

10 Tips

for Bariatric Patients Post-Surgery



-  Plan your meals and snacks ahead of time. Aim for at least 65 grams of protein a day. Avoid grazing.
-  Eat lean proteins (like boneless, skinless chicken or turkey breasts) and eat that portion of your meal first.
-  Include non-starchy vegetables in your meals (asparagus, cauliflower, mushrooms or onions). Use whole grains in place of “white” grains, but try to limit these foods.
-  Sit at a table while you eat and limit distractions like TV, phones, and computers.
-  Take smaller bites and chew each bite thoroughly before swallowing (about 15-30 times).
-  Only drink fluids between meals. Do not drink 30 minutes before and after a meal. Drink only calorie-free, carbonated-free beverages.
-  When you feel full, stop eating.
-  Exercise daily and keep a food journal.
-  Take a multivitamin and calcium supplement daily.
-  Avoid smoking and alcohol.