

BAND DIET PROGRESSION

Clear LIQUIDS (Day 1-2)

- Only Foods Allowed:
 - Broth
 - Sugar-free Jello
 - Sugar-free popsicles
 - Crystal light, sugar-free decaf tea or coffee, powerade zero, vitamin water zero, Mio drops, vitamin water zero, other non-carbonated sugar free beverages
 - Clear liquid protein supplements
 - Isopure
 - Unjury chicken soup
 - Unflavored protein powders
 - Isopure
 - Unjury
 - Jay Robb

** Follow this diet for the first two days after surgery. Take your time and drink slowly since these foods will be easier to get down than solid foods. You don't want to go too fast and overeat and cause complication to your band. **Do not progress your diet on your own**, no matter how great you feel. Stick to only foods on this sheet for the first two days after surgery

BAND DIET PROGRESSION

FULL LIQUIDS (Day 3-7 – until follow up visit)

Food Category	Allowed	Avoid
Beverages	Water, decaf tea/coffee, non-carbonated, sugar free beverages, diet V8 fusion, crystal light, powerade zero	All carbonated or high sugar drinks including juices, sparkling water, beer, club soda, tonic water, sports drinks, drinks with more than 10 calories
Grains, cereals, starches	NONE	Cold/hot cereals, rice, potatoes, pasta, crackers, bread
Dairy	1% or skim milk, non-flavored soy/almond/rice/lactose free milk, no sugar added yogurt, non-flavored 0% Greek yogurt, no sugar added carnation instant breakfast	Whole and 2% milk, full fat/sugar yogurts, ice cream
Fruits	Diet juices, diet V8 Fusion, no sugar added applesauce, no sugar added fruit smoothies with protein powder	Fruit juices, cocktails, drinks, raw or dried fruits
Veggies	Low sodium veggie juice	Raw and cooked veggies
Protein	Clear and full liquid protein supplements	Meats, poultry, fish, seafood, beans, nuts
Soups	Strained/blended low fat creamy soups, low sodium broth, bouillon	Unstrained/ non blended soups
Dessert	Sugar free: Jell-o, pudding, popsicles, all sugar substitutes	Sugar, honey, corn syrup, molasses, syrups
Misc.	Salt, seasoning, sugar free flavorings, extracts, herbs	All others

**** Follow this diet until your post-op appointment. Do not forget, add one food to your diet at a time to know how your tolerance is for that particular food. Take your time and eat slowly since these foods will be easier to get down than solid foods. You don't want to go too fast and overeat and cause complication to your band**