

STRATEGIES FOR EATING RIGHT:

The way you will eat is just as important as what you eat!!! Remember:

- The new stomach can hold 2-4oz at a time.
- Eat 3 to 6 small meals per day.
- Chew, Chew, Chew, Chew, Chew, Chew.....
- 60 grams of protein per day.
- Less than 20 grams of fat per day.
- Eat protein first.
- No fluids 30 minutes before or after a meal, or with meals.
- Drink about 50 ounces of water per day. Sip, don't gulp.
- No snacking between meals.
- Sit while eating.
- Take your multivitamins as directed, daily.
- Bake, broil or BBQ. Don't fry.
- Read labels.
- Use nonfat dressings, spreads and condiments.
- Avoid sweets and sugary foods.
- No alcoholic beverages.

OBESITY
SURGERY
CENTER
of LOUISIANA