



## Lap Band Example Meal

### STAGE 5: LOW-FAT SOLID FOOD

**Start:** Usually one month after surgery.

**Purpose:** For long-term good health and successful weight.

**Foods Allowed:**

- Gradual introduction of solid foods.
- Eat 3 small meals per day
- High-fat, high-sugar foods are not allowed.
- Individuals may not tolerate specific foods. Common foods not tolerated include: red meat, bread (toast and crackers are better tolerated) chicken or turkey that is dry or tough, raw fruits and vegetables, especially peels and membranes.

<i>SAMPLE MENU</i>	<i>Food or Beverage</i>	<i>Protein (gm)</i>	<i>Calories</i>
<b><u>Breakfast:</u></b>	1 slice whole-wheat toast	3	80
	1 ounce melted low-fat cheese	7	70
<b><u>Snack:</u></b>	8 ounces skim milk	8	90
<b><u>Lunch:</u></b>	one-3 ounce can tuna	15	70
	1 tbl. light mayonnaise	0	45
	5 saltine crackers	2	78
	½ banana	1	60
<b><u>Snack:</u></b>	6 ounces vegetable juice	2	40
<b><u>Dinner:</u></b>	3 ounces chicken breast, no skin	21	160
	½ cup green beans	1	22
	½ cup brown rice	3	190
	1 tsp. margarine	0	45
<b><u>Snack:</u></b>	8 ounces skim milk	8	90
	<b>Total</b>	<b>71</b>	<b>1040</b>



## **Lap Band Example Meal (Continued)**

***Fluid Goal:*** A least 48 -64 ounces (6-8 cups) of calorie-free beverages per day.

- Reminders:***
- Take the recommended dietary supplements.
  - Even though your staple line is probably healed, it is still possible to weaken it or over-stretch your new stomach by not being careful about what and how you eat. Continue to eat or drink slowly and restrict portion sizes.
  - Maintain a food, protein and fluid record to help you to monitor your intake.
  - If food intolerances occur, eliminate the food for 1 to 2 weeks, then try it again.
  - Maintain a regular exercise program of 30 minutes daily