

Lap Band and Carbohydrates

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The last portion of the Lap Band Meals diet will be going back to foods involving carbohydrates.

Up until that time is reached, patients should stay away from foods such as bread, rice and other foods which have high starch limits.

Patients will also need to realize that a number of meats, spicy foods and rich dairy products may be forbidden to them indefinitely after lap band surgery. Individuals should check with their doctor as to what is approved and not approved in these areas.

While what someone eats in the post lap band surgery period is important, the way of eating and just how much food is consumed at a sitting is also important.

Lap band patients will need to consume smaller meals and also eat slowly and with smaller bites.

Within two years of lap band surgery, many patients will generally witness a 50 to 60 percent decline when it comes to their excess body weight.