

Gastric Balloon Soft Diet Days 8-14

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 soft foods you will need to consume the following choices daily:

- 64 ounces of fluid daily (minimum)
- 5 servings protein: Soft 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 (½ c canned or cooked)
- 5 servings of vegetables (1 serving: ½ cup cooked)

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

	Guidelines	Sample Menu
Breakfast	1 protein 1 fruit	1 egg or 2 egg whites ½ c canned peaches
Mid-Morning Snack	1 protein 1 vegetable	1 string cheese ½ c vegetable soup
Lunch	1 protein 2 vegetables	3-4 oz chicken salad ½ c green beans
Afternoon Snack	1 protein 1 fruit	1 low fat, low sugar yogurt ½ c canned pineapple
Dinner	1 protein 2 vegetables	3-4 oz grilled or baked salmon ½ c cooked cauliflower rice

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

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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 avoid to minimize intolerance.

Food Choices:

Protein Choices	<p>Ground meats (85% or less fat), pork loin, lean lunch meats, ground chicken/turkey breast, crab (no imitation), shrimp, white fish, tuna, salmon, peanut butter, cottage cheese, eggs, egg whites, cheese (mozzarella, colby, provolone, swiss cheese, feta cheese, goat cheese), soy protein (tofu soft or firm), cooked black beans, kidney beans, pinto beans, refried beans, cooked legumes.</p> <p>Avoid: 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), nuts, seeds.</p>
Fruit Choices	<p>Canned or cooked fruits in its own juice or water. No sugar added. Small banana.</p> <p>Avoid: Raw fruits, canned pineapple, canned grapes, canned mandarin oranges</p>
Vegetable Choices	<p>Canned or cooked vegetables in water or broth.</p> <p>Avoid: Raw vegetables, canned corn, starchy vegetables.</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 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