

Planning Meals Post Lap-Band

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Patients who often consume carbonated or caffeinated drinks will need to stop using these products for a minimum of three months, as they can make for uncomfortable gas and bloating.

After completing the clear liquids portion of one's recovery, the patient will then switch to soft foods. Among the foods in that group will be soup, jello and sometimes even baby food. This next step of the Lap Band Meals will be determined as part of one's continued follow-ups with their doctor.

Patients can proceed on to eat foods that can be mixed up in a blender or food processor. Among the foods in that category for Lap Band Meals will be meats, proteins, salads and vegetables.