
**Nutritional Guidelines for
Laparoscopic Gastric Banding Procedure
Phase II: Pureed Diet**



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

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Phase II Diet – Pureed Foods

1. For approximately two more weeks, your new pouch will be swollen because of the surgery. You will need to eat a pureed diet with a consistency of small curd cottage cheese, baby food or applesauce. **“Mashing” certain foods or “chewing very well” does not produce the correct consistency; your food must be pureed.** This diet will allow the swelling to subside and will minimize the chances of food particles lodging in your stomach opening.

Note: Many patients choose not to puree their food but instead eat foods that are already a pureed consistency or considered acceptable by The Surgical Treatment for Obesity staff:

Plain yogurt, drinkable yogurt, small curd cottage cheese, melted cheese, refried beans, plain quick/instant oatmeal, cream of wheat, grits, farina, plain scrambled egg, liver sausage, hummus, sugar-free pudding, stage I baby foods

Tip: To save time and to avoid wasting food, many people puree food and then pour it into ice cube trays, let it freeze, and then place it into plastic bags. When it is time to eat, simply microwave a few cubes and you have a quick meal.

2. Each meal should contain no more than 2 oz. (1/4 cup) of food.
3. 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.
4. 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.
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!

Key Nutrition Components

1. CARBOHYDRATES

Foods with a concentrated supply of calories should be avoided. Read food labels 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.*

Sources of Concentrated Sweets to Avoid

- Desserts (cakes, cookies, pies, candy and candy bars)
- Ice Cream, Sherbet, Frozen Yogurt, Frozen Ice
- Sweetened breads and cereals
- Sweetened canned, frozen, and dried fruit
- Carbonated beverages
- Sweetened fruit drinks and punches (dark juices have more sugar)
- Sweetened milk such as chocolate milk and milkshakes
- Jelly, Jam, Honey, Marmalade, Syrup
- Gelatin
- Sweetened gum



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.

Although fruits and vegetables are important for good nutrition, during the first few weeks after surgery it is more important to eat the higher protein-containing foods. Use this chart to select foods that will help you meet your protein goals.

Amounts of Protein in Common Foods (grams per serving)

Pureed Poultry/Beef/Fish/Pork	7	1 oz. (cooked)
Plain scrambled egg	7	1 egg
Melted Cheese	4-8	1 oz. (1 slice)
Milk (2%, 1% or nonfat)	8	8 oz. (1 cup)
Cottage Cheese (small curd)	8	¼ cup
Yogurt (without seeds or skins)	8	8 oz. (1 cup)
Nonfat powdered milk	8	2.5 Tablespoons
Refried Beans	6	½ cup (cooked)
Tofu	3	¼ cup
Pureed Vegetables	2	½ cup (cooked)
Pureed Fruit/Fruit Juice	0	½ - ¾ cup juice

Cream Soup	3	½ cup
Tomato Soup	2	½ cup
Pudding	3	½ cup
Sugar-Free Gelatin	2	½ cup
Sugar Free Popsicles	0	1 svg
Sugar Free Fudgsicles	2	1 svg
Farina	2.5	¾ cup
Grits	3.5	1 cup
Oatmeal	3	½ cup

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 supplement of your choice to any liquid or pureed food (cottage cheese, soup, yogurt, hot cereal, Sugar Free Carnation Instant Breakfast® (4g protein per packet).
- ❑ Sip on a protein drink between meals.

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). 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*.

4. **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.

Following two weeks on the pureed diet, you may begin adding soft, low fiber foods to your diet.