

## Gastric Balloon Diet

The goal of this dietary program is to provide a structured program that will help maximize weight loss while the balloon is in place. Nutritional needs are different for men and women.

You will need to consume the following choices daily:

- 64 ounces of fluid daily (minimum)
- 5 servings protein: Solid meats (1 serving = 3-4 oz) or nut/dairy (1 serving = 2oz serving)
- 2 servings of fruits
- 5 servings of vegetables (1 serving: ½ cup cooked, or 1 cup raw)

This sample menu provides an outline of how your meals will flow daily:

	Guidelines	Sample Menu
<b>Breakfast</b>	1 protein  1 fruit	1 - egg  1 - grapefruit
<b>Mid-Morning Snack</b>	1 vegetable  1 protein	2 - celery stalks  peanut Butter
<b>Lunch</b>	1 protein  2 vegetables	chicken breast, with green beans and a small salad, with 1 tsp of regular dressing
<b>Afternoon Snack</b>	1 protein  1 fruit	nuts  strawberries
<b>Dinner</b>	1 protein  2 vegetables	fish with cauliflower and a small salad, with 1 tsp of regular dressing.

\*\*When using fats such as mayo, salad dressing, and butter you must account for those calories on your food journal.\*\*

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The following tables outline “good food choices” and how the calories add up per serving. Also included is a list of foods you’ll want to avoid.

Food Choices:

<b>Protein Choices</b>	<p>Ground meats (85% or less fat), pork loin, lean lunch meats, chicken/turkey breast, crab (no imitation), shrimp, white fish, tuna, salmon, peanut butter, nuts (almonds, pistachios, peanuts, walnuts), cottage cheese, eggs, egg whites, cheese (mozzarella , colby, provolone, swiss cheese, feta cheese, goat cheese), soy protein (tofu soft or firm)</p> <p><b>Avoid:</b> breaded, fried/deep fried protein, bacon, beef (fatty cuts), ground beef (&gt;15% fat), chicken (fried and/or with skin), chicken (buffalo wings), duck, fish sticks, hot dogs (all types), liver, liverwurst, pepperoni, salami, sausage, seafood (canned in oil),</p>
<b>Fruit Choices</b>	<p>Star fruit, cranberries, watermelon, strawberries, grapefruit, cantaloupe, papaya, peach, pear, plum, honeydew melon, blackberries, raspberries, apples, pineapple, oranges, blueberries.</p> <p><b>Avoid:</b> Dates, Bananas, Passion Fruit, Pomegranate, Grapes, Figs, Sweet Cherries, Mango.</p>
<b>Vegetable Choices</b>	<p>Sour pickles, watercress, dill pickles, cucumber, mustard greens, radishes, celery, zucchini, summer squash, lettuce, tomatoes, sauerkraut, swiss chard, bell peppers (all colors). Asparagus, mushrooms, spinach, eggplant, cauliflower, cabbage, arugula, green onions, jalapeños, collard greens, okra, spaghetti squash, green beans, turnip greens, broccoli, onions, carrots, snow peas (snap bean), brussel sprouts, kale, Chinese cabbage, bean sprouts.</p> <p><b>Avoid:</b> Acorn squash, artichokes (Jerusalem), beans (other than green beans), butternut squash, corn, legumes, parsnips, peas, potatoes, sweet potatoes, and yams.</p>

These choices can be taken in any amount since they do not contain sugar. Aim for 48-64 ounces.

- Water, Sugar free beverages such as Crystal Light, Wyler's Light, Sugar-free Kool Aid, Sugar-free Tang, Diet Snapple, MIO, Minute maid Lite(all flavors), Fruit 2 0 or Propel Zero, Powerade Zero, coffee or tea with sugar substitute, broth/bouillon, strained broth soups.
- Sugar free popsicle, sugar free gelatin, sugar free gum , sugar free mints