

# The Pocket Guide for a Healthy Lifestyle after Bariatric Surgery

- \* Eat 3 small meals per day with 2 protein snacks in between.
- \* Four Tablespoons of solids, or 4oz by weight of food per meal. Always measure every meal.
- \* Choose foods wisely, your space in your pouch is limited.
  - o Natural foods are better than pre-packaged.
  - o Start every meal with a protein.
  - o Avoid white carbohydrates.
  - o High protein, low fat, low carbohydrate meals.
- \* No carbonated beverages.
- \* No caffeinated beverages.
- \* Do not do anything else while eating.
  - o Avoid distractions.
  - o Make every bite a conscious choice.
- \* Take 30 minutes to eat your meal.
  - o Chew to applesauce consistency.
- \* Remember the 30/30 rule.
  - o Drink at least 64 oz of calorie-free liquid everyday between meals.
- \* Exercise is an essential component of your weight loss, get up and MOVE!
- \* Renew your commitment every day, you are in control. Your success depends solely on your commitment to a healthier lifestyle.