



Weight-loss  
surgery

# New food for a new you

Diet and nutrition guide for  
people who undergo lap band  
weight-loss surgery



**TEXOMA**  
**MEDICAL**  
**CENTER**



Congratulations on your decision to undergo weight-loss surgery. It's a bold move toward improving your health and your life. As a matter of fact, the surgery you have will change your life in many ways.

We hope this guide will be one of the first steps we take together in helping you prepare for and adjust to the new life you're going to have. Read it. Keep it. Refer to it often.

Please know that we're here for you. Not just for a few months before and after your procedure, we're here to assist and support you whenever you need us. Always.

*The Dietitians of  
Texoma Medical Center*



## 1000-Calorie Weight-Loss Diet

**Before surgery, it's important that you lose weight. Your surgeon would like for you to lose 3 – 5% of your current body weight prior to surgery. Preop weight loss of this magnitude helps to prevent surgical complications and has been associated with improved weight outcomes.**

This diet has been designed using an exchange list system. This is a system that makes it easy to plan and prepare a diet that meets your calorie and protein needs. Your dietitian will educate you on how to use the exchange system to plan your own diet. You can follow the 2-week cycle menu or you can plan your own menu based on the following meal pattern.

**Calories: 1000**  
**Protein (90 grams) – 36%**  
**Carbohydrates – 40%**  
**Fat – 24%**

	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime
<b>Starch</b>	1		1		1	
<b>Fruit</b>		1		1		
<b>Milk</b>						1 low fat
<b>Vegetable</b>			1		1	
<b>Meat</b>	2 very lean	1 low fat	2 low fat	1 low fat	2 low fat	2 fat free
<b>Fat</b>	½				½	

## 1000-Calorie Menus – Breakfast

½ cup Egg Beaters cooked **2 very low fat meats**  
½ cup cooked oatmeal **1 starch**  
½ teaspoon low-fat margarine in oatmeal **½ fat**

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2 ounces of low-fat sausage **2 lean meats**  
1 slice of whole-wheat toast **1 starch**  
½ teaspoon low-fat margarine **½ fat**  
1 teaspoon sugar-free jelly **free**

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Grilled cheese sandwich **2 lean meats**  
(made with 1 piece of toast cut in **1 starch**  
half – top/bottom and 2 slices of fat- **½ fat**  
free cheese; cook in non-fat cooking spray)

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2 ounces of low-fat turkey deli meat **2 very lean meats**  
pan grilled in non-fat cooking spray  
½ cup cream of wheat **1 starch**  
½ teaspoon low-fat margarine **½ fat**

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½ cup egg whites mixed with 1 slice (ounce) **2 very lean meats**  
fat-free cheese & topped with 1 Tbsp salsa  
½ English muffin **1 starch**  
½ teaspoon low-fat margarine **½ fat**

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2 ounces low-fat sausage **2 lean meats**  
1 small pancake (4" across) with **1 starch**  
1 Tbsp sugar-free syrup  
½ tsp low-fat margarine **½ fat**

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Egg/cheese/ham burrito (¼ cup egg whites, **2 lean meats**  
½ slice fat-free cheese, ½ slice of low-fat turkey  
deli meat – top with salsa)  
1 small flour tortilla (6" across) **1 starch**  
½ teaspoon creamy peanut butter **½ fat**

## 1000-Calorie Menus – Morning and Evening Snacks

½ cup unsweetened applesauce mixed with **1 fruit**  
1 packet or scoop of protein powder **1 very lean meat**

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½ cup canned peaches (in own juice & drained) **1 fruit**  
¼ cup low-fat cottage cheese **1 very lean meat**

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1 small orange **1 fruit**  
1 hard boiled egg **1 low fat meat**

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1 frozen strawberry & ½ banana **1 fruit**  
blended with ⅔ cup plain regular yogurt **1 very lean meat**

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½ cup canned pineapple **1 fruit**  
1 slice of thin-sliced deli ham or turkey (with **1 lean meat**  
½ tsp Miracle Whip)

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½ cup apple juice mixed with **1 fruit**  
1 packet or scoop of protein powder **1 very lean meat**

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17 grapes **1 fruit**  
1 ounce of a low-fat hot dog with mustard, **1 low fat meat**  
if needed

## 1000-Calorie Menus – Lunch

2 ounces grilled beef patty (4-8% lean) topped with mustard or Miracle Whip **2 lean meats**  
½ cup low-fat mashed potatoes **1 starch**  
½ cup steamed zucchini **1 vegetable**

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2 ounces baked chicken (white or dark meat) **2 lean meats**  
⅓ cup baked beans **1 starch**  
½ cup steamed green beans **1 vegetable**

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Tuna fish sandwich (2 ounces tuna in water mixed with 1 tsp fat-free Miracle Whip & relish) **2 lean meats**  
1 slice bread cut in half (top & bottom) **1 starch**  
1 slice of tomato **1 vegetable**

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½ turkey sandwich (whole wheat bread, 1 slice (ounce) low-fat/fat-free turkey deli meat, Miracle Whip or mustard, 1 leaf romaine lettuce & 1 slice of tomato) **2 lean meats**  
**1 starch**  
**1 vegetable**

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2 ounces grilled salmon **2 lean meats**  
½ cup sweet potato **1 starch**  
½ cup steamed carrots **1 vegetable**

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Grilled chicken wrap (1 small 6" flour tortilla, 2 ounces grilled chicken breast, ½ cup finely diced tomato, onion, & iceberg lettuce – top with 1 Tbsp salsa) **2 lean meats**  
**1 starch**  
**1 vegetable**

## 1000-Calorie Menus – Dinner

2 ounces baked chicken leg (skinless) **1 lean meat**  
½ cup corn **1 starch**  
1 tsp low-fat margarine **½ fat**  
½ cup steamed broccoli **1 vegetable**

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2 ounces grilled beef patty (very lean) **2 lean meats**  
½ cup pinto beans **1 starch**  
½ cup steamed cauliflower topped with ½ tsp low-fat margarine **1 vegetable**  
**½ fat**

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Soft taco (1 ounce of browned ground beef, 1 ounce plain cheddar cheese, ½ cup finely diced tomato, onion, iceberg lettuce topped with 1 tsp salsa) **2 lean meats**  
**1 starch**  
**1 vegetable**  
**½ fat**

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2 ounces center loin pork chop **2 lean meats**  
½ cup green peas **1 starch**  
½ cup steamed cauliflower topped with ½ tsp low-fat margarine **1 vegetable**  
**½ fat**

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2 ounces grilled fish (any kind) **2 lean meats**  
⅓ cup of rice (preferably brown) **1 starch**  
½ cup steamed carrots topped with 1 tsp low-fat margarine **1 vegetable**  
**½ fat**

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½ ham sandwich (1 slice (ounce) deli ham, 1 slice low-fat cheese, whole wheat bread, 1 leaf romaine lettuce, 1 slice tomato, topped with Miracle Whip or mustard) **2 lean meats**  
**1 starch**  
**1 vegetable**  
**½ fat**

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Turkey pasta (2 ounces Jenni-O turkey dinner sausage, ⅓ cup pasta, 1 Tbsp fat-free/low-fat pasta sauce) **2 lean meats**  
**1 starch**  
½ cup broccoli **1 vegetable**



## Preoperative Food Plan (two weeks prior to surgery)

The recommended preoperative food plan consists of two liquid meals and one regular meal. Begin taking one multivitamin and one calcium supplement per day. Weigh and measure all foods. Record daily protein drink intake, vitamin intake, foods eaten, fluid intake and exercise on the “Food & Activity Log” beginning 2 weeks prior to your surgery. When recording foods, include portion size, method of preparation and calories.

**Plan: Two high-protein drinks per day (more if indicated) AND one meal**

### Calories

Approximately 800-1000 calories per day

### Protein Drink Types

#### Milk-based

- Nestlé Carnation® Instant Breakfast for the Carb Conscious (Blue box, no sugar added)
- Ultra Slim Fast® Low Carb Diet

#### Lactose Free

- Glucerna® Weight Loss Shake
- Atkins® Advantage™ Shake
- Optisource™
- Optifast®

### Vitamins

- One multivitamin per day
- One calcium per day

**Do not take multivitamin one week prior to surgery.**

### Fluids

Sugar-free, non-carbonated beverages (can be flavored)

- Crystal Light
- Decaffeinated tea or coffee
- Low sodium broth
- Skim or low carb milk
- Sugar-free gelatin
- Sugar-free popsicles
- Protein shakes and powder mixes

### Meal

- Four lean meat servings (1 oz = 1 serving)
- One starch serving (½ cup or 1 oz = 1 serving)
- Two vegetable servings (½ cup cooked or 1 cup raw = 1 serving)
- One fruit serving (1 medium piece of fruit or 4 oz fruit juice or ¼ cup dried fruit = 1 serving)
- One half milk serving (4 oz = 1 serving)
- One fat serving (1 tsp regular or 1 Tbsp light = 1 serving)

**After your surgery, begin taking a chewable or liquid vitamin until you are told to progress to a regular diet.**



## Diet guidelines to use after surgery for weight loss

**This is the official postoperative diet protocol for the Texoma Medical Center Weight-loss Surgery Program; any other documents may or may not offer appropriate advice and should be disregarded.**

### DIET ADVANCEMENT

This is a general description of diet advancement; your progression may differ depending on how well you tolerate different foods. Always consult your medical team before doing something different from what is described in this guide. Your dietitian can assist you in creating a diet that is nutritious as well as varied and good tasting at any stage of diet advancement.

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**FOLLOWING SURGERY,** you will have a swallowing study to determine if it's safe to allow you to have anything to drink. You may be allowed to have clear liquids immediately after surgery and prior to the swallowing study if your surgeon recommends it.

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**WHILE IN THE HOSPITAL OR SHORTLY AFTER YOU RETURN HOME,** your diet will be advanced from clear liquids (water, broth, diet JELL-O) to full liquids (clear liquids and strained cream soups, yogurt without chunks of fruit, skim milk, protein shakes or No Sugar Added Carnation Instant Breakfast). Thickness of full liquids can range from water to just thick enough to coat the back of a spoon when dipped in.

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**YOU WILL NEED TO FOLLOW A FULL LIQUID DIET FOR THE FIRST WEEK AFTER SURGERY.** If you advance your diet too quickly, complications may result. It is more important, during these first few weeks, to allow your stomach to adjust and heal than to lose weight. While on the full liquid diet, you may drink some foods that are high in calories; these foods may be eliminated from your diet later to facilitate your weight loss.

**Some examples of full liquids are:** skim milk, Nestlé Carnation Instant Breakfast® (no sugar added) prepared with skim milk, smooth yogurt thinned (sugar-free, fat-free), cream of wheat/rice or farina thinned, protein shakes, strained cream soups, baby food thinned, and other foods that have been puréed then strained. To strain a food, pour it into a kitchen strainer/fine sieve and push it through with the back of a spoon.

Entire meals, including servings from each of the food groups, can be prepared in the blender or food processor. Make your meals well flavored by blending in garlic, onions, herbs and spices as tolerated.

**Some examples of blended meals include:**

- Cream of wheat thinned with fortified milk and 1 tsp sugar-free syrup
- Healthy Choice® cream of mushroom soup strained with protein powder
- Beef stew, blended, thinned and strained

Some foods (nuts, seeds, skins and shells) cannot be completely blenderized to a liquid and should be avoided during the full liquid and puree stages because pieces of fibrous material may block the gastric outlet.

### Sample Menu for Full Liquid Stage

<b>7:00 – 7:30 am</b>	½ cup to ¾ cup thinned farina made with milk and protein power
<b>8:30 – Noon</b>	Allowed sugar-free fluids at 4 ounces per hour (1 ounce every 15 minutes) provides 16 ounces in 4 hours
<b>1:00 – 1:30 pm</b>	½ cup to ¾ cup protein shake
<b>2:30 – 6:30 pm</b>	Fluids
<b>7:30 – 8:00 pm</b>	½ cup to ¾ cup strained soup with protein powder
<b>9:00 pm – Midnight</b>	Fluids

**DURING THE SECOND (2ND) WEEK AFTER SURGERY, IF YOU HAVE BEEN TOLERATING FULL LIQUIDS, YOU MAY ADVANCE YOUR DIET TO PURÉE.** Puréed foods are blenderized/food processed and without any bits, chunks, skins or strings. Many patients choose to use undiluted stage one and two baby foods while on the purée diet; this is a safe, appropriate and convenient option. Any other foods may be puréed; this is important even if they are soft foods. The general recipe to purée food is to cook the food to a soft texture, place it in a blender or food processor, add a liquid (fortified milk, milk, broth or bouillon), and blend or process. If a puréed food is put on a plate it should not spread out completely.

### Sample Menu for Puréed Stage

<b>7:00 – 7:30 am</b>	½ cup fat-free, no sugar added vanilla yogurt with ¼ cup puréed peaches
<b>8:30 – 12:30 pm</b>	Fluids
<b>1:30 – 2:00 pm</b>	¼ cup mashed potatoes with protein powder ½ cup puréed chicken 1 Tbsp fat free gravy
<b>3:00 – 7:00 pm</b>	Fluids
<b>8:00 – 8:30 pm</b>	½ cup grits with protein powder 1 puréed poached egg
<b>9:30 pm – 12:30 am</b>	Fluids

**WHEN YOU HAVE REACHED THE THIRD (3RD) WEEK AFTER SURGERY, IF YOU HAVE BEEN TOLERATING PURÉED FOODS, YOU MAY BEGIN TO ADD SOFT SOLID FOODS. SOFT SOLID FOODS ARE THOSE WHICH ARE EASILY CHEWED AND DO NOT HAVE ANY TOUGH PARTS, SKINS, STRINGS OR HARD NUTS/SEEDS.**

Some examples of soft solids include: soft cooked egg or egg substitute (Egg Beaters®, Scramblers, etc.), boiled or braised meats/fish, canned meats/fish (tuna, salmon without bones, chicken, etc.), tofu (any variety except fried), low-fat or fat-free cheeses, creamy peanut butter, well-cooked vegetables, fruit canned in juice, soft fresh fruits (banana), pasta, and soft bread. Avoid citrus membranes and fibrous/raw vegetables at first.

When you are tolerating soft solids, move on to regular solids.

**Try to include the following each day:**

- Meat/Meat Substitutes (beef, chicken, fish, pork, eggs, cheese, peanut butter): 4 – 5 ounces
- Milk/Yogurt: 2 cups per day
- Vegetables: 2 – 3 servings per day
- Fruit: 1 – 2 servings per day
- Starch/Bread: Limit to 5-6 servings per day
- Fats: 2 tsp per day (includes butter/margarine, oil, shortening, salad dressing, mayonnaise, cream cheese, gravy and bacon)

## Postoperative diet ideas – at 6 weeks

### Breakfasts

Hot tea, sugar-free cocoa, sugar-free cider, coffee with sugar substitute or fat-free creamer (wait 30 minutes) **PLUS**

½ cup oatmeal (sugar substitute & skim milk are optional)

½ cup shredded wheat

1 scrambled egg (cooked in PAM®) with 1 Tbsp of cheese

1 frozen ham & cheese omelet  
1 granola bar

Fat-free yogurt

6 peanut butter crackers

½ cup Cheerios® and ½ banana

½ breakfast burrito (salsa optional)

1 slice wheat toast with 1 Tbsp peanut butter or sugar-free jam/fruit preserves or ½ banana

1 Slim-Fast® breakfast bar

1 sugar-free vanilla pudding with ½ banana sliced in pudding

Weight Watchers® instant oatmeal

1 slice of luncheon meat (ham) or 1 boiled egg

Cream of wheat (sugar substitute optional)

6-8 ounces raspberry protein yogurt smoothie

Yogurt with 1 Tbsp high fiber cereal

Protein shake consisting of 1 cup skim/fat-free milk, 2 Tbsp protein powder and frozen fruit

Special K® bar

½ cup fruit in natural juices

Honey oat breakfast bar

1 cup light cherry-flavored yogurt, 2 Tbsp applesauce, ½ cup of Total® brand cereal and ½ of a tangerine

½ cup fat-free, sugar-free pudding and 1 small biscotti

Banana Berry Shake:  
½ cup of unsweetened blueberries, ½ cup skim/fat-free milk, ½ cup light vanilla flavored yogurt and ½ banana; blended with ice

Cinnamon/Apple smoothie:  
8 ounces skim/fat-free milk, 2 Tbsp applesauce, 1 capful vanilla flavoring and cinnamon; blended with ice

### Lunches

¼ cup baked beans

1 boneless chicken wing

½ cup chicken salad

8 crackers

¼ cup chicken salad

¼ cup fruit salad

2 chicken strips

2 slices deli roast turkey with cheese melted on top

½ cup grilled chicken salad with fat-free salad dressing

½ baked potato

1 tsp butter or fat-free sour cream

3 ounces chicken breast on spinach salad

1 slice turkey breast with Triscuit® crackers

½ small avocado

½ Lean Cuisine® meal

2 ounces fat-free shaved ham in lettuce wrap

1 ounce shredded part-skim mozzarella cheese

1 pack tuna (in water)

3-6 crackers

1 small chili from Wendy's®

½ hamburger patty

1 slice of 2% Swiss cheese  
mustard, onion, pickles

½ sandwich consisting of:  
wheat bread

2 ounces of lunch meat

1 ounce cheese

lettuce, tomato, pickles

½ Lean Cuisine® Chicken Alfredo meal

1 section beef quesadilla  
salsa (optional)

1 slice thin crust vegetable/  
meat pizza

3 ounces crab meat

3-6 crackers

½ cup tuna salad

10-15 goldfish crackers

2 slices cheese toast with  
wheat bread

Honey Spiced chicken:

1 tsp honey

⅛ tsp ground nutmeg

⅛ tsp ground cinnamon

2 Tbsp sugar snap peas

2 ounces boneless,  
skinless chicken

Preheat broiler, combine honey, nutmeg, cinnamon. Coat chicken with mixture, broil until no longer pink. Serve with cooked snap peas or other vegetable.

**Cheesy Veggie Burger:**

½ toasted whole wheat english muffin  
1 tsp mayonnaise  
1 frozen, fat-free vegetarian burger (prepared according to directions)  
1 ounce low-fat cheddar cheese  
lettuce, onion

Spread muffin with mayo and top burger with cheese, lettuce and onion

**Feta salad with pita chips:**

2 cups mixed greens  
½ cup tomatoes  
¼ cup sliced cucumber  
1 cup chopped onion  
1 ounce feta cheese  
1 tsp olive oil  
1 small wheat pita cut into wedges/toasted (eat ⅓ to ½)

1 Arby's® grilled chicken fillet without the bread

**Veggie Pita:**

1 wheat pita  
⅛ sliced avocado  
¼ cup chopped cucumber  
½ ounce feta cheese  
1 small tomato

Cut top off of pita to form pocket and stuff with ingredients

Honey-mustard toasted ham sandwich:  
2 slices of toasted wheat bread  
1 ounce extra lean ham  
⅛ sliced avocado  
2 tsp honey mustard  
lettuce, tomato

**Dinners**

¼ cup lasagna  
¼ cup salad with fat-free dressing

½ Weight Watchers® meal

½ cup canned chicken (in water)  
green salad

3 ounce rib-eye steak  
onions or mushrooms

½ cup homemade lean beef  
vegetable stew

¼ cup chicken & dumplings  
1 Tbsp green beans  
3 strawberries

2 ounces meat loaf  
1 Tbsp mashed potato

3 ounces baked chicken  
¼ cup peas

1/3 cup ground beef  
tomato sauce

½ cup spaghetti

1 chicken enchilada  
1 Tbsp fat-free beans

½ cup liver and onions  
1 tsp mixed vegetables

½ cup macaroni & cheese  
1 slice thin ham

½ cup chicken teriyaki  
vegetables

½ cup chicken spaghetti

½ cup chicken pot pie

2 ounces chopped beef with  
BBQ sauce  
1 Tbsp cole slaw

½ cup pasta noodles  
2 ounces tuna

½ cup chicken fettuccine

Chicken quesadilla, 1 slice  
salsa

½ grilled chicken breast  
1-2 Tbsp stir-fry vegetables

2 ounces baked fish  
1 Tbsp green beans  
1 Tbsp steamed squash

3 ounces baked chicken  
1 Tbsp okra

2 Tbsp macaroni & cheese  
2 Tbsp ranch-style beans  
(Suggestion: add Beano!® or other anti-gas product)

**Vegetables & Tofu:**

½ cup Chinese vegetables  
tofu

2 Tbsp low sodium soy sauce  
1 ½ cup beef ravioli (frozen not canned)  
½ cup canned tomato sauce

Spaghetti Bolognese:  
3 ounces shredded, lean beef  
round

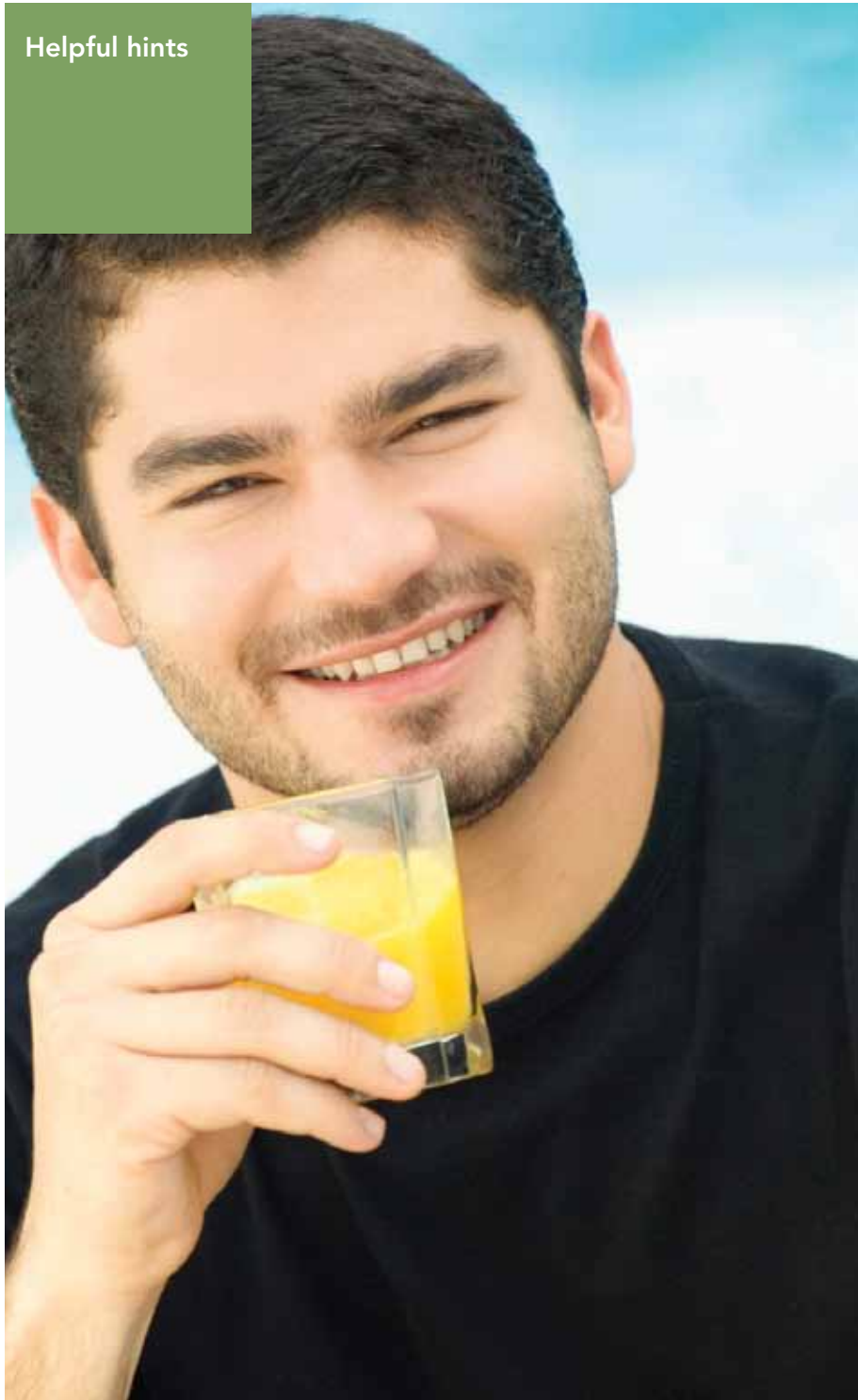
½ cup canned tomato sauce  
1 cup cooked spaghetti  
1 Tbsp green beans

Heat skillet over medium heat. Season beef to taste. Brown beef. Add tomato sauce and heat. Serve over spaghetti with green beans on the side.

**BBQ Pork:**

6 ounces lean pork tenderloin  
1 Tbsp barbeque sauce  
1 Tbsp raw green snap beans  
1 tsp butter  
1 Tbsp sweet potato

Heat skillet over medium heat. Coat pork with sauce, cook until no longer pink. Season snap beans and broil until tender with 1 tsp butter. Serve 2 ounces pork with vegetables.



## Helpful Hints

Do not use straws as they can bring air into your stomach pouch.  
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Avoid chewing gum as it could block your gastric outlet if swallowed. Also, it may introduce air to your gastric pouch, causing discomfort.  
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If you do not tolerate full liquids well, do not advance to purée even if it has been one week since surgery. This also applies to the next transition. If you are not tolerating purée well, do not start solids even if it has been two weeks since surgery. Contact the Surgery Coordinator or Registered Dietitian with any major tolerance issues.  
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Add only one new food per meal. If you do not tolerate the meal, this will help you to determine which food caused discomfort.  
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Allow 30 minutes for each meal. If you usually eat quickly, chewing thoroughly, talking with dining companions or reading leisurely can help you to slow down.  
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If you want to keep food warm for the full 30-minute meal, heat a microwave-safe gel pack and put it under your plate.

It's helpful to cut meats into small pieces (size of pencil eraser) to ensure that no large pieces are swallowed.  
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Chew thoroughly. This means chewing 25 – 35 times per bite before swallowing.  
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Stop eating AS SOON AS you feel full. Eating beyond this point can cause discomfort and will impede your weight loss by allowing you to eat more and more food.  
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Each meal is a 1 ½ hour block of time without any beverages (½ hour before and ½ hour after the meal with ½ hour to eat your meal).  
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Drink at least 64 ounces (8 cups) of fluid per day. Avoid carbonated, caffeinated or alcoholic beverages. Room temperature liquids are often best tolerated at first. Avoid very hot or very cold liquids/foods for several weeks.  
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When eating soup after week five, separate solids to eat at your meal and reserve broth to drink later after the meal.

When dining out, order a child's portion or "lite" plate. Request plain broiled or baked meats with gravies, sauces, condiments, or butter on the side. Get a take-out box at the start of your meal and pack up anything above the amount you need for that meal. Avoid buffets.

Offer to bring a food to share to gatherings. For example: full liquid = low-fat eggnog or vanilla yogurt with blueberries (for garnish and other guests), purée = split pea soup or vichyssoise (cold cucumber soup), soft solid = well cooked broccoli florets with low-fat cheese sauce.

Choose low-fat (less than 5 grams fat per serving), low-sugar foods (less than 10 grams sugar per serving).

Focus on heart healthy fats such as peanut butter, olive oil or canola oil. Omega-3 fatty acids are also heart healthy and can be found mainly in fish and enriched egg yolks (such as Eggland's Best). Avoid saturated fats such as fat from meats, regular cheese/dairy or regular egg yolks.

Avoid concentrated sweets (i.e., fruit juice, candy, table sugar, pancake or maple syrup, "regular" sweetened drinks, baked goods, jam/marmalade, honey, molasses) as these are high in calories.

Avoid fibrous foods at first. For example, cream of wheat/rice or farina are fine from the beginning but oatmeal should wait until you are tolerating some solids. When adding solid foods, start with softer foods and then work up to more fibrous foods such as salad, broccoli stems or celery.

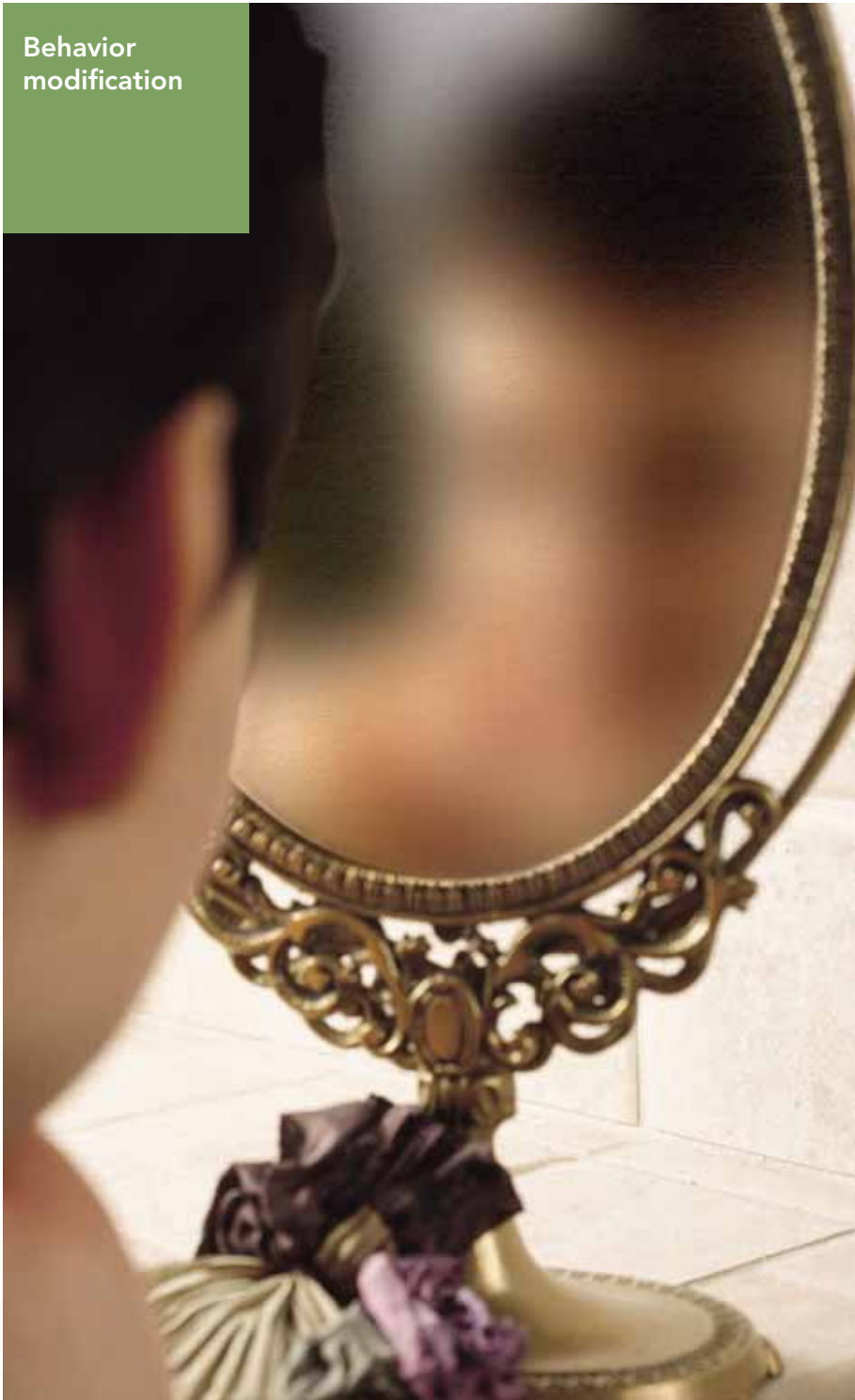
If you have problems with solid foods and suffer from nausea or vomiting, go back to the liquid or purée diet you had earlier. Then slowly add soft foods to help you transition to solid foods later. Always seek advice that is specific to your situation from your bariatric surgery team. Allowing vomiting to continue can cause band slippage, stomach slippage or stretching of the small stomach pouch above the band.

It is not uncommon for some people to become intolerant of milk or dairy after bariatric surgery. If this happens, try using Lactaid® milk or add Lactaid drops/tablets (crushed) to milk/food. Often yogurt or cheese will be tolerated when milk is not, so try these too.

**Protein** is very important for healing after surgery and for maintaining lean body mass. Eat at least 60 grams protein per day.

It is not likely that you will be able to get enough protein in the small quantities of food you will eat after the surgery. To get 60 grams of protein per day you'll need to add protein powder to foods and/or drink 3 – 4 ounce servings of skim milk between your meals. Your Registered Dietitian will tell you if your minimum requirement is higher than 60 grams. Protein powder (whey protein) is nearly essential to help you to meet your needs in the beginning. It can be found at most grocery and drug stores. Read the label and look for products low in carbohydrates (7 – 12 grams/serving).

Some protein powders are flavored (chocolate, vanilla, butter pecan) but the unflavored varieties are the most versatile and some can even be added to water without changing the taste or texture. You may discontinue the protein supplement after you are able to consistently meet your protein needs with food alone.



## Necessary behavior modification required for successful weight loss and to help prevent complications

Keep food records. Record what you eat or drink, portion size, amount of time taken to eat meals or snacks, where you eat and what you're doing while eating, mood, and rate feeling of hunger.

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Drink 48 – 64 ounces of fluids daily. Eliminate caloric/carbonated beverages such as soft drinks and juice from your diet. Acceptable beverages include water, Crystal Light®, Propel Fit Water™, Fruit20®.

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**Make food less visible in your home.**

- Store all food out of sight. Try and keep food off the counters.
- Put your favorite foods in hard to reach places.
- When serving meals, keep pots and pans on the stove, not on the table.
- Store leftovers immediately after meals or immediately throw them in the trash.

**Modify your shopping habits.**

- Avoid grocery shopping on an empty stomach.
- Make a shopping list and stick to it.
- Shop the walls, avoid temptation by avoiding the aisles. Most whole foods are found along the perimeter of the store.

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**Slow down your eating.**

- Eating slowly is very important after you have surgery. If you eat too quickly, you may vomit. Start to become aware of eating patterns before surgery and modify the pace of eating. Try some of these tips to help slow yourself down:
- Allow 30 minutes minimum for mealtimes. Right after your surgery you may need 60 minutes.
  - Take small bites and chew food to a liquid consistency before swallowing (chew 20 – 30 times before swallowing).
  - Set your utensils down between bites.

Make a reminder sign that says EAT SLOWLY to remind you to do so.

**Control portions.**

- Carefully weigh and measure all portions before eating. Start measuring portions prior to surgery to familiarize yourself with what a healthy portion will look like.
- Put all extra food away before eating.
- Use small dishes and glasses. This will make portions appear bigger.
- Don't cook extra. Cook just enough for one meal.
- Order from the appetizer menu when eating out, not from the child's menu. Many of those options are loaded with calories.

**Plan ahead.**

- Plan weekly menus every Sunday for best results (don't wait until the last minute to decide what you're going to eat).

**Make eating an isolated activity.**

- Choose a spot at home just for eating (kitchen table or dining room).
- Make a rule to sit whenever you put something in your mouth.
- Avoid doing other activities while eating (watching TV, reading the newspaper, etc ...)

Drink fluids between meals only. No fluid ½ hour before or ½ hour after a meal.

Don't use a straw.

Cut food into pea-size pieces before eating (large pieces may obstruct the surgical outlet).

Stop chewing gum and avoid popcorn, seeds and nuts as these may obstruct the stomach outlet.

Eat foods rich in protein (eggs, chicken, fish, turkey) at each meal. Try and eat the protein-containing foods at the beginning of each meal.

**Activities that you can do instead of eating:**

- If you usually eat when you are upset, anxious or depressed, try music, a bath or shower, a walk, yoga, meditation or some other form of relaxation.
- Make a list of 20 things you like to do or would like to do that don't involve food.

Need some extra encouragement?

Email the TMC Weight-loss Surgery support group at [tmclapbandgroup@yahoo.com](mailto:tmclapbandgroup@yahoo.com) for information or upcoming meeting dates.

Or visit these sites online:

[www.lapband.com](http://www.lapband.com)

[www.lapbandtalk.com](http://www.lapbandtalk.com)



Notes

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If you have any questions  
or concerns, please call  
Texoma Medical Center's  
Registered Dietitians at  
903.416.2162.



**TEXOMA**  
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903.416.4000

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Physicians are on the medical staff of Texoma Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Texoma Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.