

**Methodist Bariatric Clinic
Lap Band
Post-Operative Dietary Guidelines**

Time after surgery	Behavior alterations	Appropriate food choices
Weeks 1 to 2	Consume a low-fat, low-sugar, all liquid diet: <ul style="list-style-type: none"> • Slowly drink 4 to 6 oz. of liquid six times each day. • Drink these liquid meals three hours apart. • Drink water between meals. 	All liquid diet: <ul style="list-style-type: none"> • Nonfat (skim) or 1% fat milk • Carnation Instant Breakfast (no sugar added) • Low-fat creamy (strained) soups • Low-fat, low-sugar yogurt, pudding, or custard • Commercially prepared protein beverages (e.g., Optifast, Optisource)
Weeks 3 to 4	Consume a pureed diet (foods with a consistency of applesauce): <ul style="list-style-type: none"> • Slowly consume 1.5 oz. pureed protein food with 1oz. pureed carbohydrate food (vegetable preferable to starch) six times each day. • Consume these meals three hours apart. • Drink water or other non-calorie, noncarbonated beverages up to 15 min. before or 90 min. after each meal. 	Pureed protein food choices: <ul style="list-style-type: none"> • Low-fat cheese (e.g., cottage cheese, American cheese) • Eggs or egg substitutes (two yolks per week) • Egg, chicken or tuna salad (low-fat dressing) • Chicken, turkey (dark or ground meat may be most tolerable) • Fish • Soy products • Beans
Weeks 5 and after	Consume small amounts of solid foods: <ul style="list-style-type: none"> • Slowly consume 2 oz. protein food and 1 to 2 oz. carbohydrate (vegetable) food three to four times per day. • Consume these meals five hours apart. • Chew all solid food to a mushy consistency. • Do not drink liquids during or shortly following a meal. 	All solid foods, as tolerated: <ul style="list-style-type: none"> • Introduce bread, pasta, rice, and red meats individually to see if they are tolerated. • Avoid stringy, fibrous food and non-tender cuts of meat. • Avoid meat and other foods that are dry or overcooked.