

Soft Foods for Lap Band

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After a lap band patient finishes the clear liquids portion of their recovery, a patient will then switch to soft foods that will include soup, jello and in some cases even baby food. This next portion of the Post Lap Band Meals will be scheduled as part of the lap band patient's regular follow-ups with their doctor.

Lap band patients are then able to consume foods that can be mixed up in either a blender or food processor for eating. Those foods for this portion of the lap band diet can include meats, proteins, salads and vegetables.