

Diet for Lap Band

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Among the choices available in Dieting for Lap Band will be items like jello, broth and clear juice.

Once the patient has shown that clear liquids are not an issue, they can then move on to pureed foods as the next part of their Dieting for Lap Band.

Pureed foods can include the following:

Breakfast - Soft egg, hot cereal, Skim milk (for cereal), Pureed meat and blended casseroles, Pureed vegetable, Pureed fruit or custard.

In between meals, liquids for the pureed diet will include skim or 2% low fat milk, juice, or low-calorie beverages. Carbonated beverages are not an option in Dieting for Lap Band. It is also important that lap band patients get as much protein as they can to assist in the healing process following the surgery.