

Gastric Balloon Regular Diet Days 15+

Starts Day 15

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.

Once you are on solid foods 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 soft meats, 2 oz cooked beans/legumes/lentils, 8 oz low fat dairy, 1 oz low fat cheese)
- 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
Breakfast	1 protein 1 fruit	1 - egg 1 - grapefruit
Mid-Morning Snack	1 vegetable 1 protein	2 - celery stalks peanut Butter
Lunch	1 protein 2 vegetables	chicken breast, with green beans and a small salad, with 1 tsp of regular dressing
Afternoon Snack	1 protein 1 fruit	nuts strawberries
Dinner	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 in your food journal.

Gastric Balloon Regular Diet Days 15+

The following tables outline “appropriate food choices” to maximize your weight loss goals and meet your nutritional needs. Also included are lists of foods you’ll want to eat only in moderation.

Food Choices:

Protein Choices	<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>Eat in Moderation*: breaded, fried/deep fried protein, bacon, beef (fatty cuts), ground beef (>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), black beans, kidney beans, pinto beans, refried beans, legumes.</p>
Fruit Choices	<p>Star fruit, cranberries, watermelon, strawberries, grapefruit, cantaloupe, papaya, peach, pear, plum, honeydew melon, blackberries, raspberries, apples, pineapple, oranges, blueberries.</p> <p>Eat in Moderation*: Dates, Bananas, Passion Fruit, Pomegranate, Grapes, Figs, Sweet Cherries, Mango.</p>
Vegetable Choices	<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>Eat in Moderation*: 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 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 20 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
- ***Eat in Moderation: These foods are recommended no more than 2-3 times a week. Eating these items more often can slow your weight loss progress.**