

CONGRATULATIONS!

Are you ready for the path to success?

Your first week as a post-operative patient has come and gone and you are now ready to begin the journey towards weight loss success! At Western Bariatric Institute, we are committed to assisting you with your transition to your new lifestyle and want to make the change as comfortable as possible. The key to success is to follow the guidelines provided to you. As a reminder, following are some important things to remember in the coming weeks...

- Continue with your full liquid diet and add foods with thicker consistency slowly following the guidelines you received in pre-op class.
- Add only one new food at a time.
- Eat 5 - 6 small meals or snacks a day.
- Continue with your protein shakes 2 - 3 times a day until you are eating mostly solid foods.
- Protein always comes first!
- Don't overfill your pouch. Start with 2 - 4 Tablespoons at a time and gradually increase your portions to ½ - 1 cup as tolerated.
- Chew, chew, chew. Chew everything 20 - 30 times per bite, including sugar free gelatin.
- Sip, sip, sip. Work on getting to your goal of 64 fluid ounces of zero or low calorie beverages. It may take you a few weeks to get to your goal.
- Never drink beverages with your meals.
- Use sugar free and lowfat products.
- Start your chewable or liquid vitamin supplements. Be sure to take them daily.
- Walk, walk, walk. Start working towards your goal of 30 minutes of daily physical activity.

Western Bariatric Institute

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