

## Lap Band Food Plan

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One of the advantages of the lap band system is that the patient can consume smaller meals and still acquire the needed nutrients to conduct a normal and healthy life.

As part of the Lap Band Meals plan, patients will follow a nutrition plan (which can include vitamin supplements) prescribed by their surgeon and/or nutritionist.

The plan will in most cases include a liquid diet for several weeks, until the lap band patient can handle soft foods, which will then be followed by solid foods.