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**Nutritional Guidelines for  
Laparoscopic Gastric Banding Procedure  
Phase I: Full Liquid Diet**



**The University of Chicago Hospitals  
Center for the Surgical Treatment of Obesity**

**(March 2005)**

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After surgery, the food storage area of your stomach will be significantly reduced. Because of this small size, you will have to make several important dietary changes. This handout provides specific dietary restrictions that need to be followed for the first two weeks after surgery unless otherwise advised by your physician, dietitian or nurse. After two weeks, we will instruct you on the Pureed Phase of the diet. *You will need to keep detailed food diaries to help us better help you adapt to your new diet.*

## Phase I Diet – Full Liquids

1. For approximately two weeks, you will only be able to consume liquids to protect the small stomach pouch. Water is always recommended to remain hydrated, but other “liquid foods” are also necessary to ensure good calorie and protein intake. Appropriate liquids include:

*Clear broth or soup, tomato soup, thin cream soups, low-fat milk (2%, 1%, or skim), yogurt, drinkable yogurt (Kefir), fruit juice, V-8, sugar-free Popsicles or Fudgesicles, sugar-free Jell-O, liquid supplements\**



\*Not all supplements found in health food stores or convenience stores are appropriate. Some contain too many carbohydrates and/or not enough protein. The following are examples of approved supplements:

- ✓ Iso-Pure contains 40g of protein per bottle (liquid)
- ✓ Atkins Ready-to-Drink Shake: 20 g protein/can (11 oz)
- ✓ Atkins Diet Shake: 24 g protein/ 2 scoops
- ✓ Curves Protein Shakes: ~38 g protein/ 2 scoops
- ✓ Carb Solutions contains ~20g protein/2 rounded scoops
- ✓ GNC Pro Performance 50 g Slam: 50 g protein/15oz can
- ✓ Nonfat Dry Milk Powder contains 8g protein in 2.5 Tablespoons
- ✓ Designer Protein® contains 17.5g protein/scoop, 41 scoops per container at ~\$30 and is an appropriate, popular supplement to use.
- ✓ Healthsource® is a soy supplement that contains 10g protein/scoop and is lactose free.
- ✓ Spiru-tene is soy based and contains ~15g protein/packet
- ✓ Met-RX contains ~35g protein/packet
- ✓ APM 60 contains 60 grams of protein/packet
- ✓ IronMan Protein Shake contains 15g protein/scoop
- ✓ Pure Protein contains ~ 35g protein/can (liquid)
- ✓ Nitro-Tech contains 40g protein/carton (liquid)
- ✓ Zone Perfect Drinks: 19g whey protein/can
- ✓ Optimum Nutrition 100% Whey Protein: 23 g protein/scoop

If you wish to use a protein supplement other than the above and you are unsure if it is suitable, please call a dietitian or bring the nutrition information to your next appointment.

2. Aim for 4-6 cups of fluid daily, taken in small sips gradually throughout the day. Stop drinking/eating when you are *comfortable*, not overly full!

3. To prevent nausea and vomiting, do not eat/drink too much. Excessive vomiting can cause the band to slip, and overeating may cause the pouch to stretch, which cancels the effect of the surgery.

4. To help you monitor the amount of protein you eat, it is important for you to keep precise daily food records. Use food labels and the handouts we have provided to calculate the amount of protein (grams) per serving.

## Key Nutrition Components

### 1. CARBOHYDRATES

**Foods with a concentrated supply of calories should be avoided.** *If the Total Carbohydrate on the Nutrition Facts Panel is  $\geq 30$  grams per serving, that product should be avoided.* Read ingredient lists for key words such as: sugar, brown sugar, sucrose, glucose, maple syrup, high fructose corn syrup, corn syrup, honey, molasses, mannitol, xylitol, and sweetened condensed milk. The closer they are to the beginning of the ingredients list, the more sugar the product contains. *Avoid products that have sugar listed among the first three ingredients.*

### 2. PROTEIN

**You need to consume a minimum of 60 grams of protein daily.** You must eat enough protein every day in order to stay healthy and lose weight. A common misconception is that if you eat protein you will gain weight. In reality, however, you will not maintain weight loss unless you consume adequate protein. Your body needs protein for brain functioning and energy. When you do not eat enough protein, your body will use its muscles for energy and retain its fat. Therefore, you will not lose weight and you may feel sluggish.

To help you monitor the amount of protein you eat, it is important for you to keep precise daily food records. Use food labels and the handouts we have provided to calculate the amount of protein (grams) per serving.

#### **Tips to Increase Your Protein Intake\***

- Double strengthen your milk (add 2.5-3 tablespoons of non-fat powdered milk per 1 cup milk).
- If you have lactose intolerance, try Lactaid® or Dairy Ease®, which contain enzymes to help digest your milk. You may also try soy or rice milk.
- Add non-fat powdered milk or a protein powder of your choice to any liquid.
- Sip on a protein drink between meals (see list on page 1).

### 3. FATS

A moderate fat diet is recommended after surgery. Avoiding greasy, fried, high-fat foods is important for your health and to achieve your weight loss goals. Fat also delays gastric emptying and may contribute to feeling full for a prolonged period of time, and potentially lead to vomiting.

It is recommended that you choose low-fat dairy products (milk, cheese, cottage cheese, yogurt), and when choosing foods, the majority of the fat should come from monounsaturated (canola, olive, and peanut oils, avocados) and polyunsaturated

(corn, safflower, peanut, soybean and sunflower oils) vs. saturated (butter and other animal products) sources. Foods should be baked, broiled, or grilled. Remove the skin off poultry before eating it. Choose to eat fish at least three times per week, as recommended by the American Heart Association. Foods such as nuts and seeds are healthy snacks due to their healthy fat and protein content, but are also high in calories and should be eaten in small portions.

Trans fatty acids (TFA's) are formed during the process of hydrogenation, which turns liquid fats (oils) into a solid substance, such as margarine and shortening. Foods made from TFA's are abundant in the American diet because they allow foods to stay fresh on grocery shelves for a long time. Typical foods that contain TFA's are: doughnuts, French fries, cookies, crackers, snack chips, and many other commercially prepared snacks and baked goods. TFA's should be avoided, as they result in unfavorable changes in your blood cholesterol levels. We do not require any trans fats in our diets; therefore, the goal for TFA consumption is *ZERO grams daily*.

## **Physical Activity**

An active lifestyle after surgery is essential to your weight loss success. Your size may make it hard for you to exercise as much as you should at first, but the more weight you lose, the easier it should get. You may begin a physical activity program, such as walking and swimming, approximately four weeks after surgery. Always check with your surgeon before starting any strenuous activities, such as weight training or running.

## **Hospital Stay and Post-Surgery Care**

The staff at the hospital will be working diligently to provide you with appropriate care and nutrition during your hospital stay. Occasionally, however, incorrect trays may be brought to your room. It is important that you and your family are aware of the foods you should and should not receive so that you can ensure you receive the appropriate foods.

- You will receive only a small amount of water or clear liquids while in the hospital. All liquids should be non-carbonated.

Tips for the hospital stay:

- You will receive a white tray ticket, which should state "Gastric Bypass Clear liquid". If this is not specified on your ticket, do not eat the food and ask someone to contact a dietitian.
- You should have only pink and blue sugar substitute packets rather than white sugar packets.
- When in doubt, ask to speak with a dietitian.

## **Fullness**

Most patients experience an uncomfortable or "tight" feeling under their breastbone on the lower left rib cage after they have eaten. This is where your stomach is located, and you are just experiencing stomach fullness. Remember to eat very slowly and be observant of your body's signal that it is full. If you feel a sense of fullness, stop eating.

## Vitamins

After surgery it is important that you continue to take the vitamins that were prescribed to you pre-operatively.

The following should be taken as directed:

1. Multivitamin daily: Centrum®, Centrum® Chewable, Costco Kirkland Signature™ or Bariatric Advantage®
2. Vitamin B-complex 50 daily
3. Citracal® Capsules + D or Bariatric Advantage® Calcium with D
4. Dry Vitamin D (cholecalciferol)



Additional supplements may be added at a later time.

## Medical Problems

There are two medical problems that you may experience:

### 1. Vomiting

Vomiting usually occurs because:

- You have eaten too much.
- You have eaten too fast.

If vomiting occurs, you should drink soups and diluted juices at your next meal and avoid the above situations.

### 2. Constipation

Constipation may occur because you have decreased your food intake substantially.

Also, Tylenol with codeine (often prescribed for pain control) may cause constipation.

To help prevent constipation, drink plenty of liquids between meals. You may also use *Milk of Magnesia*. Follow the directions on the bottle.

## When to Seek Immediate Medical Help

Contact your appropriate surgeon: Dr. Alverdy (773) 702-4876, Dr. Prachand (773) 834-8360, or the General Surgery C resident on call (773) 702-1000 if you have the following problems:

- You are having uncontrollable vomiting.
- There is blood in the vomited beverage or food.
- No food will go down.
- You are experiencing sudden abdominal pain.

The dietitians may be reached for nutritional questions or concerns at (773) 702-6800 pager number 7528 (Kelly Gemmel), 7106 (Chrisy Stavros) or 7524 (Heather Reeves).

## Summary



After surgery:

- ✓ Drink 4-6 cups fluids daily, sipping slowly, about 2 oz. at a time.
  - ✓ Eat enough protein to equal **60** grams daily.
  - ✓ Avoid concentrated sweets.
  - ✓ Keep food logs daily when discharged home from the hospital, and bring them to your first post-op appointment.
  - ✓ Take chewable multivitamin.
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### *Useful Measurements:*

1 oz = 30 cc = 1/8 cup = 2 T

2 oz = 60 cc = 1/4 cup = 4 T

4 oz = 120 cc = 1/2 cup = 8 T

8 oz = 240 cc = 1 cup = 16 T