

LAP-BAND SURGERY

NUTRITION GUIDELINES



Start Date: _____

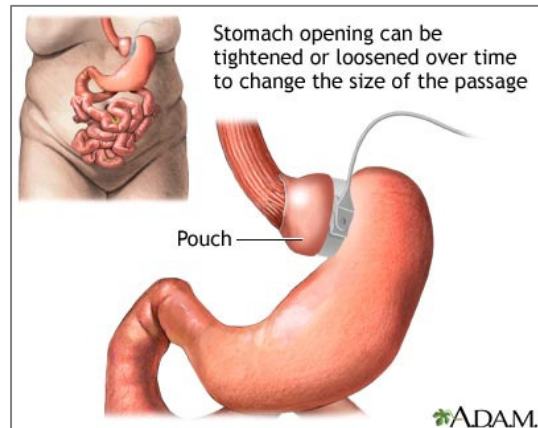
End Date: _____

STAGE 3 DIET

After a full 1 week on the Stage 2 Diet, progress to the Stage 3 Diet for 1 week

LIQUIDS, PUREED FOODS AND VERY SOFT SOLIDS

- This stage consists of liquids and blended/pureed foods (stage 1 and 2 diets), with an introduction of soft solid foods.
- Soft foods are foods that are tender, easy to chew and are easily digested.
- Continue to sip beverages and eat slowly. **Stop sipping and eating when you feel full.**
- **Be precise with measuring your foods.** One of the most important points to remember in the long-term is to avoid going over the **½ cup portion**. However, in the next several weeks you may not feel satisfied by the ½ cup portion. After several adjustments, you will start to notice that ½ cup of food feels more satisfying and filling.
- Continue to eat at least 6 times a day. Continue to choose protein foods first.
- Consume 60–80 grams of protein each day.
- Avoid liquids 30 minutes before, after, and during meals.
- Continue to select a **variety** of foods, as tolerated. Consuming a variety of foods will ensure adequate and appropriate nutrient intake for energy and continued healing of your incisions.
- Chew soft solid foods to the consistency of pureed foods. Use a baby spoon to remember to take small bites.
- Continue to drink a minimum of 48 ounces of water everyday, to prevent dehydration.
- Continue to take your multivitamin with iron. If you do not consume milk, yogurt or cheese on a daily basis, you may need to take an additional calcium supplement with vitamin D. Discuss this option with the dietitian if you do not regularly consume dairy products.



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NUTRITION GUIDELINES



STAGE 3 DIET

PROTEIN SOURCES

- Protein beverage (i.e. Medifast®, Slim Fast® Low Carb, Atkins Advantage®)
- Skim milk, plain soy milk or fortified milk (1 quart skim milk + 1 cup non-fat dry milk powder)
- Low-fat drinkable smoothies (i.e. Lifeway® Slim 6 Kefir)

- Low-fat/light yogurt (i.e. Dannon® Light & Fit® or Yoplait Light®)
- Fat-free Greek yogurt (i.e. FAGE 0% or Oikos™ 0%)
- Low-fat cottage cheese
- Low-fat cheese or low-fat (2%) cheese sticks
- Scrambled eggs or egg substitutes
- Tuna, egg or chicken salad made with low-fat mayonnaise
- Baked, flaked fish (i.e. tilapia, cod, halibut, salmon)
- Lean ground sirloin or extra-lean ground turkey
- Fat-free refried beans
- Natural peanut butter- limit to 2 tablespoons per day

FRUITS

- Bananas
- Melon (cantaloupe, honey dew) without seeds
- Applesauce
- Canned peaches or pears packed in own juice
- Fresh peaches, pears, or plums (no skin)
- **No fruits with skins, seeds or pulp**

VEGETABLES

- Well cooked vegetables such as carrots, tomatoes, green beans, cauliflower, cabbage, spaghetti squash, spinach, collard greens, zucchini (no skin), cucumbers (no seeds or skin)
- Canned vegetables
- **Avoid raw vegetables and lettuce until stage 4**
- **Use caution with fibrous vegetables (i.e. celery)**

STARCHES / GRAINS

- Hot cereals (i.e. cream of wheat or rice, oatmeal)
- Low-fat whole grain crackers (i.e. Ak-Mak® crackers)
- Baked and mashed potatoes or sweet potatoes (no skin)
- Cooked peas
- Cooked squash (i.e. butternut, acorn, and pumpkin)
- Brown rice (as tolerated)

HEALTHY FATS

- 1 teaspoon olive oil, canola oil or peanut oils
- 1 Tablespoon light tub margarine
- 1 Tablespoon light mayonnaise
- 2 Tablespoons light salad dressing
- 2 Tablespoons avocado
- **Use sparingly to prepare or flavor your food!**

**½ cup = 4 oz or
4 medicine cups**



Protein



Protein



Vegetables/
Fruits



Starches

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LAP-BAND SURGERY

NUTRITION GUIDELINES



STAGE 3 DIET SAMPLE MENU

Begin with 3 soft meals and 3 snacks of a protein beverage.

Remember to stop eating when you feel full. One extra bite could make you uncomfortable and nauseated, and may eventually stretch your pouch.

Breakfast 8:00 am

4 Tablespoons (2 ounces) egg substitute
2 Tablespoons (1 ounce) canned peaches
2 Tablespoons (1 ounce) oatmeal

9:00-9:30 am sip on fluids

Morning Snack 10:00 am

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

11:00-11:30 am sip on fluids

Lunch 12:00 noon

4 Tablespoons (2 ounces) tuna salad (made with light mayonnaise)
1 Tablespoon (1/2 ounce) cooked peas
1 Tablespoon (1/2 ounce) fresh cantaloupe
2 low-fat whole grain crackers

1:30-2:30 pm sip on fluids

Afternoon Snack 3:00 pm

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

4:30-5:30 pm sip on fluids

Dinner 6:00 pm

4 Tablespoons (2 ounces) baked flaked fish
2 Tablespoons (1 ounce) cooked carrots
2 Tablespoons (1 ounce) brown rice

7:00-7:30 pm sip on fluids

After Dinner Snack 8:00 pm

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

8:30 pm-bed time sip on fluids

Note:

This is a guide only. It is important to eat slowly and to stop if you feel full.

LAP-BAND SURGERY

NUTRITION GUIDELINES



Start Date: _____

End Date: **This stage is for life!**

STAGE 4 DIET

After a full 1 week on the Stage 3 Diet,
progress to the Stage 4 Diet

REGULAR DIET

- Begin experimenting with a variety of nutrient-dense solid foods. Many people choose to eat solids at meal times and drink nutritious, high protein beverages as snacks. In the first few weeks of this stage, it will be especially important to use a protein beverage everyday for 2-3 of your 6 meals or snacks. This can help you to consume adequate protein each day.
- While everyone progresses at a different rate, generally around 8 weeks post-surgery the diet can be less restrictive. However, it is essential to follow a well-balanced diet that is low in fat, high in fiber and rich in protein. Be sure to take small bites and chew slowly. It is okay to gradually start adding more fiber to your diet, but go slowly and drink plenty of fluids. You can introduce raw fruits and vegetables back into your diet at this time. Wait a few more weeks to try nuts and seeds.
- Always chew solids to the consistency of pureed foods before swallowing.
- **Use caution** with the following foods as they are sometimes hard to tolerate post-surgery:
 1. Fibrous or stringy vegetables such as corn, celery, and raw broccoli.
 2. Fresh bread (especially white bread), white rice, and pasta. Toast and crackers are usually better tolerated.
 3. Tough or dry meats such as steak or dry chicken. Marinated meats may be better tolerated.
 4. Greasy foods such as high-fat meats and fried foods.
 5. The skins of fruits and vegetables. Cooking or steaming fruits and vegetables can help.
 6. High sugar foods and beverages (ice cream, cookies, cakes etc.).
- Consume foods in this quantity: approximately ½ cup or 4-1ounce medicine cups.
- **Consume foods in this order:**
 1. Protein
 2. Vegetables or Fruits
 3. Starches and Grains (if you have any room left)
- Continue to take your multivitamin with iron, B complex and calcium citrate unless otherwise indicated.

REMEMBER:

- Choose foods that provide protein, fiber and other important nutrients – avoid empty calories.
- Eat three small meals and three small snacks per day. It is ok to use a small amount of healthy fat and spices as tolerated to flavor your food.
- Drink plenty of liquids throughout the day. Aim for at least 48-64 ounces per day between meals and snacks.
- Do not drink your calories – choose sugar-free, calorie-free beverages. Continue to avoid carbonated beverages as well.
- Exercise at least 30 minutes or more each day.
- Get plenty of sleep! Aim for 7-9 hours per night.
- It is important to continue to keep track of your intake. Continue to keep food records and bring them to each office visit to review with the dietitian.
- Follow-up on a regular basis with LifeWeigh to ensure you are losing weight at a safe rate, eating enough protein, and meeting all your nutritional needs.
- Feel free to call or email us at anytime!

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NUTRITION GUIDELINES



PROTEIN-RICH FOOD SOURCES CONSUME 60- 80 GRAMS PER DAY

Food	Portion Size (ready to eat)	Protein (grams)	Calories
Poultry, Beef, and Pork			
Chicken, white meat (grilled, baked, broiled), no skin	1 ounce	7g	35
Chicken, dark meat (leg, thigh, wing), no skin	1 ounce	8g	60
Beef (lean ground sirloin)	1 ounce	9g	50
Pork (leanest: pork tenderloin)	1 ounce	8g	50
Canadian Bacon	1 ounce	7g	50
Deli meats (turkey, chicken, lean roast beef, lean ham)	1 ounce	5g	30-40
Turkey, ground (85% fat)	1 ounce	8g	70
Turkey, ground (97% fat free)	1 ounce	6g	30
Milk/Cheese/Dairy Products			
Milk: skim/fat-free, 1% or fat-free Lactaid®	8 ounces	8g	90-110
Soy milk (plain, fat-free)	8 ounces	6g	70
Kefir (low-fat)	8 ounces	14g	180
Light yogurt (fat-free, sugar-free)	6 oz container	5g	60-90
Greek style yogurt (fat-free) (e.g. Oikos®, Fage®, Chophani®)	5 oz container	13g	80-90
Light Cheese Sticks	1 stick	5-8g	60-90
Shredded cheese (low-fat)	¼ cup	7g	80
Cottage cheese (fat-free or low-fat)	½ cup	14-15g	80-100
Ricotta cheese (part-skim)	¼ cup	7g	90
Eggs			
Egg	1	6g	75
Egg white (no yolk)	1	4g	20
Egg substitutes	¼ cup	6g	30
Fish			
White fish (cod, tilapia, orange roughy)	1 ounce	6-7g	30-35
Salmon	1 ounce	6g	60
Tuna fish (packed in water)	1 ounce	7g	35
Shrimp, lobster	1 ounce	6g	30
Beans and Lentils			
Lentils	½ cup	9g	100
Beans (kidney, navy, black beans, lima etc.)	½ cup	7g	100
Refried beans (fat-free), Hummus	½ cup	6g	100
Chili with beans (drained)	½ cup	10g	150
Soy Products			
Edamame (soybeans)	½ cup	11g	125
Tofu, firm	2 ounces	9g	80
Tofu, soft-silken	½ cup	7g	70
Veggie Burgers (Boca Burgers, Morningstar Farms)	2-4 oz patties	10-17g	140-210
Soy crumbles (such as Boca® Ground Burger)	2 ounces	13g	60
Nuts *high in fat, watch portion sizes			
Natural peanut butter	2 tbsp	8g	210
Natural peanut butter, reduced fat	2 tbsp	9g	200
Almond butter	2 tbsp	3g	200
Peanuts, Almonds	¼ cup	8-9	200
Walnuts, Cashews	¼ cup	4g	160
Pistachios	¼ cup	6g	170

LAP-BAND SURGERY

NUTRITION GUIDELINES



STAGE 4 DIET

SAMPLE MEAL SELECTIONS

BREAKFAST

- 1 egg (consume the egg white, the protein-rich portion of the egg)
¼ medium-sized banana
¼ cup (2 oz) Cream of Wheat®
Nutrition: Calories: 140; Protein: 8g; Carbs: 15g; Fiber: 1g; Fat: 5g
- ¼ cup (2 oz) low-fat cottage cheese
2 tbsp chopped fresh peaches
2 tbsp Kashi® GoLean cereal mixed in the cottage cheese
Nutrition: Calories: 80; Protein: 10g; Carbs: 8g; Fiber: 2g; Fat: 1g
- 2 tbsp natural peanut butter on ½ of an apple or banana
Nutrition: Calories: 245; Protein: 8g; Carbs: 19g; Fiber: 4g; Fat: 16g
- ¼ cup Kashi® GoLean cereal with ¼ cup (2 oz) skim milk
2 tbsp chopped fresh berries
Nutrition: Calories: 70; Protein: 5g; Carbs: 13g; Fiber: 3g; Fat: 0g
- ¼ cup Egg Beaters® omelet (scramble or cook as an omelet with ingredients below, lightly coat pan with cooking spray)
2 tbsp chopped green onion, tomatoes and mushrooms
½ slice 100% whole grain toast
Nutrition: Calories: 100; Protein: 9g; Carbs: 7g; Fiber: 1g; Fat: 2g
- 4 oz Greek yogurt (such as FAGE 0% or Oikos™ 0%)
Mix with 1 tbsp of Smucker's® Simply Fruit jam
Nutrition: Calories: 100; Protein: 10g; Carbs: 14g; Fiber: 0g; Fat: 0g
- 1 thin slice lean ham
½ toasted whole wheat English muffin
1 tsp light tub margarine spread
Nutrition: Calories: 120; Protein: 8g; Carbs: 15g; Fiber: 2g; Fat: 5g
- 1 high-protein bar such as Medifast® Bars, Atkins Advantage® Bars, South Beach Living™ Bars

SNACKS

- 1 slice low-fat cheese melted on ½ of a toasted whole wheat English muffin
Nutrition: Calories 145; Protein 11g; Carbs: 14g; Fiber 2g; Fat 5g
- ½ cup edamame (soybeans)
Nutrition: Calories 120; Protein 11g; Carbs: 13g; Fiber 9g; Fat 2.5g
- 1 hardboiled egg with ½ apple
Nutrition: Calories 120; Protein 6g; Carbs: 11g; Fiber 2g; Fat 6g
- 2 tbsp natural peanut butter with ½ banana
Nutrition: Calories 245; Protein 8g; Carbs: 19g; Fiber 4g; Fat 16g
- 1-4 oz container low-fat cottage cheese with 2 tbsp peaches
Nutrition: Calories 100; Protein 11g; Carbs: 5g; Fiber 0g; Fat 0g
- 4 oz Greek yogurt (such as FAGE 0% or Oikos™ 0%) mixed with 1 packet of Splenda®
Nutrition: Calories 70; Protein 10g; Carbs: 10g; Fiber 0g; Fat 0g
- 1 container light yogurt
Nutrition: Calories 60-100; Protein 5g; Carbs: 16-19g; Fiber 0g; Fat 0g
- 2 Laughing Cow® cheese wedges spread on 2 Ak-Mak® crackers
Nutrition: Calories 130; Protein 7g; Carbs: 12g; Fiber 2g; Fat 5g
- 2-3 thin slices of turkey on 2 Ak-Mak® crackers
Nutrition: Calories 100; Protein 10g; Carbs: 11g; Fiber: 2g; Fat 2g
- 1 high-protein bar or shake (listed previously)

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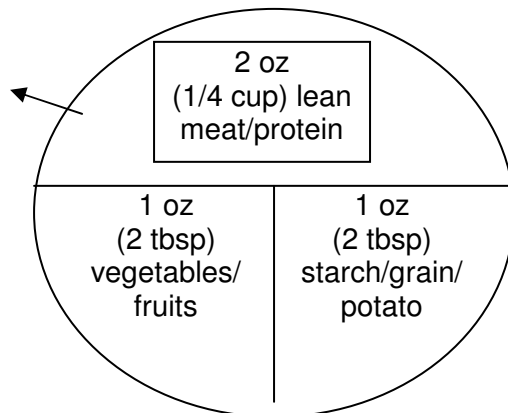
SAMPLE MEAL SELECTIONS

LUNCH

- 2 oz (4 tbsp) canned tuna with a small amount of low-fat mayo
¼ apple
2 Ak-Mak® crackers
Nutrition: Calories 160; Protein 17g; Carbs: 15g; Fiber 3g; Fat 3g
- 2 thin slices of turkey breast
1 lettuce leaf and 1 slice tomato
1 slice 100% whole grain toast
Nutrition: Calories 130; Protein 12g; Carbs: 18g; Fiber 3g; Fat 1g
- ½ cup lentil or black bean soup
Such as: ½ pouch Tabatchnick™ lentil soup (frozen section)
Nutrition: Calories 80; Protein 6g; Carbs: 14.5g; Fiber: 4g; Fat 0g
- 2 oz (4 tbsp) baked flaked fish
1 oz (2 tbsp) cooked green beans
1 oz (2 tbsp) mashed sweet potatoes with 1 tsp light tub spread
Nutrition: Calories 105; Protein 15g; Carbs: 5g; Fiber: 1g; Fat 2g
- 2 oz (4 tbsp) baked chicken
1 oz (2 tbsp) cooked carrots
1 oz (2 tbsp) brown rice
Nutrition: Calories 100; Protein 14g; Carbs: 7g; Fiber: 1g; Fat 1g
- ½ cup of chili
1-2 whole grain crackers (Ak-Mak® crackers)
Nutrition Information: Calories 190; Protein 15g; Carbs: 20g; Fiber: 2g; Fat 5g
- 3 low-fat cheese cubes
½ small Barlett pear
Nutrition: Calories 150; Protein 7g; Carbs: 14g; Fiber: 3g; Fat 5g

DINNER

**Eat Protein
Foods First**



**Use a Small,
Salad-Size Plate**

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STAGE 4 SAMPLE MENU



TIME	FOOD CHOICES	FLUIDS	FOOD GROUPS
7 a.m.		8 oz water	
8 a.m.	1 hard boiled egg ½ cup cooked hot cereal made with cinnamon and Splenda®		1 protein 1 starch
9 a.m.		8 oz water	
10 a.m.	2 TB natural peanut butter 1 small apple		1 protein 1 fruit
11 a.m.		8 oz fat-free milk	1 milk /protein
12 noon	1 oz sliced roast turkey breast 1 slice of toasted whole grain bread 1 tsp mayonnaise		1 protein 1 starch 1 fat
1 p.m.		8 oz water	
2 p.m.		8 oz fat-free milk	1 milk /protein
3 p.m.	1 oz of melted low-fat cheese ½ cup cooked broccoli		1 protein 1 vegetable
4 p.m.		8 oz water	
5 p.m.		8 oz water	
6 p.m.	1 oz grilled chicken ½ cup cooked spinach 1 tsp olive oil mixed with fresh garlic for cooking		1 protein 1 vegetable 1 fat
7 p.m.		8 oz Crystal Light®	
8 p.m.	4 TB shredded parmesan cheese ½ cup cooked whole wheat pasta 1 tsp olive oil, toss with pasta and Italian spice blend		1 protein 1 starch 1 fat
9 p.m.		8 oz water	

- This is a sample only. Your intake may be slightly more or less than the sample menu. Always stop eating when you feel full or uncomfortable and choose protein foods first. Never consume more than 1/2-2/3 cup of food. Meals should last at least 30 minutes.
- At this stage, you should be consuming approximately **1000-1100 calories**, at least **60-80 grams of protein**, a minimum of 48 ounces of water, and at least 25 grams of fiber.