

Fishing for Delicious Protein? Try Seafood!

Many kinds of seafood are good for your health and easy to eat with your LAP-BAND® System. Here's a guide to what to bring home and how to serve it.

You know the LAP-BAND® System mantra: Eat your protein first. Well, here's another mantra you might want to adopt: Make fish one of your top choices for getting that protein into your diet. Fish is an especially LAP-BAND® System-friendly form of protein because of its texture: Even at the mushy stage, you can enjoy a serving of moist, tender fish. Fish is also good for your heart: The American Heart Association recommends that everyone eat at least two servings of baked or grilled fish each week.¹

"I often order a really nice piece of fish when I go out to eat," says Jessie H. Ahroni, PhD, ARNP, bariatric program manager at Northwest Weight Loss Surgery in Everett, Washington. "I like seafood—halibut, prawns, crab." Ahroni, who had LAP-BAND® System surgery 10 years ago and is the author of *Laparoscopic Adjustable Gastric Banding: Achieving Permanent Weight Loss with Minimally Invasive Surgery*, says that the key to keeping seafood from getting dry or chewy is to avoid overcooking it. When dining out, that may mean eating at a "better" restaurant where the chef is fussier about what he puts on your plate. More tips on enjoying seafood:

Surf the seafood case. You may not like salmon (or tuna, or whatever), but there are plenty of other fish in the sea. In addition to canned tuna, try fresh or frozen fish such as salmon, halibut, swordfish, mackerel, flounder, cod, and haddock. You can also enjoy shellfish like mussels, clams, and oysters, as well as shrimp, lobster, and crab. Calamari can cause problems for some people, but as with other foods, if it's cooked just until tender (not rubbery), it might be fine.

Keep portions in check. One three-ounce serving of fish is about the size of a checkbook (unless it's a thick piece such as a salmon steak—then it's about the size of a deck of cards). A three-ounce serving of shrimp is about 15 large shrimp. Keep in mind that a healthy meal for a LAP-BAND® System patient consists of three ounces of protein plus a half cup of produce such as steamed veggies.

Choose a light cooking method. Just one tablespoon of butter contains 102 calories and 11.5 grams of fat and counts as two of your daily servings of fat. A single tablespoon of oil contains 124 calories and 14 grams of fat and counts as three fat servings. A better idea: Use nonstick cooking spray when broiling, grilling, steaming, or sautéing seafood. Look for great new dishes to try in our [LAP-BAND Friendly Recipes](#).

Top it right. Skip the tartar sauce (unless you make your own using fat-free mayo). Instead, add flavor with cocktail sauce, lemon-dill marinade, soy sauce, vinegar, Chinese sauce, spicy mustard, lemon juice, salsa, or herbs and spices. As for sauces, avoid any that get more than 2 percent of their calories from fat, and use just a bit (dip your fork in it, then spear a piece of fish). Remember: Condiment calories count too!

Watch for hidden carbs. Avoid eating fish that's stuffed (that "crabmeat" may contain more breading than crab). Also pass on breaded fillets: Even if they're not fried, the breading adds unnecessary calories.

Not sure how much protein you're getting? Use our [Food Diary](#) to see if you're meeting your nutrition goals.

Be sure to consult with your doctor about your nutrition plan.

Reference:

1 American Heart Association. "Meat, Poultry and Fish." Available at <http://www.americanheart.org/presenter.jhtml?identifier=4627>. Accessed 1/15/09.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

Contraindications: The LAP-BAND[®] System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

Warnings: The LAP-BAND[®] System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND[®] System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.