

Introducing Textured Foods

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At this point of the lap band recovery process patients begin to see minimally textured foods. The consistency Lap Band patients will be searching for in acceptable foods is similar to that of baby food.

During this phase individuals should look to eat foods rich in proteins first, and then allow for vegetables and fruits. In this part of Lap Band Dieting, patients will be allowed to consume foods richer in calories during this period as opposed to later stages, because the idea at this time is on transition rather than weight loss. Pureed foods can include low-fat pudding or low-fat yogurt, pureed or mashed peas and thin mashed potatoes without butter.

In week 4 and/or 5, individuals are able to switch from pureed foods and transition to soft foods. Among the soft foods in this part of Lap Band Dieting are those that offer a smaller portion of greater substance. Among the foods available will be flaky fish and ground turkey.

Regular eating will follow soon after, but individuals are reminded that staying focused on a healthy diet and instituting or maintaining a good exercise program will be important to getting to the weight loss goal they want and staying there.

With a proper Lap Band Dieting program in place, the weight loss goals can be met and even exceeded.