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## Intragastric Balloon Post-Operative Diet

### FIRST 3 DAYS – LIQUIDS ONLY

It is important that you take a daily multi-vitamin and multi-mineral supplement and we recommend Centrum Chewable (1 daily) and Clacichew (1 daily). Take these for the 6 months that the balloon is inserted.

For the first 3 days you should have liquids only.

Aim for 8 cups of liquid per day and have the drinks in small, regular sips.

Drinks to choose are:

- Semi-skimmed milk – 600ml per day
- Low calorie/ reduced sugar squash
- Tea/Herbal Teas/Coffee
- Diluted low sugar fruit juices (half water/half juice)
- Bovril, Oxo, Marmite diluted in warm water
- Clear beef or chicken broth soup

### 3 – 10 DAYS – SOFT FOOD ONLY

You will be able to introduce blended / soft foods into your diet in very small portions

Using a tea plate instead of a dinner plate can be helpful for portion size.

You should follow the healthy eating advice given by the dietician

Your food should be taken as 4 – 5 small meals a day

Highly seasoned foods and hard fruit and vegetables are to be avoided

Continue to have semi-skimmed milk – 300 ml a day

### IDEAS FOR MEALS

#### Breakfast

1 Weetbix or 3tbsp unsweetened porridge with 150ml low fat milk

#### Midmorning

1-2 tbsp low fat yoghurt

11-2 tbsp soft/blended fruit

### Lunch

1-2 tbsp lean meat/fish/poultry blended with gravy or a sauce  
1-2 tbsp mashed sweet potato or clever rice  
1-2 tbsp soft/blended green vegetables

### Mid afternoon

1-2 tbsp low fat yoghurt  
1-2 tbsp soft/blended fruit

### Dinner

1-2 tbsp lean meat/fish/egg blended with gravy or a sauce  
1-2 tbsp mashed potato or clever rice  
1-2 tbsp soft/blended green vegetables

### Bedtime

1-2 tbsp fromage frais  
1-2 tbs soft/blended fruit

### Between Meals

Tea – green, black leaf, herbal. Water

## 10 DAYS AND OVER – NEW NORMAL DIET

By this time you can resume a more normal diet with the following restrictions:

No pasta – pasta has a tendency to get stuck on the balloon and cause vomiting.

Always sip water after any food to rinse food off the balloon.

You should continue to take your vitamins and mineral supplements.

Follow your healthy eating guidelines you were given before your balloon.

If you vomit after a meal go back to the soft blended ideas during the 3-10day plan for the next 3 meals.

## IDEAS FOR MEALS

### Breakfast

150ml unsweetened fruit juice  
2 Weetbix or 3 tbsp Uncle Tobies natural porridge with 150ml low fat milk  
1 Slice wholemeal toast with low fat low sugar spread vegemite

### Midmorning

Herbal tea half an apple stewed

### Lunch

60g lean meat, fish, chicken, lentils or baked beans  
1-2 tbsp clever rice or mashed sweet potato or a boiled egg  
2 tbsp vegetables or salad  
1 piece of fruit or 1 serve low fat yoghurt

Mid afternoon

Herbal tea

Dinner

60g lean meat, fish, chicken, lentils or baked beans

1-2 tbsp clever rice or mashed sweet potato or a boiled egg

2 tbsp vegetables or salad

1 piece of fruit or 1 serve low fat yoghurt

Bedtime

Herbal tea

**FOOD DIARY**

Our dieticians will ask you to keep a food diary to record your food and liquid intake and any comments you have about your progress. This is reviewed on a regular basis to help you get the greatest benefit from your treatment. Any bariatric procedure is a tool or a starting point for your weight loss journey. You do the work in terms of managing your diet, but the balloon procedure will help enormously.