

Gastric Band Stage 1 (Bariatric Full Liquid)

The following foods are allowed on a Stage 1 diet for between-meal snacks if desired. **You may need to add liquid (water, broth, skim milk) and blenderize foods to the consistency of a thin liquid.**

- Non-fat high protein supplements (use whey protein isolate)
- Sugar-free Carnation Instant Breakfast made with skim milk or skim Lactaid milk. This is **not** considered a protein supplement.
- Blenderized soups with extra lean meat added for protein
- Thinned sugar-free pudding (fortify with protein powder)
- Thinned low-sugar yogurts with no fruit pieces (fortify with protein powder)
- Low-fat cottage cheese
- Part-skim Ricotta cheese

Sample Schedule:

7:00 a.m.	4 oz whey protein supplement drink
10:00 a.m. snack	1-2 oz – choose from the list above (if hungry)
12:00 p.m.	4 oz whey protein supplement drink
2:00 p.m. snack	1-2 oz – choose from the list above (if hungry)
4:00 p.m.	4 oz whey protein supplement drink
6:00 p.m.	4 oz whey protein supplement drink
8:00 p.m. snack	1-2 oz – choose from the list above (if hungry)

These liquids are allowed on all stages of the Gastric Band post-op diet.

- Water
- Crystal Light and NutraSweet Kool-Aid
- Non-carbonated diet drinks
- Fat-free broth
- Herbal or decaffeinated tea
- Blenderized soup
- Skim or 1% milk, skim or 1% Lactaid milk, or soy milk
- Sugar-free Jell-O
- Sugar-free Popsicles