

Post Balloon Procedure Dietary Information

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Full Liquid Diet

WHEN: ***For one week after the procedure or longer*** if you are not ready to progress to pureed food after one week.

FOOD/BEVERAGES: Any liquid/food in the table below including ***2 high protein shakes daily*** (See pages 11-12 for choices of high protein shakes).
Each high protein shake should provide at least 25g of protein.

HOW MUCH: **Consume 1 to 2 ounces every 20 minutes while awake.**

FULL LIQUIDS		
2 HIGH PROTEIN SHAKES DAILY, 25G PROTEIN PER DRINK		
Water	Broth	Coffee
Tea	Fat free or 1% milk	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	Diet gelatin	Sugar free frozen fruit pops
No sugar added frozen fruit pops	Sugar free hot cocoa	<i>Fat free or light yogurt, smooth without bits of fruit</i>
<i>Sugar free pudding</i>	Almond milk	Light soymilk
Rice milk	<i>Pureed soup</i>	Kefir
Bai	CORE Organic	

SUGGESTIONS: 1) Sip slowly.
2) Stop sipping as soon as you feel full. Never force yourself to finish. "When in doubt, wait it out!"

NOTE: If you are taking diabetic medication or any other medication, consult your prescribing physician as your medication may need to be adjusted while on this diet.

Pureed Food

- WHEN: After full liquids, when you are ready, ***for one week.***
- FOOD: All food should be pureed to the consistency of applesauce or baby food, with the exception of yogurt (without bits of fruit), any cheese, split pea soup, creamy nut butter.
- HOW MUCH: No more than one cup of a pureed food at one time.
No more than 3 ounces of a low fat cheese.
No more than ¼ cup of nut butter once per day.

Guidelines for Pureed Food

1. ***Eat slowly!***
2. Stop eating when you are ***comfortably satisfied***, not full or stuffed.
3. Do not spend more than ***15 continuous minutes*** eating. Stop eating after 15 minutes and wait for your next meal/snack to eat again.
4. Do not go longer than ***4 hours*** without eating.
5. ***Do not drink while you are eating.*** Wait until you are finished eating to drink. ***Make sure that you drink at least 8 ounces of a beverage after eating to wash the balloon.*** This will prevent rotten-egg regurgitation due to the stagnation of food around the balloon.
6. Wait at least ***2 hours after eating*** before going to bed or lying down.

Soft Solid Food

- WHEN: After pureed food, when you are ready, ***for one week.***
- FOOD: Select from the table below
3 meals and 1-3 snacks
- HOW MUCH:
- 1) No more than 3 ounces of ground meat or poultry
 - 2) No more than 3 ounces of fish
 - 3) No more than ½ cup cooked, non-starchy vegetables
 - 4) No more than 1.5 cups soup
 - 5) No more than one 8 ounce container of yogurt
 - 6) No more than 2 eggs
 - 7) Up to 6 egg whites
 - 8) No more than 1 cup beans

<u>Milk Group</u>	<u>Fruit Group</u>
Non-fat, fat free, lite or light yogurt, flavored or plain	<i>Canned</i> fruit packed in <i>water or natural juice</i>
	<i>Unsweetened</i> applesauce
<u>Protein Group</u>	Banana, kiwi, melon, papaya, mango, raspberries, strawberries and <i>peeled</i> apricot, nectarine, peach or plum
Fin fish, lobster, shrimp, scallops, crab	
<i>Ground</i> lean meat	<u>Starch Group</u>
<i>Ground</i> chicken or turkey <u>breast</u>	Oatmeal, cream of wheat or rice, farina or grits, all <i>without any lumps</i>
<i>Soft cooked</i> eggs and egg substitutes	Soups that contain fish, ground turkey or chicken breast, pureed or ground lean meat or soft cooked vegetables
Beans (legumes)	<i>Low fat</i> cream soups
All cheese <i>with 3g of fat or less per serving</i>	<i>Toasted</i> bread, bread sticks, crackers, melba toast, matzoth, rice cakes
Tofu, miso paste, tempeh	Corn, peas, lima beans, plantains, potatoes, yams, winter squash, yucca
	<i>Unsweetened</i> corn, wheat or oat bran flakes and Special K

<u>Vegetable Group</u>	<u>Fat Group</u>
Soft cooked artichoke (leaf tips and bottom), beets, cabbage, carrots, onion, mushrooms, sauerkraut, turnips and skinless eggplant, summer squash, tomato and zucchini	Avocado, butter, cream cheese, margarine, mayonnaise, Miracle Whip, oils, olives, creamy peanut butter, salad dressing, sour cream, tahini paste NOTE: Choose the light or low fat versions or limit the amount of full fat versions.

Guidelines for Soft Solid Food

1. **Eat slowly!** Take bites the size of a **nickel** and ***chew 15-25 times***. Put your fork down between bites so that you are not tempted to take another bite too soon.
2. Stop eating when you are ***comfortably satisfied***, not full or stuffed.
3. Solid food, as opposed to soup, will keep you feeling full longer.
4. Do not spend more than **15 continuous minutes** eating. Stop eating after 15 minutes and wait for your next meal/snack to eat again.
5. Do not go longer than **4 hours** without eating.
6. **Do not drink while you are eating.** Wait until you are finished eating to drink. ***Make sure that you drink at least 8 ounces of a beverage after eating to wash the balloon.*** This will prevent rotten-egg regurgitation due to the stagnation of food around the balloon.
7. Wait at least **2 hours after eating** before going to bed or lying down.

Regular Food

WHEN: ***After soft solid food, when you are ready.***

FOOD: A meal should consist of a lean protein (see page 5) plus non-starchy vegetables (see page 6).
Consume 3 meals plus 1-3 snacks daily

HOW MUCH: 1) No more than 3 ounces of lean meat, fish or poultry
2) No more than ½ cup cooked, non-starchy vegetables
3) No more than 2 cups salad greens

- 4) No more than 1.5 cups soup
- 5) No more than one 8 ounce container of yogurt
- 6) No more than 2 eggs
- 7) Up to 6 egg whites
- 8) No more than 1 cup beans

Guidelines for Regular Food

- 8. **Eat slowly!** Take bites the size of a **nickel** and **chew 15-25 times**. Put your fork down between bites so that you are not tempted to take another bite too soon.
- 9. Stop eating when you are **comfortably satisfied**, not full or stuffed.
- 10. Solid food, as opposed to soup, will keep you feeling full longer.
- 11. Do not spend more than **15 continuous minutes** eating. Stop eating after 15 minutes and wait for your next meal/snack to eat again.
- 12. Do not go longer than **4 hours** without eating.
- 13. **Do not drink while you are eating**. Wait until you are finished eating to drink. **Make sure that you drink at least 8 ounces of a beverage after eating to wash the balloon**. This will prevent rotten-egg regurgitation due to the stagnation of food around the balloon.
- 14. Wait at least **2 hours after eating** before going to bed or lying down.

Protein Choices

Beef: Round, sirloin, T-bone, porterhouse and flank steak; tenderloin; roast (rib, chuck, rump); ground sirloin or round.

Pork: Fresh ham; canned, cured or boiled ham; Canadian bacon; tenderloin; center loin chop

Lamb: Roast; chop; leg

Veal: Chop; roast

Fish: Any non-fried fish. Canned in water is preferred over canned in oil.

Poultry: Chicken, turkey and Cornish hen **without skin**; chicken or turkey gizzard: domestic duck or goose well **drained of fat, without skin**.

Deli meats: Turkey or chicken breast; any ham; roast beef

Game meats: Pheasant; venison; buffalo; ostrich; rabbit; goat; squirrel

Other meats: Hot dogs with less than 3g of fat per ounce; liver; heart

Non-Starchy vegetables

Artichoke	Artichoke hearts	Asparagus
Beans (green, wax, Italian)	Bean sprouts	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery
Cucumber	Eggplant	Green onions or scallions
Greens (collard, kale, mustard, turnip)	Kohlrabi	Leeks
Mushrooms	Okra	Onions
Pea pods	Peppers (all varieties)	Radishes
Salad greens	Sauerkraut	Spinach
Summer squash	Tomato	Turnips
Water chestnuts	Watercress	Zucchini

Snacks

High Protein Snack Suggestions

½ Cup Bean Salad
 Celery/apple with 1-2 TBSP Peanut Butter
 ½ Cup Cottage Cheese w/ Low Sugar Jelly
 Deli Meat Roll-Up, ie. Turkey, Chicken, Ham or Roast Beef
 1 Cup Edamame
 ½ Cup FF Refried Beans w/ Melted LF Cheese
 1 Cup Low-Fat Milk w/ SF Cocoa
 1 ounce of Nuts
 1 Hard Boiled Egg
 ¼ cup Hummus
 Soy Crisps
 2 ounces Low Fat String Cheese or Low-Fat Cheese
 5-6 ounces Fat Free or Light Yogurt

Healthy Snack Suggestions

Baked Apple
 Baked Pear
 Raw vegetables w/ Low Cal Dressing/Dip
 4 ounces Fat Free Pudding Made w/ FF Milk
 Frozen Banana
 Frozen Grapes (17)
 1 Piece of Fruit
 ½ Cup Fiber One Cereal
 Roasted Red Peppers

Acceptable Beverages

Water	Broth	Coffee
Tea	Fat free or 1% milk	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	Diet gelatin	Sugar free frozen fruit pops
No sugar added frozen fruit pops	Sugar free hot cocoa	Light soymilk
Rice milk	Almond milk	Bai
CORE Organic		

Guidelines for Beverages

- 1) Drink fluids ***slowly*** (i.e. sip, not gulp) and do not use a straw.
- 2) ***Do not drink while you are eating.*** Wait until you are finished eating to drink. ***Make sure that you drink at least 8 ounces of a beverage after eating to wash the balloon.*** This will prevent rotten-egg regurgitation due to the stagnation of food around the balloon.
- 3) Try to drink at least **six** 8-oz. cups (**48 ozs.**) of beverages every day.
- 4) **DO NOT ANY DRINK JUICE** after the procedure.
- 5) **NO CARBONATED BEVERAGES** after the procedure.

Exercise

Exercise is extremely important for your weight loss and subsequent weight management program. **YOUR GOAL IS TO WALK FOR AT LEAST 30 CONSEQUITIVE MINUTES WITH ELEVATED HEART RATE PER DAY, UNLESS ONE OF YOUR DOCTORS RECOMMENDS DIFFERENTLY.**

If you are unable to walk for this long right away, start **SLOWLY**, even as little as a 10 minute walk. Increase the time that you walk by five minutes per week. You should walk for as long as you feel comfortable. Once you are able to walk for 30 minutes without stopping, start to increase your speed. You should be able to walk and talk at the same time, however.

Supplements

Once you start solid foods, start taking the following supplements:

1. **A multi-vitamin with minerals, but not the gummy vitamins or Centrum Flavor Burst or Centrum Vitamins.**
2. **Calcium with vitamin D₃.**
 - Should be taken with food in **divided** doses, no more than 600 mg/dose.
 - Doses recommended:

<u>Women/Men</u>	<u>Amount of Calcium</u>
18 yrs and younger	500 mg 2X/day plus an additional 300 mg
19-50 yrs	500 mg 2X/day
51 yrs and older	600 mg 2X/day

3. **1000 IU Vitamin D₃.**

A Few Supplement Recommendations

Multi-vitamin with minerals: Centrum, One-A-Day, GNC Women's Ultra Mega, GNC Mega Men, Solgar (some kosher), Twinlab, Nature Made, Nature's Way, Kirkland, Nature's Bounty ABC Plus or Multi-Day Plus Minerals, Maxi Health (kosher), Freeda (kosher)

Calcium: Caltrate 600, Viactiv, GNC Be Balanced, Citracal, Maxi Health (kosher)

Supplement Schedule

<u>Time</u>	<u>Supplements</u>
After Breakfast	1 adult multi-vitamin/mineral 500-600 mg calcium with Vitamin D
After Lunch or Dinner	500-600 mg calcium with Vitamin D 1,000 IU Vitamin D

Tips to Maximize Absorption of Vitamins and Minerals

- For better absorption and avoidance of nausea/vomiting, ***do NOT take supplements on an empty stomach.***
- ***Take your supplements with plain water.*** Caffeinated beverages like tea and coffee interfere with the absorption of some vitamins and minerals. Also, the ingredients in other types of beverages may cause unwanted interactions with the nutrients in the supplements.
- ***Wait at least one hour between taking any of your supplements and taking prescription medications*** as they could decrease the efficacy of each other.

Medications

Take either of the antacid medications below daily, starting 5 days before the procedure and for the 6 months that you have the balloon:

- 20 mg Omeprazole, **OR**
- 20 mg Nexium

Take this medication the morning of the procedure:

- 80 mg Emend or generic aprepitant (anti-nausea).

Take these for 2 days after the balloon procedure:

- 0.125 mg Levsin or generic hyoscyamine (for stomach spasms). Take 3 times daily, 30 minutes before eating. *Take as needed after the first two days, but no more than three times daily.*
- 4 mg Zofran or generic ondansetron (prevents nausea and vomiting). Take every 6 hours. *Take as needed for nausea after the first two days.*

Take these medications if needed:

- Phenergan (anti-nausea) 25 mg – take 1 every 8 hours
- Ativan (anti-anxiety/nausea) 1 mg – take 1 every 6-8 hours

Follow-up Appointments

1st, 2nd and 4th week after procedure: MD/surgeon and dietitian

Monthly (more often if needed): alternate MD/surgeon and dietitian

5th month: MD/surgeon

6th month: balloon extraction

HIGH PROTEIN DRINKS/POWDERS

(Yield: approximately 25g protein)

DRINKS

- 1) Isopure Zero Carb (*lactose free*) (40g of protein -- Drink $\frac{2}{3}$ bottle per day.)
- 2) Designer Whey Protein Blitz (*lactose free*) (30g protein)
- 3) Worldwide Pure Protein Shake (35g protein)
- 4) Premier Protein Shake (30g protein) Purchase in Costco, BJ's and Sam's Club.
- 5) **GNC Total Lean Lean Shake** (*lactose free*) (25g protein)
- 6) Extreme Smoothie (35g protein) Purchase at www.BariatricEating.com
- 7) Protein Ice (*lactose free*) (42g of protein— Drink $\frac{2}{3}$ bottle per day.)
- 8) Coco Protein (*lactose and gluten free*) (25g protein)
- 9) GNC Pro Performance Lean Muscle Meal (30g protein)

POWDERS – add to fat free or 1% milk (8g of protein) OR fat free or light yogurt (6-15g protein)

- 1) GNC Total Lean® Lean Shake™ **25** (25g protein+5g fiber/2 scoops)
Banana, Chocolate Peanut Butter, French Vanilla, Mixed Berry, Orange Cream, Rich Chocolate
- 2) Jay Robb Whey Protein (24g protein/scoop) Call 1-877-Jay-Robb **Individual packets available in-store.**
Vanilla, Chocolate, Strawberry, Pina Colada and Tropical Dreamsicle
Jay Robb Egg White Protein (*lactose free*) (24g protein/scoop)
Vanilla, Chocolate and Strawberry
- 3) Isopure Zero Carb (*lactose free*) (25g protein/scoop)
Strawberries and Cream, Dutch Chocolate, Creamy Vanilla, Pineapple/Orange/Banana, Cookies and Cream, Mint Chocolate Chip, Banana Cream, Apple Melon, Alpine Punch, Mango Peach, Toasted Coconut
- 4) Muscle Milk Light (25g protein/2 scoops) Also available in Target, grocery and drug stores.
- 5) Designer Whey Protein Powder/All Natural protein Powder (18 protein/scoop)
Chocolate, Caramel Peanut, Strawberry, Vanilla Praline, French Vanilla, Double Chocolate, Natural, Vanilla Almond
- 6) Premier Protein 100% Whey Isolate (30g protein/2 scoops) Purchase in Costco, BJ's, Sam's Club, and some pharmacies and supermarkets.
Vanilla, Chocolate and Strawberry
- 7) PlantFusion **Multi-source plant protein** (*lactose free*) (21g protein)
- 8) Matrix by Syntrex (23g protein/scoop)
Bananas & Cream, Cookies & Cream, Milk Chocolate, Mint Chocolate, Orange Cream, Perfect Chocolate, Strawberry Cream and Simply Vanilla

- 9) Naturemax (*kosher – lactose free*) (15g protein/scoop. Use 1¼ scoops) To order: call 1-800-645-1899, go to www.maxihealth.com/ or check the stores in your area for this product.
- 10) Shaklee Energizing Soy Protein (*kosher – lactose free*) (14g protein/3 TBSP. Use 4 TBSP's) Go to www.shaklee.net/ to find a distributor in your area.
- 11) SPIRU-TEIN High Protein Energy Meal (*kosher – lactose free*) (14g protein/scoop. Use 1¼ scoops) **Individual packets available in some (health food) stores.**
- 12) Integrated Supplements 100% Natural CFM Whey Protein Isolate (*kosher – lactose free*) (21g protein/scoop)
- 13) Nutri-Supreme Research Whey Protein (*kosher*) (23g protein/2 scoops) Go to www.Nutri-Supreme.com or call 888-686-8874.
- 14) Herbalife Instant Healthy Meal-Nutritional Shake Mix (*kosher – lactose free*) (20g protein) Go to: www.Herbalife.com to find a distributor.
- 15) Zahlers Reach Protein Powder (*kosher*) (25g protein/scoop) Go to www.KosherVitamins.com.

NOTE: *The grams of protein listed for the protein powders are for the powder alone. Add the grams of protein for the milk or yogurt to those for the powder to get the total protein for the protein drink.*

POWDERS – add water

- 1) Nectar Protein™ (23g protein/scoop) Vitamin Shoppe, call 1-800-898-6888 or go to www.BariatricAdvantage.com.
Apple Ecstasy, Caribbean Cooler, Crystal Sky, Fuzzy Navel, Roadside Lemonade, Strawberry Kiwi, Lemon Tea, Cappuccino (this flavor can be added to milk also)

The protein drinks/powders can be purchased in GNC, the Vitamin Shoppe, in a health food store or at Amazon.com.

Any questions, call your dietitian, Nancy Restuccia at 212-305-0118

(11/15, 3/9/17)