

PHASE 4 DIET SUCCESSFUL EATING FOR A LIFETIME

Purpose:

Sustain lifelong eating habits for success. You will never be able to eat the same amount of food that you did before surgery. Continue three (3) small meals per day of no more than 1/2 to a maximum of 1 cup food per each meal. Some individuals may need an additional small meal or snack of protein rich foods to meet their nutritional needs.

Do not drink liquids 30 minutes before or during a meal. Wait 1 hour after a meal to start drinking. Fluids with a meal can cause the pouch to stretch and foods to pass too quickly.

It is important to have some nutritional balance in your diet to prevent nutritional deficiencies, with adequate protein intake while limiting carbohydrates and fats.

Multi-vitamin and mineral supplements are taken every day for life.

Problem Foods to Consume with Caution:

- Dry, tough meat especially beef
- Shrimp
- High fat meats -salami, bologna sausage, bacon
- Nuts and Peanut Butter
- Pasta
- Rice
- Fresh doughy breads
- Skins, membranes and seeds
- Fibrous vegetables-corn, celery, sweet potatoes
- Coconut
- Popcorn
- Fried foods

Important Rules:

- 1. Eat only three small meals a day of 1/2 to a maximum of 1 cup food per meal.** Some individuals may need an additional small meal or snack of protein rich foods to meet their nutritional needs. There is no painless way to melt the pounds away. Total calories eaten must be less than your total calories expended in order to loss weight
- 2. Stop eating as soon as you begin to feel full.** Overeating may cause you to vomit or stretch your pouch and decrease the effectiveness of your surgery. Indications of fullness are:
 - A feeling of pressure or fullness in the center just below your rib cage.
 - A feeling of nausea.
 - Pain in your shoulder area or upper chest.
- 3. Eat slowly and chew food thoroughly.** Chew each bit 20 to 30 times before swallowing to incorporate saliva and begin the digestion process. A meal should take 20 to 30 minutes to eat.
- 4. Do not eat between meals.** Eat meals at regular times. Eat at the dining room or kitchen table.
- 5. Do not drink liquids 30 minutes before or during a meal.**
Wait 1 hour after a meal to start drinking.
- 6. Drink enough fluids during the day. Goal is 8-9 cups (64-72 ounces) minimum.** Plan your fluid intake. You may not always be able to drink when thirsty. Sip all beverages slowly.
- 7. Drink only low-calorie liquids. No carbonated beverages, sparking water, beer, alcohol, and caffeinated beverages are allowed, as they will cause gaseous distention, pouch stretching, irritation, and nausea.** No high-calorie drinks such as milkshakes, cappuccino, cream based soups, or fruit smoothies are allowed. These calorie dense liquids have poor nutritional value, lead to unsuccessful weight loss, and do not provide a feeling of fullness.
- 8. Eat only good quality food. Remember to start a meal with proteins first.**
No high-calorie, low-nutrient foods such as cakes, cookies, pies, candy, pastries, gravies, high-fat snack foods like chips, regular jellies & jams, honey, sugar, ice cream, etc. are allowed.
Keep total fat intake below 30-40 grams per day. Read labels for fat and calorie content.
- 9. Bake, broil, boil, grill, steam, or roast** are ways to cook your food instead of frying to cut down on fat calories. **BEWARE** – you may have problems tolerating high-fat, greasy foods after surgery. Season foods with herbs and spices instead of creams, sauces, and fats. Marinate meats to tenderize, flavor and moisten.
- 10. Have a meal plan** in mind when eating away from home. Beware of buffets and salad bars. Share a meal or ask for a “doggie bag”.
- 11. Prepare** a shopping list and stick to it! Shop after you eat. Avoid your eating triggers.
- 12. Exercise at least 30 minutes each day.** Walking is the best exercise. Start gradually and work up to a

minimum of 30-40 minutes of continuous exercise six times each week.

13. **Keep a daily food and exercise diary.** Record amount/type of foods eaten, length of time taken to eat and any triggers that cause over eating – boredom, angry, lonely, etc. Avoid excess TV and computer time.
14. **Lap Band Adjustment:** After an adjustment; follow Phase I Diet for the first 2 days including skim or 1% milk; low sugar yogurt smoothies*; low sugar protein supplements*. *Read labels – less than 12 grams of sugar per 4 oz serving. Advance to Phase 2 Diet for the next 2-5 days, and then resume Phase 3 Diet.

Guide for daily eating provides 1000 to 1400 calories and 50 to 60 grams of protein. Plan for about ½ cup of food at each meal, over time no more than 1 cup.

Meat & Bean Group (Protein): 4 to 6 ounces each day. Serving size 1 ounce equals 55-75 calories, **6-8 grams of protein.** 1 ounce of lean meat, poultry, or fish, 1 egg, ¼ cup cooked very soft dry beans. Eat 2 to 3 ounces at a meal.

Milk Group: 4 choices each day. Serving size ½ cup equals 40 to 50 calories, **4 grams of protein.**
Serving size ½ cup: Skim or 1% milk, sugar free yogurt, 1ounce 2% or Fat-Free natural cheese or processed cheese. Do not drink dairy fluids with a meal.

Vegetable Group: 1 to 1.5 cups each day. Serving size ½ cup equals 25 calories, **2 grams protein**
Includes fresh, frozen, canned and vegetable juices. Use caution with high fiber vegetables like corn, peas, and celery, skins and seeds that may block the outlet.

Fruit Group: 1 cup each day. Serving size ½ cup equals 60 calories, **0 grams protein**
Includes fresh, frozen without sugar, canned without sugar, and 100% fruit juices. Chew fruit with skins, seeds, and membranes extra well, or peel, remove seeds and membranes, or cut into small pieces. Juices pass through your outlet without causing fullness. Try to limit juice to ½ cup or 4 ounces a day as part of your liquids.

Grain Group: 3 to 4 ounces or equivalent each day. Serving size 1 ounce equals 80 calories, **1 to 3 grams protein.**
Includes all foods made from wheat, rice, oats, cornmeal, barley or rye such as bread, pasta, cooked cereals, unsweetened breakfast cereals, tortillas, and grits. 1 slice of bread, ½ bun, 1 cup ready-to-eat cereal, or ½ cup cooked rice, pasta or cooked cereal can be considered as 1 ounce equivalent. Choose whole grains with at least 2 grams of fiber per ounce. Note: some patients have difficulty eating bread or any doughy bread product. Try toasting whole grain bread, use whole grain crackers, pasta, and cereals. Try brown rice, chew well, and mix with a vegetable. Eat this group last and after protein, vegetable, and fruit groups at a meal.

Fat Group: 3 teaspoons. Serving size 1 teaspoon equals 45 calories, **0 grams protein.**
Include fats that are liquid at room temperature, such as olive, canola, corn, soybean, or sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Limit intake of mayonnaise, low fat salad dressings and soft margarines. A small amount from this group helps to lessen dryness of skin and hair.

Read labels to determine exact amount of protein and calories in one serving size.