

Life-Long Bariatric Expected  
Eating  
And Behavioral Strategies

1. Drink only calorie-free, carbonated-free beverages-excluding protein shakes
2. Eat 3 planned meals a day. Your goal is 60-75 grams of protein a day. You may need to include 1-2 planned snacks a day to meet your goal. Avoid grazing.
3. Always eat the protein portion of your meals first. Switch to lean proteins.
4. Choose reduced-fat or fat-free dairy products
5. Include a non-starchy vegetables in place of starches
6. Use whole grains in place of refined, “white” grains. Limit these foods.
7. Sit at a table during meals. Do not watch TV, talk/text on the phone or use a computer.
8. Take smaller bites.
9. Chew each bite thoroughly before swallowing. Try to chew 15-30 times with each bite.

10. Drink fluids between meals only. Stop drinking 30 minutes before a meal and do not drink for 30-45 minutes after a meal.
11. Stop eating when you feel full. You do not need to clean your plate.
12. Keep a food journal.
13. Exercise daily.
14. Take a multivitamin and calcium supplement daily.
15. Avoid alcohol and smoking.