



DIET PROTOCOL AFTER ADJUSTABLE GASTRIC BAND FILL

DAY 1 & 2

Stay on liquids only

Protein shakes (make sure to get 60 grams of protein per day)
Chicken or beef broths
Sugar-free gelatin
Sugar-free pudding
Low fat milk
Fruit flavored or plain yogurt (no chunks of fruit)
Farina or cream of wheat
Sugar-free popsicles
Cream soups
Sugar-free fudgesicles
Sugar-free custard

DAY 3 through 5

Start to reintroduce solid foods.

You should limit your intake to **liquids, pureed and very soft foods.**

Start with softer consistency foods like cottage cheese, ricotta cheese, scrambled eggs, soft cooked fish, egg salad, chicken salad, tuna fish, etc.

Remember your tolerance for foods depends on three things:

1. How well you **chew** your foods.
2. How **moist** your food is.
3. How **long** it takes you to eat.

DAY 6 and after

You should be on **low-fat, proportionally high protein** solid foods again.