



NUTRITION GUIDELINES

GASTRIC BALLOON

Importance of Nutrition

In order to be successful at losing weight and keeping it off, you must make permanent lifestyle changes to your eating behaviors. The balloon will provide restrictions on food quantity. The most important factor of gastric balloon surgery is modifying your diet and habits while you have the assistance of the balloon for 6 months. We will support you to develop new habits so that when the balloon is removed in 6 months, you will have a solid foundation to continue for life.

With the balloon, you will eat smaller portion sizes and typically eat three to six times per day. Over time, you will relearn hunger and satiety (**feeling of fullness**) cues. This will train you to stop eating when you feel satisfied. Grazing can cause overeating and weight gain by eating and drinking high-calorie foods throughout the day. Paying attention to your body and hunger/satiety cues is important to avoid overeating.

The goal of the dietitian is to help you be successful! The dietitian is a resource to help you learn about nutrition and healthy eating habits throughout this entire process. Coming to all of your follow ups is the best way to ensure success. Please bring food logs to all follow-ups.

Gastric Balloon

Getting Started

Beverages	Water; zero-calorie; non-carbonated; low fat milk; almond milk
Protein Foods [meats, etc.]	Lean, moist meats; fish/seafood; eggs; cheese; cottage cheese; low sugar yogurt; beans; lentils; edamame; tofu; nuts/nut butter
Vegetables	Non-starchy: broccoli, squash, carrots, cauliflower, cucumbers, beets, green beans, Brussels sprouts, mushrooms, peppers, eggplant, cabbage, spinach, kale and other leafy greens.
Fruit	Small portions: apples, avocados, berries, kiwi, melons, banana, grapes, cherries, oranges, tomatoes; low sugar canned fruit
Sweet & Starchy Foods	Avoid high fat, high sugar and high carbohydrate foods. Look for foods with more than 3 g fiber per 100 calories.
Meal Planning	Plan 4 to 5 eating opportunities per day. Track food daily with a food app such as "My Fitness Pal". Grocery shop with a list and stick to it.

Shopping List

- Digital food scale
- Measuring cups & spoons
- Smaller plates, forks, spoons
- Premier Protein
- 64 oz motivational water bottle
- Food journal
- Multivitamin
- Calcium citrate with vitamin D3

Eating Habit Goals	Description	Goal Accomplished
Measure Your Food	<ul style="list-style-type: none">• Portion control. We recommend purchasing a digital food scale, measuring cups and spoons to know how much you are consuming.• 1 oz. meat, etc. = 7 grams of protein	<ul style="list-style-type: none">• I am doing this every day. _____ date
Food & Beverage Timing	<ul style="list-style-type: none">• Drink plenty of calorie-free beverages. You may be thirsty, not hungry!• Wait 15 min before and 30 min after eating to drink.	<ul style="list-style-type: none">• I am doing this every day. _____ date
Small Bites & Chew	<ul style="list-style-type: none">• Put your fork down, chew, swallow and breathe between each bite.• Use smaller plates and utensils.• Take a minimum of 20 minutes to eat.	<ul style="list-style-type: none">• I am doing this every day. _____ date

Eat with Intention

- Avoid distracted eating. Eat at the table, not while driving, using the computer or phone or watching TV.
- Keep all food in the kitchen. Be sure not to eat in the bedroom, family room or home office.
- Eat until comfortable, not full.

• I am doing this every day.

_____ date

Take Your Bariatric Vitamins

- Take a daily multivitamin/mineral supplement.
- Choose a supplement with the "USP Verified Mark" on the label

• I am doing this every day.

_____ date

Make Activity Part of Your Life

- Physical activity as tolerated.
- Recommendation for cardio is 150 minutes per week.
- Weight training 2-3 times per week.
- Activity should be approved by your surgeon

• I am doing this every day.

_____ date

Non-food Activities to Try Instead of Turning to Food

- Color in an adult coloring book;
- Read a new book or magazine;
- Play an instrument by using YouTube for lessons;
- Plant an herb garden;
- Make a vision board;
- Wash your dog or your car;
- Listen to a motivational podcast;
- Dance like no one is watching or try hip hop chair exercises on YouTube;
- Send a card to someone you have lost touch with from your past;
- Play solitaire on the phone;
- Go for a walk.



The Bariatric Plate

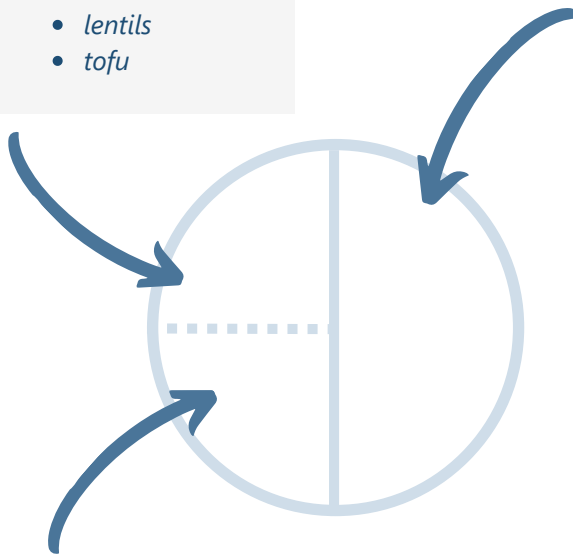
The plate method is an easy visual to remind you how to plan a meal. It helps with portion control and to provide a balance of nutrients.

Step 1. Select your protein

- fish
- seafood
- eggs
- cheese
- chicken
- beef
- lamb
- pork
- greek yogurt
- skim milk
- almond milk
- soy milk
- nuts
- beans
- lentils
- tofu

Step 2. Select your non-starchy vegetables

- arugula
- beets
- broccoli
- butternut squash
- carrots
- cauliflower
- cucumbers
- eggplant
- endive
- lettuce
- mushrooms
- olives
- mushrooms
- olives
- onions
- parship
- pumpkin
- peppers
- radish
- scallions
- spaghetti squash
- spinach
- squash
- winter squash



Step 3. Healthy carbohydrates. Select fruits or grains or starchy vegetables

- avocado
- banana
- blueberries
- cantaloupe
- coconut
- cranberries
- grapes
- honeydew
- kiwi
- lemons/limes
- orange
- papaya
- passionfruit
- raspberries
- rhubarb
- starfruit
- strawberries
- buckwheat
- gluten-free wraps
- oats
- polenta
- quinoa
- sweet potato

Avoid:

Processed foods and fried foods;
Foods with added sugar, fat, and salt;
Large portions, especially when dining out.

The Pre-procedure Diet

WHEN PRIOR TO INSERTION: Do not eat any solid foods for one full day; liqui drinking liquids 8 hours prior to insertion

PRIOR TO REMOVAL: Do not eat any solid foods for two full days; liquids only. Stop drinking liquids 12 hours prior to removal

WHY To ensure your stomach is empty for placement and removal.

GOALS Hydration: minimum 64 ounces/day of fluid

Eating Opportunity	Food	Example
1.	Clear beverage	Herbal tea
2.	Clear beverage	Water
3.	Warm broth	Chicken broth, no noodles
4.	Clear beverage	Water
5.	Sugar-free popsicle or gelatin [not red or purple]	Sugar-free gelatin [not red or purple]

The Post-op Diet Advancement

Stage Advancement Overview

The following is your postoperative stage advancement overview:

Stage 1	Clear and Full Liquid	[day 1 thru day 5]
Stage 2	Soft Solids	[day 6 thru day 10]
Stage 3	Solid Foods	[day 11 and beyond]

GOALS

- Hydration: minimum 64 ounces/day;
- Protein: 60-80 grams/day;
- Eat meals and snacks at regular times;
- Advance diet as tolerated. If you are not ready for the next stage, then do not advance.

Stage Advancement Details

Stage 1. Clear and Full Liquids [day 1 thru day 5]

- *Water;*
- *Broth;*
- *Sugar-free gelatin;*
- *Sugar-free popsicles;*
- *Sugar-free beverages;*
- *Sugar free pudding;*
- *Protein shakes (should have at least 20 g protein and less than 10 g carbohydrate per serving);*
- *Fat free or 1% milk, soy milk, almond milk*
- *98% fat free strained cream soups;*
- *Greek yogurt without fruit pieces.*

- *Drink 1-2 ounces every 15 minutes;*
- *Sip; do not gulp;*
- *Avoid carbonated beverages;*
- *Consume 60 g of protein from protein shakes per day.;*
- *Whey protein isolate is best absorbed*

Stage 2. Soft Solids [day 6 thru day 10]

Enjoy:

- *Lean, moist protein foods (low-fat deli meats, flaky fish, smooth peanut butter, eggs, beans, cottage cheese, low-fat cheese, dark meat chicken, tofu, etc.);*
- *Well-cooked vegetables (carrots, squash, broccoli, cauliflower, beets, green beans);*
- *Canned fruits in juice or water, applesauce. Avoid fresh fruits except for bananas and avocados;*
- *Resume your multivitamin/mineral supplement.*

Avoid:

- *Dry, tough meats;*
- *Stringy, fibrous vegetables such as celery, asparagus or corn;*
- *Skins, seeds or membranes.*

Remember:

- *Meals = ~ ½ cup in volume (1½ oz. meat and bites of vegetable or fruit);*
- *Wait 15 minutes before and 30 minutes after eating to drink;*
- *Introduce one new food at a time;*
- *Use one protein shake per day as a meal or snack to ensure you are meeting your protein goal.*



Stage 3. Solid foods [day 11 and beyond]]

Enjoy:

- Eat protein first, non-starchy vegetables second, then carbohydrates last;
- Discontinue protein shakes once able to consume 60 g of protein through food alone;
- Fresh fruits and vegetables;
- High fiber grains.

Avoid:

- Processed, fast, convenient, snack, and fried foods;
- Simple sugars, concentrated sweets, and high calorie and carbonated beverages.

Remember:

- Meals = ~ $\frac{3}{4}$ cup in volume (3 cup vegetable or fruit);
- Wait 15 minutes before and 30 eating to drink;
- Introduce one new food at a time;
- Drink a protein shake if you must skip a meal

Sample Menu: Solid Foods

Day 1:

Breakfast: 1 scrambled egg, $\frac{1}{2}$ small avocado

Snack: 1 reduced fat cheese stick

Lunch: 3 oz. baked chicken, $\frac{1}{4}$ c. cooked carrots, $\frac{1}{4}$ c. canned peaches in natural juice

Snack: 6 oz. no sugar added Greek yogurt

Dinner: Dinner: 3 oz. baked fish, $\frac{1}{2}$ c. broccoli with 1 tsp. butter or shredded cheddar cheese, 4 - 6 small grapes

Day 2:

Breakfast: 4-6 oz. plain Greek yogurt with $\frac{1}{4}$ c. blueberries, sweetened with stevia/monk fruit, as needed, and 1-2 tsp. chia seeds

Lunch: 2 oz. turkey lunch meat, 1 slice whole grain bread, 1 oz. cheese slice, mustard or olive oil mayonnaise, $\frac{1}{4}$ - $\frac{1}{2}$ c. raw carrots and celery sticks

Snack: 1 small apple, 1 Tbsp. natural peanut butter

Dinner: 3 oz. baked turkey, $\frac{1}{2}$ c. green beans, 1 kiwi or small orange

Day 3:

Breakfast: ½ c. oatmeal with 1 Tbsp. chopped walnuts and 1 Tbsp. raisins

Snack: ½ c. cottage cheese, ¼ c. pineapple

Lunch: 3 oz. tuna salad, ½ pita, ¼ -½ c. cucumber slices, 3 whole strawberries

Snack: 2 Tbsp. hummus, ½ c. raw vegetables

Dinner: 2 oz. ground beef, ¼ c. refried beans, 1 oz. shredded cheese, 1 small tortilla shell, shredded lettuce and diced tomatoes, ½ Tbsp. sour cream, ¼ mango

**EMBRACE YOUR JOURNEY
TO REACH AND MAINTAIN
YOUR GOALS!**

