



TIP: Focus on healing from surgery rather than on losing weight

Why A Fluid Diet?

After surgery, you will be required to follow a fluid diet for 1-2 weeks. Being on a fluid diet gives your stomach time to adjust to the Lapband.

The fluid diet:-

- Prevents your new stomach from stretching. Right after surgery, your stomach may be swollen and this may further decrease the size of your new stomach pouch. It is vital that you do not take too much liquid at a time and overfill your new stomach pouch.
- Prevents unnecessary or forceful vomiting. This may occur if you ate something more solid which may cause foods to get "stuck" around the band.
- Allows your stomach to heal in to place.

What Is A Fluid Diet?

- **Must be in liquid form**
- **Thin enough to pass through a straw**
- **Smooth**
- **Has no lumps**
- **No fizzy drinks**
- **No alcohol**

Suitable Fluids:-

Commercial protein drinks
Plain water
Coffee
Tea
Drinking yogurt
Fruit juice
Vegetable juice
Thin strained soup / stocks



No Fizzy Drinks

All fizzy drinks should be avoided after surgery.

As gas builds up easily in your new smaller stomach pouch, this may lead to pain, bloating and discomfort, or even move your Lapband.



No Thick Fluids

Eating more solid foods is not recommended.

At this stage, eating more solid foods early could block the passage in to the bottom part of your stomach and may lead to vomiting. Foods like ice-cream, yoghurt, jelly, mousse, custard and semolina are too thick to pass through the band.

Commercial Protein Drinks



At this stage, your nutrient requirements are met by liquid foods only. Drinking only plain water, coffee, tea, clear soups and juices do not give your body enough energy and essential nutrients to maintain healthy body functions.

It is vital to get your nutrients by drinking a commercial protein drink, as recommended by your dietitian.

Commercial protein drinks are available from your local chemist and are usually sold in ready-to-drink tetra packs or in powder form ready to make up.

Commercial protein drinks:-

- Give your body energy, protein, essential vitamins and minerals
- Help maintain muscle mass
- Boost your immune system
- Assist recovery from surgery



From Week 1 Post-Surgery

YOUR RECOMMENDED COMMERCIAL PROTEIN DRINK

<input type="checkbox"/> Optifast _____ serves per day	<input type="checkbox"/> Sustagen Hospital Formula _____ serves per day
<input type="checkbox"/> Others _____ serves per day	<input type="checkbox"/> Ensure (Lactose-free) _____ serves per day

LIQUID MULTIVITAMIN

Supradyn Effervescent tablet*	Or	Hivita Liquid
1 serve per day		

* Always allow bubbles to go flat before drinking

ADDITIONAL FLUIDS

For variety, you are also allowed to have the following amounts of fluid daily:-

Plain water As desired	Coffee/Tea As desired
Thin strained soup 1 cup per day	Thin Vegetable Juice 1 cup per day
Fruit juice 1/2 cup per day	Drinking yogurt[^] 1/2 cup per day

1 cup = 250ml

1/2 cup = 125ml

[^] Equivalent to 3 tablespoons yogurt mixed with 1/4 cup low-fat milk (see Recipe Ideas)

Medication

If you are taking medications, small tablets may be swallowed with fluids and large tablets may be crushed. Always review your medications with the doctor, as some medications may change with weight loss and eating patterns.



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Constipation

As you do not have the same "bulk" of food going through your bowel when on the fluid diet, your bowel habits may change and you may not go to the toilet as regular.

To keep your bowel regular:-

- Have 1600-2000ml fluids per day
- Add Benefiber* to your drinks
- Try prune juice - 50ml twice per day
- Keep active. Short walks get your bowel moving!



*Other types of fibre supplement may form a gel in your gut are **NOT** suitable choices.



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Day	Day 0 (Right after surgery)	Day 1 (Hospital)	Day 2 (At home or when discharged)	Day 4 (At home)	Day 14 (At home)
Suitable Fluids	Water	Non-Fizzy Fluids Water, tea, coffee, low fat milk, pulp-free fruit & vegetable juices, thin strained soup, stocks & clear broth	Non-Fizzy Fluids Commercial protein drinks Liquid multivitamin supplement Hi-Vita or Supradyn* (*Allow bubbles to go flat before sipping) Benefiber (Start with 2 sachets per day & increase amount gradually)	Non-Fizzy Fluids Commercial protein drinks Liquid multivitamin supplement Hi-Vita or Supradyn* (*Allow bubbles to go flat before sipping) Benefiber	Non-Fizzy Fluids (Drinking yogurt allowed) Commercial protein drinks Liquid multivitamin supplement Hi-Vita or Supradyn* (*Allow bubbles to go flat before sipping) Benefiber
How Much To Drink?	Sip 30ml over 1 hour	Sip 50ml over 30mins	Sip 50ml over 30mins	Sip 125ml over 30mins	Drink 250ml at a go
Tips	Have water only overnight.	Have a medicine glass or a shot glass beside you to help you pace your drinking. Do not drink all fluids sent to you at once Save them and spread them over the day. Aim to have at least 1600ml of total fluids per day.	You will most likely be discharged by Day 2. When discharged, continue to sip slowly throughout the day. Keep a food diary to monitor your fluid intake. As your body is recovering from surgery and the effects of anaesthetics, avoid doing any lifting or housework.	As the swelling goes down, you may be able to manage more fluids at a given time. Aim to have 1600-2000ml of total fluids per day	As your swelling goes down further, you may be able to drink 250ml of fluids with ease. You should be able to do some light walking by this stage. Carry a sipper water bottle with you to remind you to drink regularly.

From Week 1 Post-Surgery

RECIPE IDEAS

Try some of these tasty recipes to add a bit more variety in your day. However, make sure they **do not replace your Commercial Protein Drinks**

HERBAL TEAS

Lemon Mint Tea (Makes 250ml)

1 lemon

3 sprig mint leaves

250ml water

Simmer water, lemon and mint in a large saucepan

Leave tea to infuse for 5 minutes.

Pass tea through sieve.

Parsley Tea (Makes 250ml)

Large bunch of fresh parsley

250ml boiling water

Lemon to taste

Finely chop the parsley – enough to make a tablespoon of chopped herbs.

Add parsley to a tea diffuser, suspend it over a mug and pour on boiling water.

Leave to brew for 5 minutes.

Squeeze some lemon juice to taste.

VEGETABLE JUICES

1 serve is equivalent to your daily serve of vegetable juice

Vita Veggies (Makes 250ml)

1 tomato

1 carrot

¼ red capsicum

1 stalk celery

8 sprigs watercress (optional)

Scrub and top and tail the carrot. Chop the tomato and capsicum into quarters.

Juice the carrot followed by the celery, watercress, tomato then capsicum.

Fabulous Greens (Makes 250ml)

2 stalks celery

1/2 medium cucumber

½ jalapeno chilli

Peel the cucumber, roughly chop to fit into juicer. Juice the celery, followed by the cucumber and jalapeno chilli.

FRUIT JUICES

1 serve is equivalent to your daily serve of fruit juice (and 1/2 serve of veggie juice)

Carrot Ginger Splash (Makes 250ml)

2 large carrots

1 orange

1cm piece ginger

Scrub the carrots, and top and tail them.

Remove the skin from the oranges and break into segments. Peel the ginger.

Juice the carrots, followed by the orange, then the ginger. Serve in a tall glass.

Ruby Dream (Makes 250ml)

1/2 beetroot

2 carrots

1 orange

1cm piece ginger

Scrub the beetroots and carrots, and top and tail them.

Remove the skin from the oranges and break into segments. Peel the ginger.

Juice the beetroot then carrots, followed by the orange and ginger. Serve in a tall glass.

Classic Refresher (Makes 250ml)

1 stalk celery

1 carrot

1 apple

Quarter the apple and remove stalk and seeds. Scrub and top and tail the carrot. Juice the celery, followed by the carrot then apple.

MILKSHAKES

Each recipe uses your daily yogurt and fruit juice allowances

Mango Heaven* (Makes 250ml)

3 tablespoons low-fat mango-flavoured yogurt

3 tablespoons mango nectar

¼ cup low-fat milk

Blend all ingredients until smooth.

Rockmelon Smoothie* (Makes 250ml)

1 tablespoon low-fat vanilla yogurt

80g rockmelon

¼ cup low-fat milk

Blend all ingredients until smooth.

Ensure that you do not replace your Commercial Protein Drinks with these recipes

From Week 1 Post-Surgery

RECIPE IDEAS

Peach Delight* (Makes 250ml)
2 tablespoons low-fat vanilla yogurt
3 tablespoons drained tin peach
½ cup low-fat milk

Blend all ingredients until smooth.
Pass mixture through sieve for a pulp-free drink.

Mocha Milkshake (Makes 250ml)
3 tablespoons low-fat vanilla yogurt
½ tablespoon Milo™
¼ teaspoon coffee
¾ cup low-fat milk

Splenda™ or sugar to taste
Blend all ingredients until smooth.

SOUPS

Basic Chicken Stock (Makes 2.5 litres= 10 x 1 cup serves)

2kg chicken bones
1 large onion, chopped coarsely
1 large carrots, chopped coarsely
2 celery stalk, chopped coarsely
2 leeks, chopped coarsely
3 cloves garlic
3 bay leaves
5 springs parsley
2 teaspoons whole black peppercorns
5 litres (20 cups) water

Combine all ingredients in a large saucepan.
Simmer uncovered for 2 hours, skimming surface occasionally.
Strain stock through a fine sieve (i.e. muslin-lined strainer). Repeat if necessary.

Basic Beef Stock (Makes 2.5 litres= 10 x 1 cup serves)

2kg meaty beef bones
2 medium brown onions
2 celery stick, chopped coarsely
3 bay leaves
2 teaspoons whole black peppercorns
5 litres (20 cups) water
3 litres (12 cups) water, extra

Place bones and unpeeled coarsely chopped onions in baking dish.
Roast, uncovered, in hot oven for 1 hour or until bones and onions are well-browned.
Transfer bones and onions to a large saucepan.
Add celery, carrot, bay leaves, peppercorns and water.

Hint: Stocks can be refrigerated for 2 days. If stored in a tightly sealed container, it can be frozen for up to 2 months. Freeze portions to add to soups and casseroles.

...continue

Simmer, uncovered for 3 hours, skimming surface occasionally.
Add extra water, simmer, uncovered for 1 hour, skimming surface occasionally.
Strain stock through a fine sieve (i.e. muslin-lined strainer). Repeat if necessary.

Basic Vegetable Stock (Makes 2.5 litres= 10 x 1 cup serves)

2 large carrots, chopped coarsely
2 large parsnips, chopped coarsely
4 medium brown onions, chopped coarsely
12 celery sticks, chopped coarsely
4 bay leaves
2 teaspoons whole black peppercorns
6 litres (24 cups) water

Combine all ingredients in a large saucepan.
Simmer uncovered for 1 ½ hours, skimming surface occasionally.
Strain stock through a fine sieve (i.e. muslin lined strainer). Repeat if necessary.

Miso Soup (Makes 1 litre = 4 x 1 cup serves)

1 ½ teaspoons dashi granules
1 litre water
3 teaspoons dried seaweed flakes (wakame)
¼ cup red miso paste (karakuchi)
2 teaspoons fresh ginger juice
½ cup onion, finely sliced
½ cup carrot, diced

Heat water with dashi granules in a large saucepan, stirring until dissolved.
Add onions. Reduce heat. Simmer for 3 minutes
Add carrots and simmer for 5 minutes.
Add miso paste to saucepan, stirring until dissolved.
Bring just to boil, remove from heat immediately.
Add ginger juice and seaweed flakes.
Pass soup through a fine sieve, repeat if necessary.

Laksa Soup (Makes 2 litres = 8 x 1 cup serves)

¼ cup dried shrimps
½ cup boiling water
4 dried chillies
2 spring onions finely chopped
2 cloves garlic
2cm piece fresh ginger, grated
¾ teaspoons dried shrimp paste
1 stalk lemongrass, bottom ½ inch chopped
1 tablespoon blanched almonds

Ensure that you do not replace your Commercial Protein Drinks with these recipes

...continued

From Week 1 Post-Surgery

RECIPE IDEAS

Laksa soup continued....

1 teaspoon ground turmeric

1 tablespoon peanut oil

8 cups water

¼ cup lime or lemon juice

To make laksa paste:

Add boiling water to dried shrimps. Allow to stand for 15 minutes.

Drain, and place dried shrimps and the remaining ingredients in a food processor.

Process mixture to a fine paste for 1-2 minutes.

To make laksa soup:

Add laksa paste to 8 cups water. Simmer for 15 minutes.

Remove from heat. Add lime or lemon juice, stirring mixture.

Pass soup through a fine sieve, and discard solids.

Hot and Sour Soup – Prawn Flavour (Makes 1 litre = 4 x 1cup serves)

250g green prawns, peeled, heads and shells reserved

2 Litres or (8 cups) water

2 medium Spanish onions, roughly chopped

2 stalks lemongrass, bottom 3 inches (7.5cm)

4 fresh or 8 dried kaffir lime leaves

1 tablespoon fish stock

3 tablespoon lime juice

1 small chilli, seeded

1 large carrot, chopped coarsely

Place prawn heads and shells and water in a large saucepan.

Add 1 onion, and half the lemongrass and half the kaffir lime leaves.

Bring mixture to boil over high heat. Reduce heat and simmer covered for 25 minutes.

Add remaining lemongrass, kaffir leaves and onion, and add fish sauce, lime juice, chilli and carrot.

Simmer over medium heat for 10 minutes, or until carrots are soft.

Add shrimp and simmer until cooked through.

Pass soup through a fine sieve, and discard solids.

Fresh Pea Soup (Makes 1 litre= 4 x 1cup serves)

750g bacon bone

750ml beef stock

1 tablespoon vegetable oil

500g frozen minted peas

1 onion, finely chopped

1 teaspoon crushed garlic

2 medium potatoes, roughly chopped

750ml water

1 tablespoon lemon juice

1 tablespoon fresh mint, finely chopped

Pepper to taste

Place onion, garlic, bacon bone and vegetable oil in a large saucepan. Heat and stir for 1 minute.

Add salt-reduced stock, potatoes, frozen minted peas and water. Reduce heat and simmer covered for 15 minutes or until vegetables are tender.

Add fresh mint and lemon juice to soup.

Remove bacon bones from soup.

Cool soup. Puree mixture in a handheld blender or in batches with a food processor until smooth.

Pass soup through a fine sieve. Repeat if necessary.

Add pepper to taste.

Tomato Soup (Makes 1 litre= 4 x 1cup serves)

6 medium tomatoes, peeled, seeded, chopped coarsely

1 large brown onion, chopped coarsely

1 garlic clove, crushed

2 teaspoons olive oil

1 litre (4 cups) chicken stock

400g can tomato puree

Sauté tomatoes, onion and garlic with olive oil in a large saucepan for 2 minutes.

Add stock, bring to boil.

Reduce heat and simmer, cover for 15 minutes.

Cool soup. Puree mixture in a handheld blender or in batches with a food processor until smooth.

Stir in tomato puree, bring to a boil.

Reduce heat, simmer, uncovered for 10 minutes.

Ensure that you do not replace your Commercial Protein Drinks with these recipes

Recipes adapted from:-

Judith Millidge **The Handbook of Smoothies and Juicing** 2003 Silverdale Books UK.

Pat Gentry & Lynne Devereuv **Juice It Up** 1998 R&R Publishing Ltd Victoria.

The Australian Women's Weekly **The Essential Soup Cookbook** 2002 ACP Publishing Pty Ltd Sydney.

The Australian Women's Weekly **Cooking Class Japanese Essential Soup Cookbook** 2001 ACP Publishing Pty Ltd Sydney.

Suzie Smith **Asian Soups** 2000 Lansdowne Publishing Pty Ltd Sydney.

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Acknowledgements

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