

Food guidelines

Food Groups	Foods Allowed	Foods to Avoid
 <p>Beverages</p>	<p>Water, soda water, decaf diet drinks, tea, decaf coffee unsweetened calorie-free drinks, herbal tea, diet iced tea</p> <p>NOTE: Carbonated beverages are tolerated differently by each ORBERA[®] System patient while the intragastric balloon is in place.</p>	<p>Soft drinks, sweetened juices and beverages, alcohol, caffeinated coffee, all beverages with caffeine</p>
 <p>Milk</p>	<p>Skim/low-fat milk, non-fat sugar-free yoghurt</p>	<p>Whole milk, milkshakes, chocolate milk, cream, hot cocoa, non-dairy creamer, regular yoghurt</p>
 <p>Meat, Fish, Eggs, Cheese and Beans</p>	<p>Steamed/roasted/barbecued chicken, turkey, fish, veal, lamb, low-fat or non-fat cheeses, eggs and egg substitutes, and beans</p>	<p>Fried meat, poultry, fish, and eggs, frankfurts, sausages, high-fat processed meats such as salami, corned beef, pastrami and bacon</p>
 <p>Fruits</p>	<p>All, including diluted or low-calorie fruit juice</p>	
 <p>Vegetables</p>	<p>All, except those listed in the Foods to Avoid column</p>	<p>Intakes greater than 1 cup of parsnips, corn, pumpkin and peas</p>
 <p>Grains and Starches</p>	<p>Whole-meal crackers, bread and toast; mashed potatoes, baked potatoes, rice, soups</p>	<p>Bagels, doughy breads, waffles, pancakes, croissants, popcorn, high-fat cream soups</p> <p>NOTE: Pasta may not be tolerated by ORBERA[®] System patients while the intragastric balloon is in place.</p>
 <p>Fats</p>	<p>Low-calorie or non-fat margarine, mayonnaise and salad dressings</p>	<p>Butter, oil (unless olive or canola), regular margarine, mayonnaise and salad dressings</p>
 <p>Sweets and Desserts</p>	<p>Diet chewing gum, diet jelly, low-calorie/mini cakes and pies, sugar substitutes</p>	<p>Sweets, ice cream, fruit ice, pastries, frozen yoghurt, regular sugar, honey, salty snacks</p>

REMEMBER: You do not need to give up the foods you love entirely. You must just become conscious of the portion size and frequency of consumption. Weight management is about just that, management.



Pull out this poster and hang it somewhere handy to help you remember the Dos and Don'ts of Healthy Eating.