

**Nutritional Guidelines for
Laparoscopic Gastric Banding Procedure
Phase III: Soft Diet**



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

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For the past two weeks you have been eating pureed foods to allow the swelling of your pouch to subside and to minimize the chances of food particles lodging in your pouch opening. Since the swelling has decreased, you will be able to advance to soft foods. This handout describes your diet for the following **month**.

Phase III Diet – Soft Foods

1. **Avoid** high fiber foods for the next month.

High fiber foods include:

- Raw fruits with peelings such as apples, pears, peaches, or grapes
- Dried fruit such as raisins, figs, apricots, or cranberries
- Raw vegetables (cooked vegetables are acceptable)
- Corn and pea pods
- Dried beans with skins (refried beans and tofu are acceptable)
- Wheat bread, wheat crackers, bran cereals or other whole grain cereals
- Pickles
- Popcorn
- Nuts, seeds and coconut

2. **Choose** soft-textured and moist foods, which are easy to chew.

Soft-textured food examples:

- Chicken, turkey, fish, Cornish hen (no skin), finely ground meats such as hamburger, chicken or turkey
- Cottage cheese and cheese
- Soups, casseroles
- Unsweetened canned fruits and fruit juices (no seeds)
- Cooked fresh and canned vegetables (no seeds)
- Grits, oatmeal and farina
- Corn or rice based cereals
- Eggs or egg substitutes
- Milk and low-fat yogurt
- *Bread, rolls, crackers, rice and pasta

*Many patients do not tolerate these foods initially, however, this varies with each individual.

3. Meats

Many patients tolerate meats better when they are moist. Consider buying ground turkey, which is generally moister than ground beef. Canned chicken is often very moist as well. In addition, include meats in soups or casseroles when possible. Gravies, sauces, “Sloppy Joe’s”, or stewing meats are additional ways to make meats moist. Shrimp may not be well tolerated, due to difficulty passing through the narrow pouch opening.

4. 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. Please record any symptoms you may have on your food logs.

5. Take small bites and chew your food thoroughly.

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

7. 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.

8. 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!

9. 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

Physical Activity

Now that you are four weeks out of surgery, you should begin to do some form of physical activity. Since physical activity burns calories by using energy, it is essential to successful and maintainable weight loss. Start with simple exercises and gradually expand your program to include more vigorous forms of activity such as jogging, cycling, and aerobics. *Always check with your doctor about the amount and type of exercise that is right for you.*

Following one month of soft foods, you will be advanced to the Maintenance Phase of the program.