



NUTRITION GUIDELINES

The Orbera balloon is a silicon balloon (about the size of a large grapefruit), which is filled with saline. It sits at the top of the stomach. The goal of the Orbera balloon is to assist you with weight loss by:

- ✓ Reducing the volume of food consumed. (portion control)
- ✓ Reduce the ability to "indulge."
- ✓ Delayed gastric emptying (stay full for longer)
- ✓ Stimulation to the "stretch receptors" (tells the brain you're full)

Your success is based on your ability to follow the nutrition guidelines provided, as well as your motivation to learn how to manage your weight lifelong. Embracing a healthy lifestyle, which includes a healthy relationship with food and regular structured exercise, will ensure your weight loss success is sustained long term.

Throughout the year, you will work with a dietitian to learn the basics to healthy eating. Your commitment to meet with the dietitian regularly will aide in your success.

The more follow-ups - better success

PHASE 1	(2 weeks)	Acclimation Phase
PHASE 2	(2 weeks- 12 weeks/3 months)	Maximize Effectiveness
PHASE 3	(3 months- 6 months)	Learning a new Lifestyle
PHASE 4	(6 + months)	Healthy Living

POST OP DIETARY GUIDELINES

General Guidelines:

- ✓ Always, AS TOLERATED
- ✓ NOTHING hurts the balloon
- ✓ ANY Temperature. The stomach has no temperature receptors.
- ✓ Trial and Error. Test it!
- ✓ You are the "Commander in Chief"



Nausea and Vomiting is expected.
It WILL get better. Don't fret.
Everyone is different.

Fluid Consumption:

1. Consume "as much water as you want" - as your stomach's capacity allows at a time.
2. Wait 4 hours between fluid intake time.
3. Every time you drink, you increase gastric motility, which can contribute to nausea.
4. AIM: 8 cups (64 fl oz) daily
5. Monitor toleration to the use of straws. If causes GAS, avoid use of a straw.

Diet Progression, as tolerated.

Week 1: Clear and Full Liquids (Protein Shakes)
Week 2: Pureed Foods
Week 3: Soft - Regular Foods

POST OP WEEK 1 CLEAR AND FULL LIQUIDS

- *Avoid carbonated beverages (causes gas and discomfort)*
- *Avoid strong caffeinated beverages (can cause heartburn)*
- Fat Free clear broth
- Sugar-Free Jell-O (no fruit chunks)
- Sugar-Free Popsicle (no fruit chunks)
- Decaf or WEAK coffee & tea
- Diet/ Zero Calorie beverages (such as diet Cran juice)
- Low fat yogurt drink
- Skim Milk
- Protein Shake

Calorie Goal: less than 1000 calories/day
 Fluid Goal: 64 + ounces/ day (as able)

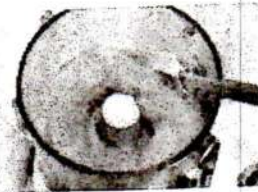


SAMPLE MENU (FULL LIQUIDS)

MEAL	
Breakfast	1/2 cup protein shake (1 scoop protein powder + 8 oz skim milk)
Snack	Other 1/2 cup protein shake
Lunch	1/2 cup protein shake (1 scoop protein powder + 8 oz skim milk)
Snack	Other 1/2 cup protein shake
Dinner	1/2 cup protein shake (1 scoop protein powder + 8 oz skim milk)
Snack	Other 1/2 cup protein shake

POST OP WEEK 2 (PUREED)

- Use food processor for best results to make own pureed foods. Avoid purchasing baby foods.
- Introduce one new food at a time to monitor tolerance
- Be sure to include lean protein at every meal.
- Remember to stop eating if you discomfort or pressure. Listen to your body. Learn your new stomach's capacity and understand your fullness signals.
- Best proteins to start with (PUREE! Smooth consistency) include: cottage cheese, ricotta cheese, canned tuna, greek yogurt, pureed egg, refried beans, melted cheese
- Pureed cooked vegetables and/or canned fruit, at the end of the meal as able



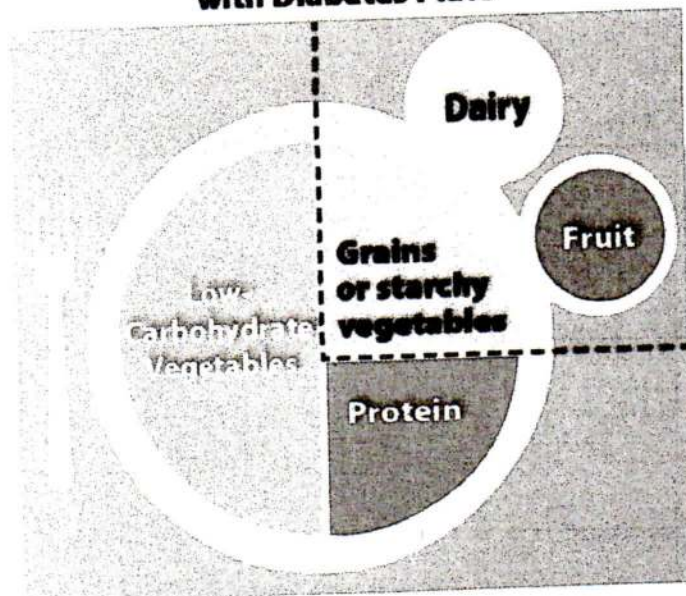
SAMPLE MEAL PLAN: PUREED STAGE

MEAL	Portions are AS ABLE! (listen to your fullness signals)
Breakfast	1/4 cup - 1/2 cup cooked oatmeal , blended
Snack	1/4 cup greek yogurt
Lunch	1/4 cup blended tuna salad + 2 tbsp blended vegetable (ex) low- fat creamed spinach)
Snack	1/4 cup greek yogurt
Dinner	1/4 cup ricotta cheese + 1 tsp tomato sauce + 2 tbsp melted cheddar cheese
Snack:	2 tbsp cottage cheese + 2 tbsp blended fruit

POST OP WEEK 3 (Soft- Regular Food)

- Progress to solid food diet, as tolerated.
- If experience nausea/vomiting after eating, it is advised to return to liquid or pureed stage for few meals, instead of skipping meal completely
- Be sure to chew food well and eat slowly. Avoid distractions at meals.
- Use smaller plates to assist with decreased portion sizes.
- Avoid drinking and eating at the same time. Consume 8 oz water 30 minutes before and 16 fl oz water, 30 minutes after to "rinse" the balloon.
- Some foods may stick to balloon and cause unpleasant "burps"
- Remember you are not only eating less to lose weight, but aiming to consume nutritious balanced diet. Avoid "empty-calorie" foods. Nourish your body with foods that provide valuable nutrients for your HEALTH.
- Eat your protein first, then non-starchy vegetables, then fruit/starch
- Limit use of high fat condiments: butter, mayo, gravy, cream, oil
- Limit use of high sugar condiments: jam, jelly, honey
- Limit starches such as bread, pasta, rice, etc (sticks to the balloon = BAD BREATH). Toast is tolerated better than bread.
- Avoid lying down after eating. Wait at least 2 hours before going to bed.

Eat What You Love, Love What You Eat with Diabetes Plate



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Aim for 3 balanced meals, 2-3 snacks daily

CALORIE GOAL, 900-1500 calories/day

SAMPLE MEAL PLAN

MEAL	
Breakfast	1 egg + 2 tbsp shredded cheese + 2 tbsp diced vegetables + ½ piece of fruit
Snack	6 oz fat free greek yogurt
Lunch	2 oz lean meat, chicken or fish + ½ cup side salad with 1 tbsp light salad dressing + 1 small potato or piece of fruit
Snack	1 oz lowfat cheese + 3 Triscuit crackers
Dinner	2 oz lean meat, chicken, fish or beans + ¼ cup cooked vegetables + 2 tbsp. cooked starch (brown rice, ex- as tolerated)
Snack	½ cup cottage cheese + 2 tbsp. diced fruit



TROUBLE SHOOTING

1. **Regurgitation.** If you are experiencing regurgitation, it most likely means your portion sizes are too big. Take smaller bites of food and chew well. It could also be a sign you are not drinking enough fluids.
2. **Gas.** Excess gas can be caused by eating too fast or using straws.
3. **Nausea.** This is common for the first week, as your stomach adjusts to the balloon. You can also feel bloated and cramping. These side effects are temporary. However, if these symptoms persist, or if you are experiencing vomiting, contact your nurse or surgeon. Longer term, nausea can be made worse by consuming high fattening foods.
4. **Bad breath.** This can be caused by food sticking to the balloon. Rinse the balloon by drinking some water. It is usually recommended to avoid carbonated beverages, but on this occasion diet cola may be helpful.
5. **Constipation.** Following Orbera balloon placement, constipation can become a problem. Constipation is usually a result of:
 - Inadequate fluid intake
 - Insufficient fiber in the diet
 - Insufficient physical activity
 - Fiber-rich foods are PLANT-based foods.
 - Vegetables
 - Fruits
 - Whole Grains
 - Nuts/Seeds
 - Beans (legumes) ex) Kidney bean, black beans