

Visit us at <http://all-about-lapband.com/post-op/fill-chart.html> for the full article the chart below is from.

Stay in the **Green Zone**

Adjusting to Optimize Weight Loss



Hungry between meals
Eating large portions
Not losing weight

Not hungry
Good weight loss
Portion control
Patient satisfaction

Poor food choices
Regurgitation
Discomfort while eating
Poor weight loss
Night cough

Not enough fluid in the band

Right amount of fluid in the band

Too much fluid in the band