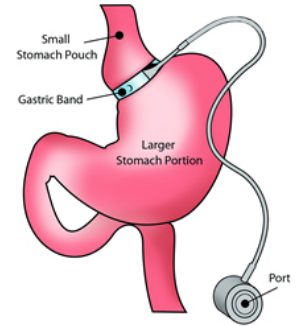


Adjustable Gastric Band: Getting through the first month

FOR THE FIRST 1-2 WEEKS POST OP, YOU WILL BE ON A LIQUID DIET

Try these protein liquids:

- Skim/nonfat milk
- Nonfat dried milk powder (1/3 cup added to water or skim milk)
- Nonfat Lactaid milk
- Unsweetened Light soy milk
- No sugar added carnation instant breakfast (added to skim milk)
- **Protein shakes with no added sugars- Aim for about 5 per day**
 - Some examples include: Isopure, Nectar, Glucerna, Slim Fast Optima, Atkins Advantage, Muscle Milk Light, New Whey Protein bullet, Click, Syntha 6, Matrix, EAS Myoplex Lite or AdvantEDGE carb control, whey or soy isolate protein powders
 - Unjury, BariCare, and Bariatric Advantage are available at ART Pharmacy



Try these other low calorie, non-carbonated fluids to stay hydrated:

Your goal is to get in 64 ounces daily

- WATER!!! (use lemon, lime, or orange to give some flavor)
- Crystal Light
- Wyler's Light
- Sugar free Kool-Aid
- Unsweetened tea
- Herbal tea
- Diet Green Tea
- Decaffeinated coffee
- Fruit₂O
- Propel Fitness Water
- Sugar free popsicles
- Diet Snapple
- Minute Maid Light
- Powerade Zero
- Sobe Lifewater 0 (white label)
- Fuze Slenderize Low Carb
- Vitamin Water Zero
- 100% fruit juice (remember to dilute 50/50 with water and only 8 oz juice per day)
- Light Juices with reduced calories
- PowerAde Zero (no calorie electrolyte replacement sport drink)
- Diet V8 Splash
- Metromint flavored water
- Low sodium chicken, beef, or vegetable broth (this has no protein in it unless you add a jar of blended meat)
- V8 vegetable juice or tomato juice (counts as a veggie!)
- Smart water (comes in a 32oz bottle, so 2 gets you to your goal)
- Diet Jell-O

Fluid Conversions

1 ounce = 2 Tbsp = $\frac{1}{8}$ cup = 30 mL
2 ounces = 4 Tbsp = $\frac{1}{4}$ cup = 60 mL
4 ounces = 8 Tbsp = $\frac{1}{2}$ cup = 120 mL

Fluids Video Online

Review ways to stay hydrated with our "fluids" video highlighting products, tips and techniques to meet your fluid goals.
www.muschealth.com/weightlossurgery/nutrition

For the first 4-6 weeks, focus on staying hydrated and getting in liquids (1-2 weeks) then pureed foods (3-4 weeks) with protein. Sip on something all day long. When you get your first adjustment or fill you will start to focus on 3 meals per day made up of solid foods. During the first month it is common to feel hungry, so drink more fluids and try to get in about 5 protein shakes daily.

FOR POST-OP WEEKS 3-4, YOU WILL BE ON A PUREED DIET

Try these pureed, blended foods during weeks 3-4:

- Pureed meats (cooked, then blended with broth or water- try adding to 4-8 oz of broth)
 - lean/skinless turkey, chicken, beef, fish, tuna, veal, venison
- Strained, plain baby food meats (use any seasonings except sugar to flavor)
- Egg, egg substitute, or egg whites pureed
- Melted low-fat or fat-free cheese
 - Try soft cheese like *Laughing Cow* Light or *Friendship Farmer* Cheese
 - Shredded low-fat or fat-free mozzarella or cheddar mixed into blended meats or on top of mashed beans
- Low-fat or Nonfat Cottage Cheese or Low-fat or Fat-Free Ricotta cheese
 - add some blended fruit or unsweetened applesauce
 - flavor with lemon or almond extra and artificial sweetener
 - add tomato sauce and heat until gooey in the microwave
- Fat-Free Refried beans (from the grocery store) or mashed limas, pintos, black beans or black-eyed peas
 - Melt some low-fat cheese and add hot sauce
- Silken tofu
 - Add to make broth-based soups creamy, or to give smoothies a thicker texture
- Soups (low-fat veggie, bean, lentil, or meat-based soups without noodles/rice)
 - Blend chunky soups in the blender and try adding some pureed meats while blending
- Creamy, natural peanut butter (no added sugars) off the spoon or in a homemade shake
- Hummus (blended chickpeas)
- Fat-free, No Added Sugar Yogurts
 - *Dannon* Light and Fit, *Activia* Light, *Light n' Fit* Carb Control, *Low Fat* Plain *Stonyfield Farms* plain or light, *Blue Bunny* Light no sugar added, *Breyer's* Light
- Nonfat Greek Strained Yogurt, 0% (most have 2-3 times the protein of regular yogurt- use plain, others have added sugars)
 - Try *Fage*, *Oikos*, or *Chobani* brands
- Oatmeal (made with milk, or nonfat dried milk powder)
- Jell-O sugar-free pudding (made with your own skim milk)

Purees Video Online

This video reviews the food groups and what counts as a serving while you are on the pureed diet, plus brand-specific foods that you can eat during this phase, how to puree foods yourself, and some quick and easy to prepare recipes to liven up your diet!
www.muschealth.com/weightlossurgery/nutrition

Occasionally... after your protein and fluid needs are met...

- Blended cooked veggies or baby food veggies
- Blended fruits (fresh, frozen, or canned in water), unsweetened applesauce
- Blended starchy vegetables (potatoes, squash, limas, peas, sweet potatoes)
 - Limit added fats like butter, margarine, oil, sour cream, or heavy cream
 - Instead try fat free sour cream, Greek yogurt, butter-spray, or skim milk to make mashed potatoes or mashed sweet potatoes
- Cooked cereals (cream of wheat or grits made with milk, or topped with low fat cheese)

Remember to take a multivitamin – and exercise – daily!