

## Lap Band and Carbohydrates

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The last phase of the Post Lap Band Meals schedule will involve returning to foods that include carbohydrates.

Until that time is reached, patients should stay away from items like bread, rice and other foods that produce high starch limits.

Patients also need to realize that some meats, spicy foods and rich dairy products might be prohibited forever following lap band surgery. Lap band patients should check with their doctor as to what is and is not acceptable.

While what someone consumes following lap band surgery is important, the manner of eating and just how much food is eaten is also important.

Lap band patients will need to eat smaller meals and also eat slowly and with smaller bites. Individuals who have had lap band surgery now have a smaller stomach to work with, so they need to eat accordingly.