

Gastric Banding: Rules for the new eating habits:

- 1. Only eat small quantities.** The capacity of the stomach has changed. Also the amount of food intake has to change.
- 2. Chew well and swallow food only completely mashed.** You need more time for chewing and also not all food is possible to chew enough. The list with “unsuitable food” will show you the products which are usually not easy to chew.
- 3. Never eat and drink at the same time.** The reduced capacity of the first part of the stomach will no longer permit to take in both: liquid and food at the same time. The usual amount of beverage, 2-3 liters liquid per day, are desirable. You drink it better between or before meals.
- 4. Do not lay down or rest after eating,** because in a horizontal position regurgitation is easier to take place. The food also remains longer in the prestomach and leads to very uncomfortable accumulation of mucus.
- 5. Eat five times a day.** This is important, because if you only eat 2 to 3 meals a day, it is not possible to have a great variety of food. Consequently – as you can only eat small amounts – you do not get enough proteins, minerals and vitamins. In addition, when eating 5 times daily, it is less likely that you are overpowered by sudden hunger attacks where you probably forget the new eating habits.
- 6. Watch for beverages rich in calories.** We experienced, that many people take in a lot of their calories with soft drinks, hot chocolate und milk-shakes. At this is certainly possible after operation, be carefully. Possible drinks are: mineral water without gas, coffee, tea, dilutes fruit and vegetable drinks.

Unsuitable food

- **tough meet, especially beef**
- **pastas and noodles**
- **vegetables with shell or skin and green salad**
- **mushrooms**
- **sausages and bacon**
- **fruit with peel or skin e.g. grapes**
- **carbonic acid**