

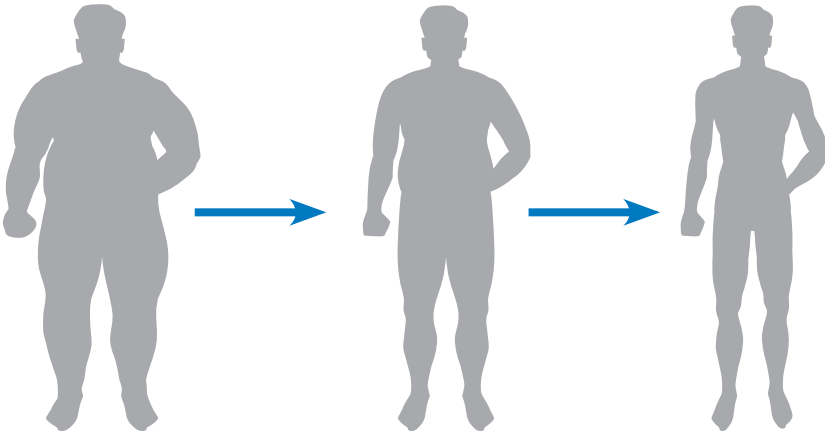
# Diet for Capsule Gastric Balloon



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The stomach balloon helps in reducing weight for people whose body mass is more than 27 in order to decrease their weight and reach an ideal healthy weight. This balloon was designed to partially fill the stomach so they feel satisfied and will eat fewer quantities of food and this leads to losing weight gradually.

## The Diet system

This diet system depends on 2 stages: the first stage starts immediately after putting the balloon in and extends for 4 days (the first diet system), immediately followed by the second stage which is a diet which extends for 3 months (the second diet system). All the diet system stages should be repeated (from the beginning) in case another balloon was added to the stomach.

In order to get the best results and lose weight quickly, you should follow a diet system with low calories as it is shown in the second diet system. You should also keep exercising regularly, as depending on the balloon only is not enough to reduce the weight, so it should be supported by the diet system and the physical exercise in order to get to the ideal weight and have a healthy body.

## 1. The first diet system (the first stage) extends for only 4 days

### **The First Day: clear fluids**

The clear fluids are: water – tea – anise – filtered herbals – transparent juices – jelly – filtered soups

### **The Second Day: full fluids with low-fat and sugar**

The full fluids are: all the clear fluids plus milk or the low-fat milk – pudding or custard – unsweetened juices – all the low-fat filtered soups

### **The Third Day: pureed diet**

The pureed diet are: low fat soft cheese – grinded meet or chicken – scrambled eggs – different types of yogurt – grinded or mashed fruits and vegetables

### **The Fourth Day: soft and easy chewing diet**

In this stage you should be cooking the food for much longer in order to be sure that it is well done and can be easily chewed.

The permitted food are: all the different types of boiled and well-cut meat without fats – well cooked rice and potato – fruits and vegetables without peels or seeds – bread without edges

You should follow all these stages and keep eating little quantities of food which fit the new size of the stomach, and what it can absorb from the food. You should also eat slowly in order to avoid vomiting and sickness.

### **General tips:-**

- The transition from one stage to another depends on the patient's ability to bear the types of food which are eaten
- The patient must stop eating immediately once satisfied, because it may cause vomiting

- The patient should drink at least 8 cups of water per day distributed throughout the day
- The patient should usually remember that after the operation, the stomach can only bear smaller amounts of food
- When starting the solid food stage, the patient should quantity smaller amount of food slowly and chew it well
- In all stages the food should be low-fat and low sugar
- The patient should stop eating food with high calories and low value (sweets, fried food, and soft drinks) because it prevents weight loss
- The patient should follow a healthy diet with low calories (1000 -1200 calories) and follow-up with a nutritionist even after removing the balloon to keep the new smaller weight
- The patient should exercise regularly and follow a healthy lifestyle to keep the requested weight



## 2. The second diet system (the second stage) a diet of 1000 – 1200 calories which extends 3 months

In this stage the person can eat normal food, whilst still eating low-fat and low-sugar food.

Meal	Number of exchanges within the meal	Suggested Menu
Breakfast	<ul style="list-style-type: none"> <li>• 2 Starches</li> <li>• 1 Milk</li> <li>• ½Vegetable</li> <li>• 1 Meat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slice bread or 1small loaf of bread</li> <li>• 1 cup low fat milk or yogurt</li> <li>• 100g tomato or cucumber or lettuce</li> <li>• 2 table spoons low fat labnah or cheese or 1 boiled egg</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> <li>• Beverages</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ of banana</li> <li>• 1 cup tea or coffee without sugar</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 2 Starch</li> <li>• 1Vegetable</li> <li>• 2 Meat</li> <li>• ½ Milk</li> <li>• ½ vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cup rice or macaroni (low fat)</li> <li>• 1 cup vegetable salad or ½ cup cooked vegetable</li> <li>• 60 gm fish or chicken or meat</li> <li>• ½ cup low fat yogurt</li> <li>• 1 cup vegetable soup</li> </ul>
Snack (2)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or pear</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 1 Starches</li> <li>• 1 Vegetable</li> <li>• 1 Meat</li> <li>• ½ Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice bread or ½ cup corn flakes</li> <li>• 1 cup salad or sautéed vegetable</li> <li>• 30 gm of tuna or low fat cheese or ¼ cup hummus or foul</li> <li>• ½ cup low fat yogurt or laban</li> </ul>
Snack (3)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 12 piece of grapes or ½ cup of orange juice</li> </ul>

## Exchange List

**Note: One cup = 240ml**

**1 Tablespoon (Tbsp.) = 15ml**

**1 Teaspoon (Tsp.) = 5ml**

### Vegetables Group

(One exchange provides 25 Kcal, 5 grams Carbohydrates, and 2 grams protein, 0 gm fat and it is equivalent to):

- One cup raw or ½ cup cooked of the following vegetables :
  - Marrow
  - Carrots
  - Cauliflower
  - Broccoli
  - Green Beans
  - Cabbage
  - Onion
  - Okra
  - Swiss Chard
  - Spinach
  - Lettuce
  - Radish
  - Beet Root



## Fruit Group

(One exchange provides 60 Kcal, 15 grams Carbohydrates 0 gm protein ,0 gm fat, and it is equivalent to):

### Fresh Fruits

- One medium size Apple, Orange, Pears, Peach, or Pomegranate
- ½ medium size Banana, or Mango
- 2 medium size Tangerine, or Fig
- 3 medium size Apricot, or Plums
- 5 medium sizes fresh Dates
- 12 medium size Grapes or Cherry
- One cup (Cubes) sweet Melon, Papaya, or Pineapple
- 1¼ cup (Cubes) Watermelon, or Strawberries

### Dried Fruits

- 2 Table spoons Raisins
- 2 medium size Fig
- 3 medium size apricot, Prunes, Plums, or Dates

### Fruit Juices

- ½ Cup fresh fruit juice





### **Milk Group (Skimmed Milk):**

(One exchange provides 100 Kcal and 12 grams Carbohydrates 8 gm protein, 0- 3 gm fat and it is equivalent to):

- One cup (240 ml) skimmed Milk
- One cup (240 ml) skimmed Laban drink
- $\frac{3}{4}$  cup (180 ml) skimmed Yoghurt

### **Starch Group**

(One exchange provides 80 Kcal and 15 grams carbohydrates, 3 gm protein, 0-1 fat and it is equivalent to):

- One slice Toast bread white or brown
- White or brown.1/4 Arabic Kubuz
- 1/4 Indian barata (Low fat)
- 1/2 medium size Bun or hotdog bread
- One small chapatti 15 diameter (27 gm)
- 1/2 cup Corn flakes or Bran flakes
- 1/3 cup cooked or boiled Rice / Couscous
- 1/2 cup cooked or boiled: Macaroni, Pasta, or Noodles
- 1/2 cup cooked or boiled: Broad beans (Foul), Lentils, Peas, White Beans , Oats, Jareesh, Harees, Semolina Bulgur, Freeka
- 3 pcs medium size falafal
- One piece bran biscuit (weetabix) or 1 1/2 unsweetened Shaboora
- One small boiled or baked Potato (90 grams)





## Meat group (Lean Meat)

(One exchange provides 45 Kcal and 7 grams Protein 0-3 gm fat, 0 gm carbohydrate and it is equivalent to):

- 30 grams (two fingers size) boneless skinless chicken, fish or meat
- 30 grams low fat white cheese or cheddar cheese
- Low fat Labnah 2 Table spoons (40 grams)
- 1/4 cup cottage cheese
- One Table spoon (15 grams) peanut Butter
- One boiled Egg
- 2 boiled egg whites (very lean meat group)



## Oil and Fat

(One exchange provides 45 Kcal, 5 grams Fat, and it is equivalent to):

- One Tea spoon Olive oil, Corn oil, Sunflower oil, or Canola oil
- One Tea spoon Coconut oil, Palm oil, Butter, Margarine, or Mayonnaise
- One Table spoon salad dressing or 2 table spoons low fat salad dressing
- 8 medium size Olives pickle
- 6 medium size Cashew nuts or Almond
- 2 Tea spoons seeds
- 15 medium size Peanuts
- Two Table spoons Coconut powder
- 4 halves walnuts
- 2 tsp Tahini or sesame paste
- 2 tablespoon Avocado ( 1 oz)



### Sports and physical activity

- Daily exercising is considered to be a safe and an effective way of reducing weight and burning calories and keeping the strength of the muscles, which leads to reducing the contouring skins which appear due to the weight loss.
- Walking is considered to be a perfect way to start the exercising program, to be gradually increased in distance and duration, as walking for 1/2 an hour per day helps to reduce weight moderately. Also, it is possible to do other exercises as the balloon can't be considered as an obstruction for doing this.





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