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Nutrition Guidelines After Balloon

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Your New Lifestyle!

Congratulations! You've made one of the most important decisions of your life. You are embarking on a new, lighter, and healthier lifestyle.

Gastric Balloon, Your Weight Loss Tool

- Think of your balloon as a tool that helps you to lose weight. Our team of professionals will help you learn how to use this tool every step of the way.

Create New, Healthy Habits

- Foremost, have a daily plan that is constructive and productive. Idle time? Add an activity that improves your quality of life, an experience that you enjoy and look forward to doing.
- This booklet will reinforce healthy habits: drink plenty of water, get enough protein, keep portions small (1/2 cup), and engage in regular physical activity. These components are keys to your new, healthier lifestyle.

Think Constructively

- Remember that your weight loss journey is about to progress, so always speak in terms of success. Speak of yourself constructively, complimenting your progress and fortitude.
- Eat with purpose. You are creating a lifelong healthier lifestyle. You are developing a healthy relationship with food.

How to Use This Booklet

- This booklet provides you with general nutrition guidelines before and after procedure. There is no one "diet" to follow so remember that your eating plan will be tailored to your individual needs.
- Along with a week-by-week instruction on how to transition your diet before and after the balloon, this booklet will provide you with resources such as meal planning ideas.

Postoperative Eating Plan

Stage 1: Surgery Center Stay

At the surgery center and the rest of your surgery day

- Drink clear liquids only. For example: diluted clear 100% juices, low-fat soup broths, water.
 - Drink in small sips and limit intake to only 2 to 3 ounces per hour.
- You should also walk a minimum of 200 steps every 1-2 hours.
- Include deep breathing with walking.
- Only liquids should be consumed for 2 weeks post surgery.
- Call in for a follow-up appointment. You will need to be seen 1 week post balloon for a follow up
- You may perform light exercise if you wish, but no abdominal or core exercises should be performed for 1 month after surgery.

AVOID: straws, carbonated beverages, drinking fountains, and Jell-O.

Stage 2: Weeks 1 & 2

Starting the day after the balloon for two weeks.

- Starting the day after your balloon you can start drinking protein shakes and other calorie-free, non-carbonated beverages such as water, Crystal Light, and sugar-free Kool-Aid.
- Other "liquid food" can be included such as low-fat, strained soups, non-dairy milks, or skim milk.
- Remember that protein is necessary for proper healing and allows for weight loss while maintaining lean body mass.

What to Do:

- LIQUIDS ONLY!
- Slowly increase your intake of fluids 4-6 ounces each hour.
- Work your way up to 60 to 80 grams of protein per day.
- Stay hydrated by including at least 1 liter (approximately 32 ounces) of water per day.
- You may perform light exercise daily, however no abdominal or core exercises are recommended for 1 month after surgery.

Liquids to Introduce:

- | | |
|---|--|
| • Water | • Beef, vegetable, or chicken broth |
| • Protein shakes | • Miso soup |
| • Skim milk | • Low-fat, strained soup |
| • Non-dairy milks | • Calorie-free beverages (i.e., Crystal Light) |
| • Freshly prepared vegetable and fruit drinks | |
| • Diluted juice | |

TIPS:

- Remember to sip your liquids slowly.
- No straws!
- If you're well hydrated, your mouth won't be dry and your urine will be clear.
- Physical activity (walking, light calisthenics) 30 minutes daily.

What NOT to Eat:

- | | |
|------------------------|---------------|
| • Any solid food | • Jell-O |
| • Carbonated beverages | • Gum |
| • Alcohol | • Cream Soups |

Sample Eating Plan #1

Mealtime	Liquids	Protein (g)
Breakfast	Protein shake blended with 1 tbsp peanut butter	26g
Mid-morning	Chicken broth	5g
Lunch	Blended fruit & vegetable drink with 1 scoop of protein powder	15g
Afternoon	Low-fat, low-sodium, strained soup	5g
Dinner	Protein shake	15g
		66g total

Sample Eating Plan #2

Mealtime	Liquids	Protein (g)
Breakfast	Protein shake blended with ¼ cup skim milk and ½ banana	27g
Mid-morning	Skylax hot chocolate	15g
Lunch	Low-sodium vegetable drink	5g
Afternoon	Miso soup	5g
Dinner	Protein shake	15g
		67g total

*Any meal can be replaced with a meal replacement shake.

*If you have trouble tolerating greater volumes of protein shakes, choose one that has more grams of protein per serving or add an extra scoop of protein powder.

Stage 3: Weeks 3 & 4

You will be introducing foods that are soft and moist, which means foods that can be mashed, pureed, or chewed easily to a puree consistency (e.g. no-added-sugar applesauce).

What to Do:

- Start replacing your protein shakes, one meal at a time, with pureed/semi-solid foods.
- At week 3, continue to get 25-30 grams of protein from shakes. At week 4, discontinue shakes if soft foods are tolerated.
- Consume 5 to 6 small meals daily until you can tolerate ½ cup of food at one time – then eat 3 small meals and 1 snack.
- Avoid drinking liquids 30 minutes before a meal and 1 hour after a meal.
- Take 20-30 undistracted minutes to eat each meal.
- Continue to eat and swallow slowly. Thoroughly chew your food.
- Recognize when you start to feel full and stop at that point.
- Buy small utensils and plates to help with portion control.

New Foods to Introduce:

PROTEIN: Choose meats that are grilled, baked, broiled, or poached – NOT FRIED!

- Fish: cod, flounder, orange roughy, grouper, tilapia, mahi mahi, tuna, trout, halibut, salmon, sole
- Shellfish: crab, scallops, shrimp, lobster
- Lean ground turkey or beef
- Skinless, white meat chicken or turkey

MEATLESS OPTIONS: Egg whites, Eggbeaters, veggie burgers, tofu, beans, fat-free cottage cheese, and fat-free yogurt.

VEGETABLES: Enjoy vegetables steamed, grilled, baked, or boiled – NOT FRIED!

Carrots	Mushrooms	Eggplant
Collards	Spinach	Edamame
Cucumber (peeled)	Sprouts	Kale
Endive	Watercress	Squash
Green beans	Asparagus	Broccoli
Lettuce (Butter, romaine)	Cabbage	Peas
	Cauliflower	Bell peppers

FRUITS:

Avocado
 Soft bananas
 Peeled apples and
 oranges
 Mango
 Plums

Pineapple
 Pears
 Peaches
 Grapefruit
 Melon
 Nectarines

Grapes
 Berries (Strawberries,
 blueberries,
 raspberries,
 blackberries, etc)
 Watermelon

Limit trans and saturated fats. Butter is an example (substitute with 1 tsp of trans fat-free margarine)

Foods of Concern:

- Raw fruits and vegetables (unpeeled apples, cucumbers, celery)
- Dry fibrous and doughy foods
- Tough, hard-to-chew meats, especially steak
- Carbonated beverages
- Concentrated fruit juices
- Mashed potatoes
- Refried beans
- Whole milk
- Ice cream
- Gum
- Alcohol
- Solid foods
- Real butter
- Doughy foods

Vitamins and Minerals:

- Chewable multivitamin with iron (Ferrous Fumerate)
- Calcium Citrate (1,600mg per day)

Sample Eating Plan – Soft, Mushy Foods #1

Mealtime	Foods/Liquids	Protein (g)
Breakfast	3 scrambled egg whites ½ Banana	12g
Mid-morning	Protein shake	15g
Lunch	Chicken salad with low fat mayonnaise - 4 oz white meat chicken - 1 tbsp light mayo	7g
Afternoon	1 Apple, peeled ½ cup low-fat cottage cheese	14g
Dinner	Tilapia and broccoli - 4 oz Tilapia - 1/4 cup steamed broccoli topped with 1 tsp parmesan cheese	23g
		71g total

Sample Eating Plan – Soft, Mushy Foods #2

Mealtime	Foods/Liquids	Protein (g)
Breakfast	Protein Shake -¼ cup frozen mixed berries	22g
Mid-morning	Low-fat yogurt	5g
Lunch	1 cup pea soup	10g
Dinner	Bunless hamburger - 3 oz ground beef patty - ¼ Avocado - 1 tsp ketchup	28g
Night	Mixed fruit smoothie - ¼ cup strawberries - ½ banana - 3 oz 100% orange juice	3g
		68g total

Lifetime Eating Plan Week 5 and Beyond

Low fat, protein rich regular diet: now it is time to start introducing regular food as part of a lifestyle of healthy, portion-controlled eating. Remember to be careful with what and how much you eat.

What to Do:

- Introduce new foods one at a time to identify problem foods.
- Continue to consume 60-80 grams of protein per day.
- Include at least 5 servings of fruits and vegetables.
- Avoid liquids 30 minutes before meals and 1 hour afterwards.
- Take at least 20-30 minutes to eat each meal.

Vitamins and Minerals:

- Chewable multivitamin with iron (Ferrous Fumerate)
- Calcium Citrate (1,600mg per day)
- Take supplements with your largest meal of the day to maximize absorption

Sample Day Example #1

Mealtime	Food/Liquids	Protein (g)
Breakfast	2 scrambled egg whites 2 slices of turkey bacon	14g
Mid-morning	Low-fat yogurt	5g
Lunch	Chicken salad - 4oz white meat chicken - 1/2 cup romaine lettuce - 2 tbsp light Dijon Vinaigrette	14g
Afternoon Snack	3 tsp hummus 3 oz carrots	3g
Dinner	4 oz grilled or baked salmon ¼ cup steamed spinach	40g
		76g total

Sample Day Example #2

Mealtime	Food/Liquids	Protein (g)
Breakfast	Low-fat yogurt	5g
Mid-morning	4 oz low-fat cottage cheese with pineapple (fresh or light packed in juice - not syrup)	11g
Lunch	Bunless turkey burger -3 oz turkey patty Mixed vegetables	23g
Afternoon Snack	Light string cheese	6g
Dinner	Taco Salad -3 oz ground turkey -1/2 cup romaine lettuce -2 tbsps salsa	25g
		70g total

Sample Day Example #3

Mealtime	Food/Liquids	Protein (g)
Breakfast	½ cup low-fat cottage cheese ½ cup strawberries	14g
Mid-morning	½ cup cut pineapple	0g
Lunch	Tuna Salad - 3 oz tuna - 1 tsp light mayo - ½ cup romaine lettuce	22 g
Afternoon Snack	½ cup mixed vegetables	3g
Dinner	½ chicken Breast 2 oz mixed vegetables	46g
		85g

Food for thought... Eat with purpose. While contemplating your menu, select foods that will reflect the amount of exercise you will participate in for the day. Remember, food is energy, energy is fuel, and fuel's purpose is to be used for activity. Plan physical activity throughout the day, even if it's for a few minutes at a time.

Other Meal Ideas

BREAKFAST	SNACK	DINNER
Veggie omelet -Egg whites -Mushrooms -Spinach -Tabasco	Smoothie	Chili with ground turkey meat
	Protein shake	Rotisserie chicken
	Celery with peanut butter	Tuna salad
Fruit smoothie	Vegetables	Salad (Cobb, Caesar, etc with light dressing)
Peeled grapefruit	Fruit peeled	Lentil soup
Assorted cut and peeled fruits	Cucumbers with hummus	Imitation crab meat over lettuce with light dressing
Low-fat yogurt with fresh fruit	Low-fat string cheese	Pot roast with vegetables
	Cottage cheese	Turkey meatballs with marinara sauce
	Tuna	Fajitas (no tortilla)
	Shrimp cocktail	
	Deviled eggs with light mayo	

Tips

- Continue taking vitamins
- Increase water intake
- Avoid or reduce caffeine intake
- Avoid carbonated beverages
- Eliminate beverages with high calories and sugars
- Avoid alcoholic beverages
- Eliminate fried foods, chips, cookies, bread, pasta, rice, potatoes, and candy.
- Lower carbohydrate intake
- Do not drink beverages with meals. Instead drink 30 minutes before or 1 hour after eating a meal.
- Chew food thoroughly. Recite the alphabet with each bite. It may seem tedious, but you do not want to risk getting food stuck.
- Recognize when you feel full and stop eating at that point.
- Buy small plates and utensils to help with portion control.
- Physical activity (Walking, light calisthenics) 20-30 minutes daily and protein mixed with soft vegetables, will help maintain lean body mass when losing weight.
- CAUTION: Introducing solid foods too fast can cause food to get stuck and interfere with healing.

Tips for Increasing Metabolism

- Make sure to eat throughout the day, including breakfast. By starving yourself, your body has shut down its fat-burning capacity and begins using lean tissue or muscle for energy. The result is the breakdown of lean tissue and an increase in body fat.
- Include at least 60-80 grams of protein into your menu selection daily, as mentioned previously. Protein helps build muscle and reduce the loss of muscle mass during weight loss.
- Building muscle can help increase your metabolism. Therefore, include weight-training into your exercise regimen.
- Get a good night's sleep! Hormone levels are altered when you don't get enough sleep, and can make you feel hungry.

For questions or concerns, please call: (310) 208-0474

If you feel you are having a medical emergency call 911 immediately!