Cooking Tips Post-LAP Band



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The LAP-BAND® is a tool designed for those who are ready to make a serious commitment to weight loss. To see best results, patients should begin incorporating a healthy dose of exercise into their routine. Their diet is also of the utmost importance. Without all of these healthy behaviors in place, patients may not receive the ideal results they hope to achieve. Incorporating healthy recipes into their diet after the LAP-BAND procedure is the best way to lose weight safely and intelligently.

Following the surgery, you’ll need to let your stomach heal properly, which means you’ll need to ease back into solid foods. For the first two days, you’ll stick to water, clear liquids, and ice chips. For the remainder of the first week following surgery, you will need to maintain a liquid diet. You can have broth (without cream), skim milk, sugar-free juice, and water. During weeks two through three, pureed foods are allowed, such as pureed proteins and vegetables, hummus, mashed potatoes, applesauce, yogurt, and pudding. Soft foods like egg salad and cottage cheese are also allowed. Days twenty-two through forty-two, soft foods like fish and ground turkey can be incorporated, along with a list of foods provided by your specialist or dietitian. Liquids are allowed, but should not be consumed with meals. It’s important to follow this diet, chew slowly, and take small bites to accommodate your smaller stomach opening.

Once you’ve eased into eating solids foods again, you’ll need to continue to adopt healthy eating habits and follow a healthy, balanced diet. You should only eat when you are hungry. Your new stomach pouch can only hold about one-quarter cup of food at a time, which equates to about three small meals per day. Protein should be consumed first to ensure you get the proper fuel; continue with your other nutrients like fruits and vegetables, and slowly eat until you are satiated. You should not feel overly full. Don’t eat until your next meal; break the habit of snacking.

Because you are eating less food, it’s important to eat high quality foods high in nutrients, protein, and vitamins. Avoid junk food, such as foods high in fat and sugar. Consume meat, fresh fruits and vegetables, and whole grains. Stick with low-calorie drinks; water is best, and if you choose to drink fruit juice, it should have no sugar added.

Be mindful when planning your meals and deciding on preparation. You can add a lot of extra calories and fat depending on how you prepare your meals. Instead of frying your meat, grill or bake it, and avoid heavy, filling, calorie-laden breading or sauces. Relying on seasonings can add plenty of flavor. Choose plain, low-fat yogurt for breakfast with a small handful of berries for added flavor. Try a piece of toast with fruit for lunch, followed by grilled chicken and a salad for dinner. Avoid creamy, fattening dressing, and opt for a fat-free kind or make your own using olive oil and vinegar.

Do you have any questions regarding maintaining a healthy diet after LAP-BAND surgery? Give our experts a call at 1-800-LAPBAND.

**Source:**

* LAP-BAND System: Surgical Aid in the Treatment of Obesity: A Decision Guide for Adults
* <https://www.lapband.com/tips-for-success/>

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