

North Texas Bariatric & General Surgery, P.A  
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## 10 Important Rules For Adjustable Lap Band Patients

1. Eat only three small meals a day.
2. Eat slowly and chew thoroughly  
(Approximately 15 to 20 times a bite)
3. Stop eating as soon as you feel full.
4. Do not drink while you are eating.
5. Do not eat between meals.
6. Eat only good quality foods.
7. Avoid fibrous foods.
8. Drink enough fluids during the day.
9. Drink only low calorie foods.
10. Exercise at least 30 minutes a day.