

- Eat Slowly and chew thoroughly- at least 25 times!
- Avoid concentrated sugars, especially those in liquid form (see page 6). They are filled with non-nutrient calories and slow down weight loss.
- Limit fats and fried foods; they are a concentrated source of calories.
- Remember the stomach can only hold 4-6 ounces after surgery. You will probably feel satisfied after 2-3 tablespoons of food. Do not overeat! Over time your stomach will stretch. It takes 6-9 months (possibly longer) for your new stomach size to stabilize and allow you to determine your normal meal amount.
- Stop eating when you feel comfortably satisfied- if ignored, vomiting will follow and you can stretch the size of the stomach. If you are unable to keep anything down and are having extreme difficulty staying hydrated, sip on Gatorade which also has electrolytes necessary for normal cell function. Once you feel better, return to non-calorie beverages such as water and diet drinks.
- Drink at least 6-8 cups (8oz.) of fluid per day to prevent dehydration. (Monitor for following signs: headache, dizziness, nausea, lethargy, a white-ish coating on the tongue and dark urine.)
- Stop drinking liquids 15 minutes before meals and resume 30-45 minutes after meals.
- Eat 3 small nutrient dense meals +1 high protein snack a day.
- Meals should include: protein first, then fruits and vegetables, and then whole grains.
- Set up a schedule for supplements (vitamins, minerals and protein shakes; refer to supplement page) and medications; remember to take Calcium with meals and separate from iron supplements.
- Introduce new foods one at a time in order to rule out an intolerance. If a food is not tolerated, reintroduce it in one week.
- If you cannot tolerate dairy, substitute Lactaid for milk. You may need to take Lactase pills with dairy to help digest the lactose. You can also try soy milk fortified with calcium and vitamin D.
- Exercise! This is the key to long-term weight loss and maintenance. Walking should be the main exercise for the first 6 weeks. Between 6-8 weeks, more strenuous exercises can be added.