



Adjustable Gastric Banding

Dietary guidelines

This handout gives information about general nutrition and the 2 phases of liquid diet you will go through after your bariatric surgery.

Adjustable gastric banding by itself doesn't make you lose weight. You will also need to change your diet and add exercise to your routine to lose weight. The weeks and months after adjustable gastric banding surgery are a good chance for you not only to lose weight, but also to make changes in your diet that can improve your overall health.

The adjustable gastric banding procedure places a band around the stomach, which allows you to feel full after eating only a small amount of food. This procedure, along with changing your eating habits and increasing your exercise, will help you keep losing weight over time.

The Importance of Good Nutrition

Many nutrients, including water, are needed for good health. No single food or food group can supply all the nutrients your body needs, so it is important to choose from a variety of foods.

The 3 nutrients you need the most are carbohydrate, protein, and fat. After surgery, you will need to focus on meeting your protein needs, but the other nutrients are equally important. Here is what each of them do:

Carbohydrates

Carbohydrates are the main energy source for your body. Your brain and muscles need carbohydrates for fuel. *Complex carbohydrates* like fruits, vegetables, whole grains, and cereals provide you with the most vitamins and minerals. They also give you fiber to keep your intestines in good shape. Other carbohydrates that you should eat less often include refined grains and sugary foods or drinks.

Protein

Protein is an essential nutrient that helps build and maintain muscles and keeps your blood strong. Protein also supplies energy for your body.

After gastric bypass surgery, you will need about 60 grams of protein every day. Since you will be able to eat only small amounts at first, it will be important to make sure most of your calories come from lean protein. Lean protein sources include chicken, fish, extra lean ground beef, yogurt, beans, and turkey.

Fats

Fat is also a source of energy. It adds flavor to food and helps you feel full longer by taking more time to digest. But, fat has twice as many calories as either protein or carbohydrate, so only use it in small amounts. Most fats, such as butter, margarine, salad dressings, sour cream, and oil, have about 50 calories per teaspoon. When you want a little fat for flavor or texture, choose **small** amounts of heart-friendly fats like nuts, olive oil, or avocado.

Water

Water is the most important of all nutrients, making up about 60% of your body weight. Water is needed for all body functions. To prevent dehydration, drink at least 64 ounces (8 cups) of water each day. You will need even more during hot weather and when you exercise. Drinking water may decrease your appetite by helping you feel full longer.

Your Diet After Your Procedure – Step by Step

After surgery, your diet will go through phases. Phase 1 is a clear liquid diet. You will be on clear liquids while you are in the hospital. Phase 2 is a full liquid diet. You will be on a liquid diet for 2 weeks.

Phase 1: Clear Liquid Diet

For 2 days after your surgery, you will follow a clear liquid diet. Drink only 1 or 2 ounces at a time. Stop when you feel full. Continue to drink this amount every 15 minutes, for a total of 64 ounces a day.

You may have some flavored liquid foods while you are on the clear liquid diet. Foods allowed during this diet include:

- Jell-O
- Broth
- Popsicles
- Fruit juices without pulp (such as apple, cranberry, and grape)
- Fruit drinks
- Water

Phase 2: Full Liquid Diet

You will need to follow the full liquid diet for 2 weeks. Eat servings of 3 to 4 ounces up to 5 or 6 times per day. Be sure to include a protein source with each meal.

If you do not tolerate milk products, you may use rice or soy milk products instead of cow's milk. For added protein, make soups and cereals with nonfat milk or plain soy milk instead of water, or stir nonfat dry milk or protein powder into your foods.

Full Liquid Diet

	Choose These	AVOID These
Fruits and juices	Flavored water, fruit juices without pulp such as apple juice, grape juice, cranberry juice, and nectars.	Canned, fresh, or frozen fruits. All raw fruit; dried fruit (dates, raisins); coconut. Do not use carbonated or sweetened beverages.
Soups	Broth, bouillon, fat free consommé, or strained cream soups. Tomato soup made with milk or water.	Soups with vegetables, noodles, rice, meat, or other chunks of food in them. Strain these items from the soup and blend them or just have the broth. Avoid bean, gumbo, split pea, onion, and chunky soups and chowders.
Beverages	Ice chips, water, coffee, tea, herbal teas (hot or cold), sugar-free Kool-Aid, Crystal Light, Gatorade, Propel, diet Snapple.	All others: No carbonated beverages, diet pop, or alcohol.
Sweets and desserts	Fruit ices (without chunks of fruit), plain gelatin, popsicles made from low-sugar juices, low-fat custards, and puddings.	All others.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Full Liquid Diet (continued)

	Choose These	AVOID These
Vegetables	Tomato or V-8 juice.	All others.
Milk and dairy products	Nonfat milk, smooth yogurt, Carnation Instant Breakfast, protein drinks.	Ice cream.
Bread, cereals, and grain products	None.	All.
Meat, chicken, fish, and meat substitutes such as nuts and tofu	None.	All.
Oils, butter, margarine	None.	All.