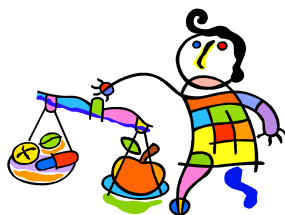


**Nutritional Guidelines for
Laparoscopic Gastric Banding Procedure
Phase IV: Maintenance**



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

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For the past four weeks you have been eating soft/low fiber foods as your pouch continues to heal from surgery. You can now advance to regular consistency foods.

You may now eat:

- *Raw fruits with peelings
- *Seedy fruits (strawberries, etc.)
- *Dried fruit such as raisins, figs, apricots, or cranberries
- All raw and cooked vegetables
- Dried beans with skins
- Wheat bread, wheat crackers, or cereals containing nuts or seeds
- Pickles
- *Popcorn
- *Nuts
- Seeds

*Many patients do not tolerate these foods initially, however, this varies with each individual. Other foods that may not be tolerated include: dry meats, untoasted or doughy breads, pasta, rice, peanut butter, fibrous vegetables (celery, corn and asparagus), coconut, and citrus fruit membranes.

1. Introduce yourself to one new food each day. Food intolerances vary from individual to individual and may even vary daily. By selecting only one new food each day, you will be able to identify which food may have caused your stomach problems. You may experience nausea, pain, discomfort, and/or vomiting with new foods.
2. Take small bites and chew your food thoroughly.
3. Each meal should contain no more than 2 oz. (1/4 cup) of food.
4. Eat only three meals daily. Liquids must be consumed between meals only. Drinking while eating may cause the food you have consumed to move through the pouch more quickly, and may lead to overeating. Always wait at least 60 minutes after you have finished eating to begin drinking.
5. Maintain hydration. Drinking 6-8 glasses of low-calorie fluids daily will ensure you are adequately hydrated. The following are acceptable liquids:
 - ◆ Water
 - ◆ Low-fat Milk
 - ◆ Sugar-free Kool-Aid®, Crystal Light®, or iced tea *sweetened with NutraSweet® or other sugar substitute.*
 - ◆ Hot tea or coffee sweetened with a sugar substitute.



- ◆ Diet Snapple
- ◆ Diet Lipton Brisk Iced Tea

*Carbonated beverages are not acceptable, as they may stretch the pouch, cause feelings of over-fullness, and may lead to vomiting!

6. Eat only high quality foods. Healthy foods are a must! Filling your pouch with “junk food” will not help you meet your daily nutrient requirements. Remember, the surgery is only a tool – new eating habits and healthy lifestyle changes are absolutely essential to your success at losing weight and keeping it off.

Avoid the following foods:

- Fried, greasy foods
- Hot dogs, sausage
- Bologna, Salami
- Bacon
- Ice cream
- Chips
- Cake, candy, cookies
- Donuts
- Whole Milk
- Biscuits
- Croissants
- Syrups, jam, honey

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). 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. 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 good. TFA's should be avoided, as they result in unfavorable changes in your blood cholesterol levels. Humans do not require any trans fats in their diets; therefore, the goal for TFA consumption is *ZERO grams daily*.

Physical Activity

You should now be exercising at least 30 minutes a day. A physical activity program that includes aerobic activity, strength training, and flexibility is optimal, but any activity that gets your heart pumping is acceptable. Your 30 minutes of physical activity does not have to be accomplished all at once; 15 minutes twice a day, or 10 minutes three times daily are equally effective as 30 minutes at one time.

Physical activity is necessary to achieve your weight loss goals. **Studies show that those who are most effective at maintaining weight loss are physically active on a regular basis.** There are also many other benefits to physical activity, including: lowering blood pressure, improving mood and self-esteem, enhancing the immune system, strengthening bones, and relieving stress.

Please see the additional handouts provided for a more in-depth look at suggestions for a healthy, active lifestyle.