

Bariatric Surgery Lifestyle Changes

- **Start with protein first**
 - It is important to start with protein so that you feel full longer and it will help prevent the loss of muscle
- **Do not drink with meals**
 - If you drink with meals you defeat the purpose of the smaller pouch by washing the food through. This will require more food to make you feel full thus increasing your calorie intake.
- **Drink plenty of water between meals.**
 - Water will help you stay hydrated and helps prevent constipation
- **Don't drink your calories in soda and Alcohol**
 - This will add unwanted calories, which can slow or defeat your weight loss goals
- **Limit or avoid simple sugar and carbohydrates.**
 - White bread can ball and stick in your pouch.
 - Empty calories such as ice cream, candy, etc., can slow your weight loss
- **Eat slowly and chew your food**
 - If you eat too fast you may miss your signal that lets you know you are full, which can lead to eating too much with potential for vomiting.
 - Chewing your food thoroughly can prevent large pieces of food from becoming stuck in your band
- **Limit red meat**
 - Red meat has more calories and fat which can slow your weight loss goals.
- **Never Skip Meals**
 - Skipping meals causes your body to hold onto fat and break down muscle

