

Carbohydrates after Lap Band

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The last phase of your new meal plan will be returning to foods that involve carbohydrates.

Until that point is reached, patients should avoid items like bread, rice and other foods that contain high starch limits.

Patients also need to accept the fact that certain meats, spicy foods and rich dairy products might be off limits to them forever following Lap Band surgery. Check with your doctor as to what is and is not acceptable.

While what someone eats following Lap Band surgery is important, the manner of eating and just how much food is also key.

Patients will need to eat smaller meals and also eat slowly and with smaller bites. Remember, you have a smaller stomach to work with following Lap Band surgery, so eat accordingly.

Within two years of Lap Band surgery, many patients will typically see a 50 to 60 percent reduction in their excess body weight.