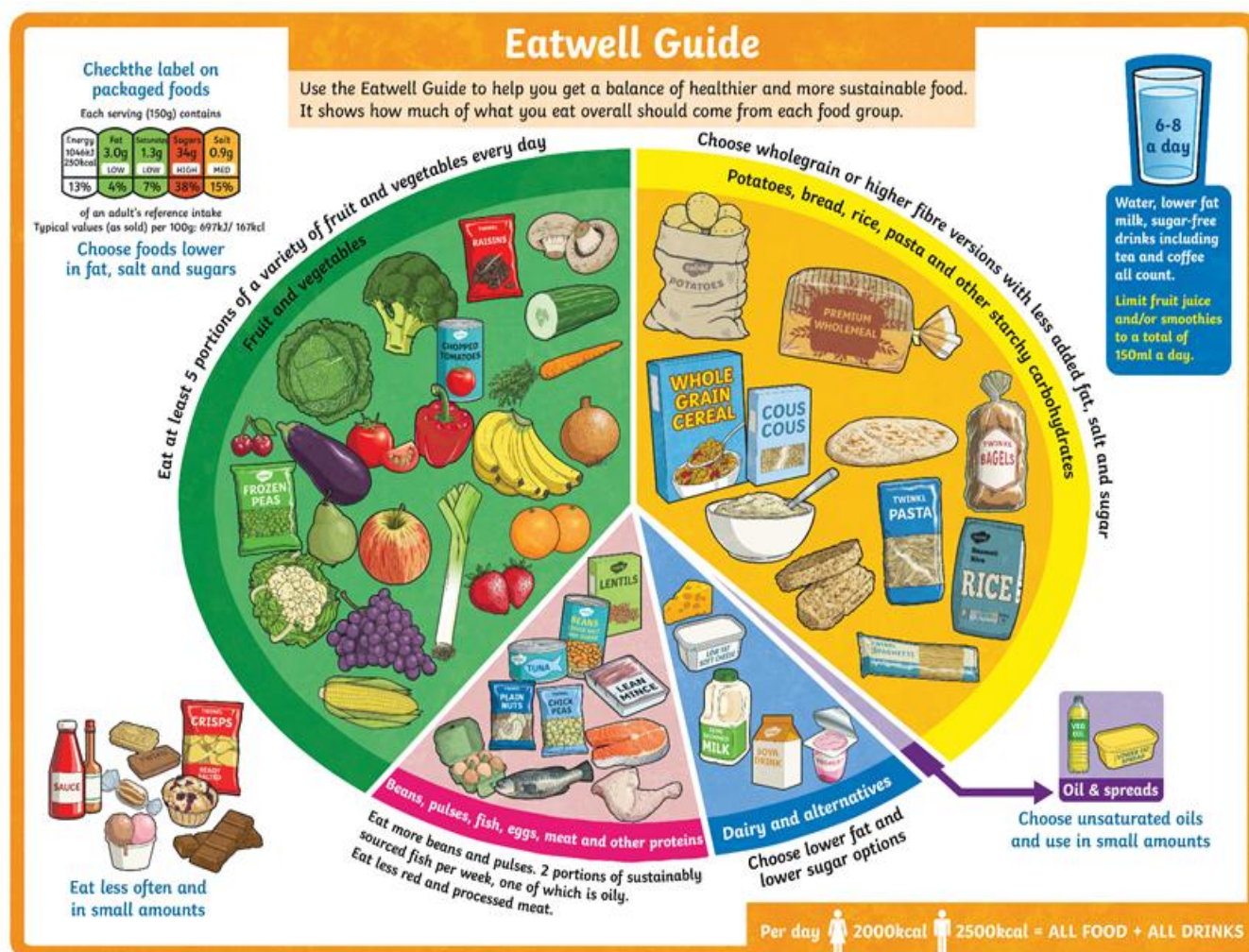


# Dietary advice following gastric band removal

## Information for patients

You are advised to follow a soft diet for the first 1-2 weeks after having your gastric band removed. After this time you can gradually return to a normal textured diet. Foods do not need to be liquidised or puree texture but should be soft, tender and easy to chew. Some foods may need gravy or sauces to moisten them. Ensure any meats are cut into small pieces, about the width of a fork. Use marinades and slow cooking methods, such as braising, to tenderise food. Cook certain foods (for example pasta and vegetables) for longer than usual to ensure they are soft enough.

Choose as wide a variety of foods as possible. Use the Eat Well Guide to include foods from each of the food groups to achieve a healthy balanced diet.



## Suitable foods

The following list is not exhaustive but details ideas for suitable foods from each of the food groups:

### Protein foods

Eggs-	Poached, omelette or soft scrambled (scrambled egg should preferably be cooked in a pan as microwaves tend to produce a 'rubbery' texture which can be difficult to tolerate)  Boiled and mashed with a small amount of low fat mayonnaise
Cottage cheese	
Protein-based soups-	E.g. Lentil or split pea
Lentil dahl	
Quorn-	Minced or diced (cut into small pieces)
Hummous-	Avoid vegetable crudités such as celery and carrot batons
Canned fish-	In brine or spring water – skinless, boneless varieties
Fish-	Poached and served with white/parsley sauce; fish pie
Minced meats-	Chicken, turkey, lamb, beef, or pork, served with gravy or sauces or made into shepherd's pie or chilli-con-carne
Diced meats-	Chicken, turkey, lamb, beef, or pork cut into small dice and made into stews, casseroles, curries. Choose lean cuts and cook until tender, for example in a slow cooker.

### Carbohydrates

Porridge-	Made with skimmed or semi-skimmed milk or water
Instant porridge-	Check the labels to avoid those high in sugar
Weetabix ® or Oatibix ®-	Softened with skimmed or semi-skimmed milk until all absorbed
Jacket potato-	Avoid the skin; choose a soft protein-based filling
Mashed potato	
Pasta bake-	With tomato sauce; choose small shaped pasta and cook until soft
Polenta-	Cook until soft

## **Fruit and vegetables**

Stewed fruit-	E.g. Apples or pears; remove skin and pips
Fresh fruits-	E.g. Raspberries, peaches, nectarines (remove skin)
Fruit tinned in natural juice	
Frozen or tinned vegetables-	Ensure frozen vegetables are cooked until soft
Root vegetables-	E.g. Swede, carrot, celeriac, sweet potato – mashed
Cauliflower/broccoli-	Cook until soft, avoiding woody stalks; can be served with cheese sauce
Ratatouille-	Courgettes and peppers cooked in tomato sauce until soft
Lentil and vegetable casserole or chilli	

## **Dairy**

Low fat, low sugar yoghurt and fromage frais- Choose '*Diet*' or '*Light*' varieties

Low fat cream cheese

Cottage cheese

The following can be used to add extra flavour to dishes:

- Herbs
- Spices
- Lemon/lime juice
- Balsamic vinegars
- Tomato puree
- Worcestershire sauce
- Red /white wine
- Vegetable and yeast extracts.

## Foods to avoid

The following foods do not have a soft enough texture and should be avoided for the first 1-2 weeks:

Crisp, hard, crunchy foods-	E.g. Nuts, pips, seeds, popcorn, dry cereal, sugar-coated cereal, granola, muesli, crackers, crisps, dry crispy bacon
Raw, stir-fry vegetables and salad-	E.g. Celery, peppers, cucumber, carrot batons, lettuce, spinach, tomato, asparagus
Tough, dense, fibrous foods-	E.g. Rump/sirloin/fillet or gammon steaks, pork chops, pineapple, woody stalks of cauliflower and broccoli
Foods with skins, peel, husks or outer shells-	E.g. Peas, beans, grapes, tomato, sweetcorn, unpeeled apples and pears, skin on meats such as bacon rind and chicken skin, sausages (casseroled skinless sausages are suitable)
Sticky foods-	E.g. Rice, soft white bread
Crumbly foods-	E.g. Cakes and biscuits
Chewy foods-	E.g. Marshmallow, toffee, dried fruits
Carbonated drinks-	Can displace intake of nutritious foods and fluids

## Resources

[www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)

[www.nhsinform.scot/healthy-living/12-week-weight-management-programme](http://www.nhsinform.scot/healthy-living/12-week-weight-management-programme)

Wiltshire Farm Foods

Oakdale Foods

## Follow up after your surgery

You will be seen by the Bariatric Nurse Practitioner 4 weeks after the removal of your gastric band. Use the contact details below to contact the team if you need assistance after your band has been removed. For out of hours assistance, call 111 or attend your local Accident and Emergency (A&E) department.

## Contact us

NHS Lothian Bariatric Surgical Service telephone: **0131 242 1615** or **0131 242 1209**