

## Foods Rich in Proteins

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During this phase individuals should concentrate on consuming foods rich in proteins first, and then allow for vegetables and fruits. Lap band patients will be permitted to eat foods richer in calories during this period than later stages, because the idea at this time is on transition as opposed to weight loss. Pureed foods would include low-fat pudding or low-fat yogurt, pureed or mashed peas and thin mashed potatoes without the butter.

In week 4 and/or 5 of the Lap Band Eating Process, individuals can move on from pureed foods and transition to soft foods that include a small portion of better substance. Among the foods available at this point are flaky fish and ground turkey.

Regular eating will follow soon after, but individuals are reminded that remaining focused on a healthy diet and instituting or maintaining healthy physical activity will be important to getting to the weight loss goal one wants and staying there.

In all, it is part of the Lap Band Eating Process.