

Don't Get Stuck! Try These Swaps

Although foods agree (or disagree) with each person differently, some have more potential for causing trouble on the way down. Think: Pizza. Sandwiches. Morning toast. Pasta. But you may not need to give up on them.

Notorious “trouble foods” for the LAP-BAND[®] System usually feature soft, doughy breads and slippery noodles that can lodge in your pouch. The good news: You may be able to keep these tricky foods on the menu if you follow a few easy strategies and make some simple switches. —

Wrap it up. Instead of bread, try whole-grain tortillas or a wrap, suggests bariatric dietitian Erin Hurst, RD/LD, of the Center for Metabolic and Bariatric Surgery in Cincinnati, Ohio. “I recommend small ones; the six- to eight-inch tortillas and wraps are good,” says Hurst, who has been living with a LAP-BAND[®] System since 2005. “Whole grain, high-fiber types are best—so be sure to read the package carefully.” You’ll find wraps at the deli counter and in the bread section of the supermarket; tortillas are usually refrigerated in the dairy case or even the produce section. Be sure to check the fiber content on the Nutrition Facts label on the back of the package—look for a type with at least three grams of fiber per wrap. “Higher is better,” Hurst says.

Roll your sandwich in something green. “Skip bread entirely and try wrapping sandwich fillings like deli meats, low-fat cheeses, or chicken or tuna salad made with low-fat mayonnaise in lettuce leaves,” Hurst suggests. Choose a type of lettuce with broad, flexible leaves—iceberg, romaine, and red leaf lettuce all work well. For smaller but delicious sandwiches, tender Bibb (also known as Boston or butterhead) lettuce is great. “Restaurants and delis will even serve your sandwich or burger wrapped in lettuce instead of on bread or in a bun if you ask,” Hurst says.

Love pizza? Go crispy. “Don’t give up the taste or the experience—just be sure the crust is thin and crispy instead of soft and doughy,” suggests bariatric dietitian Rachel Brandeis, MS, RD, of Atlanta, Georgia. “Order thin-crust pizza, or make your own using a tortilla or small wrap that you’ve toasted until it’s very crisp,” she says. Then put your toppings on it and heat to melt the cheese. Hurst makes pizza by precooking toppings like vegetables and chopped meat, then layering them with a small amount of low-fat cheese onto an eight-inch tortilla that she carefully cooks on her outdoor grill. “Leave it on until it’s really crispy,” she advises. “Watch carefully and check it often to avoid burning the bread.”

Ready for bread at breakfast? Make it high fiber—and toast it. “Higher-fiber breads, which are often also lower in carbohydrates, are less likely to get stuck—provided you take small bites and chew slowly and thoroughly,” Hurst notes. “Toasting is important too, because it removes moisture from the bread so it’s less likely to form a mushy, soft ball in your pouch.”

Hungry for pasta? Choose a big, hearty noodle. “Instead of spaghetti, fettuccine, or angel hair, go with wider noodles such as ziti or fusilli,” Brandeis suggests. “It’s easier to grip and chew a bigger noodle,” she says. “Thin pasta can slip right down.” Of course, stick with serving sizes recommended by your doctor and



nutritionist. Pasta calories can add up quickly. Another option: Thoroughly bake a spaghetti squash, then scoop out this veggie's long, tasty strands to use in place of pasta. It's higher in fiber, lower in calories, and less slippery than noodles, which makes thorough chewing easier.

Look for more ideas designed for your needs in our [LAP-BAND® Recipe Library!](#)

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

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.