

## From Liquids to Foods

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Regarding week 1 the all-liquid diet that was necessary in the days after Lap Band surgery will be followed by only pureed foods.

Individuals can expect to eat only pureed foods for about one week after the all-liquid phase of the post-Lap Band surgery diet. Your doctor and/or nutritionist will closely monitor your food intake during this time to assist you in the process.

At this point you begin to introduce minimally textured foods. The consistency individuals will be searching for in acceptable foods is like that of baby food.

During this phase individuals should focus on eating foods rich in proteins first, and then allow for vegetables and fruits. Lap Band patients will be permitted to eat foods richer in calories during this period than later stages, because the idea at this time is on transition rather than weight loss. Pureed foods can include low-fat pudding or low-fat yogurt, pureed or mashed peas and thin mashed potatoes minus the butter.