

Gastric Balloon Diet: Days 1-7

Days 1 – clear liquids only

- 100% fruit juice (apple, grape, cranberry)
- Clear broth (chicken, beef, and vegetarian)
- Sugar free popsicles
- Sugar free gelatin
- Water and/or ice chips
- Crystal Light or Sugar Free Kool-Aid
- Decaf Teas and Coffee
- JourneyLite Supplements: fruit drinks, gelatin, protein bouillon, and hot beverages available at LoseWeightCincy.com and all office locations

Avoid the following items day 1

- Carbonated beverages
- Sugary drinks (sweet teas)
- Citrus juices (orange, grapefruit, pineapple) and tomato juices
- Juice drinks (Hawaiian punch)

Days 2-7 – full liquid/puree

- Protein Shakes (Premier shakes, Atkins, Low Carb Slim Fast)
- Yogurt (carbmaster, Fit and Lite Greek High Protein)
- Milk (skim, 1%, skim milk, almond milk, soy milk) (all unsweetened)
- V-8 juice, tomato juice
- Scrambled eggs
- Sugar free pudding
- Cream soup (strained): cream of chicken, cream of mushroom, cream of broccoli
- JourneyLite Supplements: protein shakes and pudding, oatmeal, mash potatoes, scrambled eggs, tomato soup

Avoid the following items days 2-7

- Foods with chunks or large pieces
- Sugary desserts (ice cream, regular pudding, cream pies)
- Carbonated beverages

After seven days, you can transition to semi-solid foods. You gradually will transition to solid foods. The length of time for this transition depends on how your body is adjusting to the process. Don't rush and be sure your body is comfortable before you move into the next phase of eating!

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Some Helpful Tips:

- Plan 3 small meals and 2 small snacks every day.
- Watch your posture during meals and while drinking fluids. Sit tall and do not slouch. This will help with your balloon position properly and increase your tolerance for solids.
- Stop eating when you feel full. One additional bite may be too
- Do not drink liquids for 30 minutes before your meal and wait 30 minutes after to drink.
- No solid food starting 3 hours prior to bedtime.
- Use your anti-nausea medications as prescribed by the physician.