed more than you should. Start to train yourself to stop eating prior to experiencing this feeling. Initially you may only be able to tolerate 2-3 teaspoons of food at one time.

What will I eat when I go to a restaurant?

Restaurant eating will be a very different experience for you after the surgery. Ask the waiter to prepare your food in a low-fat manner. Be prepared to bring much of your meal home.

Try some of these dining out tips:

- ✓ Call the restaurant in advance for a preview of the menu. Don't be afraid to ask for special orders.
- ✓ Try ordering one dinner and splitting it with your friend or spouse.
- ✓ Ask that your food be broiled or baked with no added butter or fat.
- ✓ Ask that bread and rolls be removed from the table.
- ✓ Change the focus of dining out from eating to socializing.
- ✓ Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
- ✓ Remember not to drink fluids with your meals.
- ✓ The children's menu is not always the answer for smaller portions. Children's menu foods are often full of fat calories.

How can I have fun at parties or weddings if I can't eat a lot?

Try to focus on the social aspect of the event. Position yourself away from the food table and catch up with friends or get on the dance floor. Scan the buffet in advance and make a plan as to what you will eat. If it is a served meal, call the facility ahead of time and ask what they will be serving. You may allow yourself one or two healthy appetizers and a smaller portion of the meal. Your dietitian will provide you with many tips to make parties and events easier to experience.

Frequently Asked Questions (continued)

If I get upset and want to eat, what will I do?

If you get upset, don't keep it bottled up inside. Try to talk it through with someone. There are many ways to handle your stress. Try some of these activities to reduce stress:

- ✓ Exercise
- ✓ Read a book
- ✓ Call a friend
- ✓ Try a new hobby
- ✓ Take a hot shower

You may want to consider a mental health professional if you feel you need additional assistance in dealing with stress.

Can I drink alcohol after surgery?

Alcohol consumption is discouraged after surgery for several reasons:

- ✓ It irritates the stomach and can cause ulcers.
- ✓ It may lead to dehydration.
- ✓ Post-op patients will become intoxicated very quickly.
- ✓ Post-op patients are at greater risk for dependency upon alcohol.
- ✓ Alcohol contains excess calories.

Please speak with your bariatric team before consuming alcohol after surgery.

Will I have excess skin?

This answer varies with every individual. Excess skin cannot necessarily be prevented by exercising. Age also has little to do with it. Excess skin is based on genetics. Plastic surgery is one way to treat this. Some insurance companies will cover plastic surgery for the abdomen or breasts if it is medically necessary and documented in your medical record.

When can I start exercise after surgery?

You can start walking or doing other aerobic exercise right after your surgery. For weight lifting and abdominal exercises, please consult your surgeon.

How do I explain my diet to my family and friends?

The best way to explain your diet to your family and friends is by having them read over the guidelines and discussing some of the changes that are going to occur after surgery. Feel free to bring a family member or friend to a support group or to your nutrition appointments. It is important to involve your family and friends who are supportive so that you can be successful with your weight loss.

We are wishing you the best for your surgery! We want to help you be successful and stay healthy.

Remember to meet with your dietitian regularly after surgery at these times:

- ☐ 2-3 weeks
- ☐ 6-8 weeks
- ☐ 3 months
- ☐ 6 months
- ☐ 9 months
- ☐ 1 year
- ☐ After 1 year, meet with dietitian twice per year (every 6 months) forever

You may need to check in more frequently based on your band adjustment schedule.