

File Created by [Blogging Rebirth](#) WP Plugin

# **Diet for Lap Band - Important Things To Remember**

## Balanced Diet For Lap Band Patients - Why It's Important

Are you looking for a diet for lap band patients? If you are then one of the most important things to remember is nutrition. That is always the most important aspect of any diet! You need to nourish your body in a way that is balanced

A few weeks ago I came across a woman who boasted that she was living on two packets of rice crackers per week several months after having lap band surgery. WHAT??? That is not a good diet for lap band surgery patients!!! Just because you can get away with eating a fraction of the amount when on a diet for lap band doesn't mean you should ignore nutrition or you risk suffering other health issues caused by malnutrition.



Many modern scientists and doctors believe that a majority of people in western societies are suffering from chronic malnutrition... the weird thing is, their answer to this dilemma is drug based rather than nutrition based. i.e. They'd rather prescribe chemical based drugs that may effect other areas of our health than recommend that we take a vitamin supplement. If that seems absurd, it is! Most doctors treat ailments from the wrong side... treating the symptoms rather than the cause. The best book I've read regarding this subject was written by a biochemist named Jon Gabriel. The book is called 'The Gabriel Method' and is a holistic approach to weight loss based on nourishing the body rather than the traditional 'calories in - calories' out approach. You can get a free chapter of the book at [The Gabriel Method](#). Disclaimer: This is an affiliate link. Sales generated via this link will result in commissions earned. I was so impressed when I read this book that I decided to promote it.

The main thing to remember with a diet for lap band patients is that your nutritional needs have not changed. You still need the same amount of vitamins and minerals for your body to function properly. although your doctor will have you taking vitamins it is still important to eat a nutritionally balanced diet and to avoid junk food.

Check out this article about diet for lap band patients from the Mayo Clinic... [Gastric bypass diet](#)

You can also find this article published on [Diet for Lap Band - Important Things To Remember](#), and on the tag pages [Weight Loss Surgery](#).