



Balloon indication :

1. BMI > 30 with no comorbidities
2. BMI > 27 with comorbidities

Balloon Diet

Balloon Diet consists of several stages which starts from the first hours of operation:-

- **The first stage:** the clear fluids (duration: 1 day)
- **The second stage:** full fluids (low-fat, low -sugar) (duration: From 2nd day to 4th day)
- **The third stage:** the pureed food (duration: From 5th day to 11th day)
- **The fourth stage:** soft and easy chewing food (duration: From 12th day to 18th day)
- **The fifth stage:** regular food (duration: After 19th day to future)

1. The first stage: the clear fluids

Duration: One day after the operation

Permitted Drinks: Water, filtered soup, chicken or beef filtered soups (cream free), jelly, tea with mint, tea algal, and filtered fresh fruit juice without sugar

How to drink: Drink a little quantity every 30 minutes, and average 2- 3liters per day

Follow the instructions:

- Avoid sweetened drinks
 - Avoid soft drinks
 - Drinks should be at the room temperature, and free of sugar (it can be sweetened by using artificial sweetner)
 - You should stop drinking once you feel that your stomach is full
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2. The second stage: the full fluid

Duration: From 2nd day to 4th day

Permitted Drinks: clear fluids, milk, low-fat yogurt, Pudding or custard made from low-fat milk, Non-sweetened fresh juices

Quantity and How to drink: 6 meals per day, each meal is about 120milliliters (1/2 cup), while keep drinking two liters of clear fluids per day

Examples of daily meals for the stage of full drinks with low-fat and sugar free

Time	Meal
Breakfast 7:00 – 7:30 am	1 cup of low-fat milk or semolina pudding + 1 cup of clear fluids
Snack 9:30 – 10:00 am	1/2 cup of pudding
Lunch 12:00 – 1:00 pm	Unsweetened jelly, 1/2 cup of yogurt or low-fat milk, 1/2 cup of filtered grinded soup
Snack 3:00 – 3:30 pm	1 cup of filtered fresh juice

Dinner 6:00 – 7:00 pm	Unsweetened jelly, 1/2 cup of yogurt or low-fat milk, 1/2 cup of filtered grinded soup
Snack 9:00 – 9:30 pm	1 cup of low-fat milk, or low-fat yogurt

Tips to Follow:

- ✓ Keep drinking water between meals



3. The third stage: pureed food

Duration: From 5th day to 11th day

Permitted Food: all the previous stages plus the following:

- The pureed meat or chicken, pureed fish
- Low-fat soft cheese (low-fat cream cheese)
- Scrambled eggs, cooked with little oil
- Grinded fruits and vegetables without peel or seeds
- It's permitted to use children's ready food

Quantity and How to eat: 6 meals per day, and you should choose at least 3 meals from the meat collection (meat or chicken or fish) or choose its alternatives such as: yogurt, cheese, or eggs.

An example of a daily diet program for the third stage

Time	Meal
Breakfast 7:00 – 7:30 am	1 egg (scrambled or soft boiled) with no fats Slice of cheese or 30 gm of low-fat cheese + 1 cup of low-fat milk
Snack 9:30 – 10:00 am	1 cup of fresh juice or fruit cocktail juice
Lunch 12:00 – 1:00 pm	60 gm of grinded meet (chicken, fish, or turkey)1 cup of soup + 1 cup of low-fat milk
Snack 3:00 – 3:30 pm	1/2 cup of rice pudding, or children's food
Dinner 6:00 – 7:00 pm	4 spoons of tuna reserved in water or cheese or low-fat yogurt 1 cup of grinded vegetable or soup
Snack 9:00 – 9:30 pm	1 cup of low-fat yogurt

Tips to Follow :

- ✓ Start eating slowly, and in case you are not able to eat pureed food, go back to the 2nd stage food for next few days and then try the pureed food again.
- ✓ Start eating your food from the protein collection(chicken, fish, meat, cheese, yogurt, and eggs) then take vegetables and carbohydrates

4. The fourth stage: the soft food

Duration: From 12th day to 18th day

Permitted Food: all the previous stages plus the following:

- Skinless chicken (boiled or grilled and well cut), grilled or cooked fish, well-minced low-fat meat, canned tuna without oil
- Low-fat cheese
- Carbohydrates such as well cooked rice, potato, or pasta in a smaller quantity
- White bread without edges
- Soft fruits and vegetables without peels or seeds such as (bananas, apples, papaya, and pears), apples and pears should be grated or cooked to be easily chewed
- It's allowed to cook with a small quantity of oil (2 – 3 teaspoons) everyday

Quantity and How to eat: 6 meals per day

- You should get 30 gm (2 eating spoons) of meat or fish or chicken (3 - 4 times per day)
 - You should have a small amount of water after the meal directly in this stage and in the next stage in order to avoid the adhesion of the food to the balloon.
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Daily diet program for the fourth stage

Time	Meal
Breakfast 7:00 – 7:30 am	1 egg (scrambled or soft boiled) with no fats + 2 slices of toast without edges 1 cup of low-fat milk
Snack 9:30 – 10:00 am	Low-fat cheese sandwich (2 slices of bread without edges)
Lunch 12:00 – 1:00 pm	4 eating spoons (60 gm) of grinded or well cooked fish or meat or chicken 1/2 cup of well cooked or mashed vegetables 2/3 cup of well cooked rice
Snack 3:00 – 3:30 pm	1/2 cup of flavored yogurt
Dinner 6:00 – 7:00 pm	4 eating spoons (60 gm) of well cooked or minced fish or meat or chicken 2 slices of bread without edges 1/2 cup of well cooked or mashed vegetables
Snack 9:00 – 9:30 pm	1 piece of biscuit

5. The fifth stage: solid food/regular food

Duration: : After 19th day to future

What's Solid food?

It's normal food and can be eaten gradually in the previous stage whilst eating small quantities before following-up with a nutritionist to determine the requested calories.

After completing all the stages you should be committed to the following low-fat diet and low-sugar diet (1000 – 1200 Kcal) per day for three months.



Suggested Meal Plan for 1000 - 1200 kcal/Day

Meal	Number of exchanges within the meal	Suggested Menu
Breakfast 7:00 – 7:30 am	<ul style="list-style-type: none"> • 2 Starches • 1 Milk • ½Vegetable • 1 Meat 	<ul style="list-style-type: none"> • 2 slice bread or 1small loaf of bread • 1 cup low fat milk or yogurt • 100g tomato or cucumber or lettuce • 2 table spoons low fat labnah or cheese or 1 boiled egg
Snack 9:30 – 10:00 am	<ul style="list-style-type: none"> • 1 Fruit • Beverages 	<ul style="list-style-type: none"> • 1 apple or ½ of banana • 1 cup tea or coffee without sugar
Lunch 12:00 – 1:00 pm	<ul style="list-style-type: none"> • 2 Starch • 1Vegetable • 2 Meat • ½ Milk • ½ vegetable 	<ul style="list-style-type: none"> • 1\2 cup rice or macaroni (low fat) • 1 cup vegetable salad or ½ cup cooked vegetable • 60 gm fish or chicken or meat • ½ cup low fat yogurt • 1 cup vegetable soup
Snack 3:00 – 3:30 pm	<ul style="list-style-type: none"> • 1 Fruit 	<ul style="list-style-type: none"> • 1 orange or pear
Dinner 6:00 – 7:00 pm	<ul style="list-style-type: none"> • 1 Starches • 1 Vegetable • 1 Meat • ½ Milk 	<ul style="list-style-type: none"> • 1 slice bread or ½ cup corn flakes • 1 cup salad or sautéed vegetable • 30 gm of tuna or low fat cheese or ¼ cup hummus or fowl • ½ cup low fat yogurt or laban
Snack 9:00 – 9:30 pm	<ul style="list-style-type: none"> • 1 Fruit 	<ul style="list-style-type: none"> • 12 piece of grapes or ½ cup of orange juice

Tips to Follow :

- The patient should have 2 cups of milk, or low-fat yogurt daily in order to get enough calcium.
- The patient should have 2 liters of water between the meals

The Intra-Gastric Balloon Diet

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Exchange List

Note: One cup = 240ml

1 Tablespoon (Tbsp.) = 15ml

1 Teaspoon (Tsp.) = 5ml

Vegetables Group

(One exchange provides 25 Kcal, 5 grams Carbohydrates, and 2 grams protein, 0 gm fat and it is equivalent to):

- One cup raw or ½ cup cooked of the following vegetables :
 - Marrow
 - Carrots
 - Cauliflower
 - Broccoli
 - Green Beans
 - Cabbage
 - Onion
 - Okra
 - Swiss Chard
 - Spinach
 - Lettuce
 - Radish
 - Beet Root



Fruit Group

(One exchange provides 60 Kcal, 15 grams Carbohydrates 0 gm protein ,0 gm fat, and it is equivalent to):

Fresh Fruits

- One medium size Apple, Orange, Pears, Peach, or Pomegranate
- ½ medium size Banana, or Mango
- 2 medium size Tangerine, or Fig
- 3 medium size Apricot, or Plums
- 5 medium sizes fresh Dates
- 12 medium size Grapes or Cherry
- One cup (Cubes) sweet Melon, Papaya, or Pineapple
- 1¼ cup (Cubes) Watermelon, or Strawberries

Dried Fruits

- 2 Table spoons Raisins
- 2 medium size Fig
- 3 medium size apricot, Prunes, Plums, or Dates

Fruit Juices

- ½ Cup fresh fruit juice



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Milk Group (Skimmed Milk):

(One exchange provides 100 Kcal and 12 grams Carbohydrates 8 gm protein, 0- 3 gm fat and it is equivalent to):

- One cup (240 ml) skimmed Milk
- One cup (240 ml) skimmed Laban drink
- $\frac{3}{4}$ cup (180 ml) skimmed Yoghurt



Starch Group

(One exchange provides 80 Kcal and 15 grams carbohydrates, 3 gm protein, 0- 1 fat and it is equivalent to):

- One slice Toast bread white or brown
- White or brown. $\frac{1}{4}$ Arabic Kubuz
- $\frac{1}{4}$ Indian barata (Low fat)
- $\frac{1}{2}$ medium size Bun or hotdog bread
- One small chapatti 15 diameter (27 gm)
- $\frac{1}{2}$ cup Corn flakes or Bran flakes
- $\frac{1}{3}$ cup cooked or boiled Rice / Couscous
- $\frac{1}{2}$ cup cooked or boiled: Macaroni, Pasta, or Noodles
- $\frac{1}{2}$ cup cooked or boiled: Broad beans (Foul), Lentils, Peas, White Beans , Oats, Jareesh, Harees, Semolina Bulgur, Freeka
- 3 pcs medium size falafal
- One piece bran biscuit (weetabix) or $\frac{11}{2}$ unsweetened Shaboora
- One small boiled or baked Potato (90 grams)



Meat group (Lean Meat)

(One exchange provides 45 Kcal and 7 grams Protein 0-3 gm fat, 0 gm carbohydrate and it is equivalent to):

- 30 grams (two fingers size) boneless skinless chicken, fish or meat
- 30 grams low fat white cheese or cheddar cheese
- Low fat Labnah 2 Table spoons (40 grams)
- 1/4 cup cottage cheese
- One Table spoon (15 grams) peanut Butter
- One boiled Egg
- 2 boiled egg whites (very lean meat group)



The Intra-Gastric Balloon Diet

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Oil and Fat

(One exchange provides 45 Kcal, 5 grams Fat, and it is equivalent to):

- One Tea spoon Olive oil, Corn oil, Sunflower oil, or Canola oil
- One Tea spoon Coconut oil, Palm oil, Butter, Margarine, or Mayonnaise
- One Table spoon salad dressing or 2 table spoons low fat salad dressing
- 8 medium size Olives pickle
- 6 medium size Cashew nuts or Almond
- 2 Tea spoons seeds
- 15 medium size Peanuts
- Two Table spoons Coconut powder
- 4 halves walnuts
- 2 tsp Tahini or sesame paste
- 2 tablespoon Avocado (1 oz)



Sports and physical activity

- You can start doing exercise on 5th day after Balloon insertion, provided you are pain free
- Daily exercising is considered to be a safe and an effective way of reducing weight and burning calories and keeping the strength of the muscles, which leads to reducing the contouring skins which appear due to the weight loss.
- Walking is considered to be a perfect way to start the exercising program, to be gradually increased in distance and duration, as walking for 1/2 an hour per day helps to reduce weight moderately. Also, it is possible to do other exercises as the balloon can't be considered as an obstruction for doing this.