

One Dinner the Whole Family Will Enjoy

Think you're tied to always making separate meals to meet your needs versus your family's? We've got some good news: With just a few adjustments, you can continue sharing mealtimes and menus.

Don't worry! You don't have to turn your mealtime preparation upside down following your LAP-BAND[®] System surgery. "Foodwise, there's nothing special you need to change about the way you make the family meal," says Lynn Holmberg, MS, RD, CDN, a dietician in Norwalk, Connecticut. A few simple adjustments are all that's required. What's more, these simple tweaks can help your family eat healthier too!

Downsize your portion. Prepare the same meal for yourself as for your family, just a little less. It will help if you dish out servings at the stove and counter. That way, you can avoid having to wash serving dishes too! If you find it difficult to convert recipes into smaller yields, save the leftovers for lunch the next day.

Focus on slow. Whatever you're enjoying, eat slowly, and chew your food thoroughly. If you have kids at home, encourage them not to wolf down dinner—you can even make it a game. Try challenging them to eat with chopsticks.

Make over your meat. Serve poultry (minus the skin), pork, and fish more often than red meat—it's easier for you to digest and better for everyone's health.

Go gourmet with poaching. Skip the frying. Consider gently poaching fish and chicken the way gourmet cooks do—they'll turn out moist, tender, and delicious. And it's a snap: To one pound of boneless, skinless chicken or fish fillet (salmon is an excellent choice), use one cup of flavorful liquid (try half a cup of white wine and half a cup of water; chicken broth or clam broth for fish), a few slices of onion, and a few sprigs of fresh dill or parsley. In a skillet, bring the liquid, onions, and herbs to a gentle simmer. Add the fish or chicken fillet, cover, and simmer gently until done—about 5 to 10 minutes.

Pack in nutrition. You'll be eating small amounts at a time, so choose the most nutrient-dense, delectable foods you can find, such as:

- Salmon: rich in heart-healthy omega-3 fatty acids
- Red beans: packed with fiber, protein, and essential minerals
- Spinach: offers vitamins A, C, and B6, and folate, riboflavin, calcium, iron, and magnesium
- Sweet potatoes: loaded with beta-carotene
- Apples: along with vitamin C, contain pectin, which helps lower cholesterol and glucose levels^{1,2}
- Bananas: source of potassium

Tip: These delicious superfoods puree well and are excellent choices during the weeks you're eating soft, mushy foods.

Check out [LAP-BAND Friendly Recipes](#) for new ideas to try.

References:

- 1 Knopp RH, Superko HR, Davidson M et al. "Long-Term Blood-Cholesterol-Lowering Effects of a Dietary Fiber Supplement." *American Journal of Preventive Medicine*. 1999; 17(1):18-23.
- 2 Forman LP, Schneeman BO. "Dietary Pectin's Effect on Starch Utilization in Rats." *Journal of Nutrition*. 1982 Mar;112(3):528-33.

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.