

Food Guidelines

What's Allowed

What to Avoid



Beverages

- Water and soda water
- Decaf diet drinks and decaf coffee
- Unsweetened calorie-free drinks
- Tea, herbal tea and diet iced tea
- Note: Carbonated beverages are tolerated differently by each ORBERA® System patient while the intragastric balloon is in place.

- Soft drinks
- Sweetened juices and beverages
- Alcohol
- Caffeinated coffee and all beverages with caffeine



Milk

- Skim/low-fat milk
- Non-fat sugar-free yoghurt

- Whole milk and milkshakes
- Chocolate milk and hot cocoa
- Cream and non-dairy creamer
- Regular yoghurt



Meat, Fish, Eggs, Cheese and Beans

- Steamed/ roasted/ barbequed chicken, turkey, fish, veal and lamb
- Low-fat or non-fat cheeses
- Eggs and egg substitutes
- Beans

- Fried meat, poultry, fish and eggs
- Frankfurts
- Sausages
- High-fat processed meats such as salami, corned beef, pastrami and bacon



Fruits

- All, including diluted or low-calorie fruit juice

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Vegetables

- All, except those listed in What to Avoid

- Intakes greater than 1 cup of parsnips, corn, pumpkin and peas



Grains and Starches

- Whole-meal crackers, bread and toast
- Mashed and baked potatoes
- Rice
- Soups

- Bagels and doughy breads
- Waffles, pancakes and croissants
- Popcorn
- High-fat cream soups
- Note: Pasta may not be tolerated by ORBERA® System patients while the intragastric balloon is in place.



Fats

- Low-calorie or non-fat margarine, mayonnaise and salad dressings

- Butter, oil (unless olive or canola)
- Regular margarine, mayonnaise and salad dressings



Sweets and Desserts

- Diet chewing gum
- Diet jelly
- Low-calorie/ mini cakes and pies
- Sugar substitutes

- Sweets and pastries
- Ice cream, fruit ice and frozen yoghurt
- Regular sugar and honey
- Salty snacks

REMEMBER: You do not need to give up the food you love entirely. You must just become conscious of the portion size and frequency of consumption. Weight management is about just that, *management*.