

## Liquids to Pureed Foods

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For weeks two and/or three of the Lap Band Eating Process, the all-liquid diet that was required in the days following lap band surgery will be followed with only pureed foods. Individuals can expect to eat only pureed foods for about two weeks after the all-liquid portion of the Lap Band Eating Process. One's lap band doctor and/or nutritionist will closely monitor the patient's food intake during this time to assist them in the process.

At this point the lap band patient begins to work with minimally textured foods. The consistency individuals will be looking for in acceptable foods is similar to that of baby food.