

DIET RULES FOR WEIGHT LOSS SURGERY

Lifetime success

1. **Exercise regularly.**
2. Drink plenty of zero-calorie liquids.
3. Pre-fill your stomach pouch by “power drinking” just before meals.
4. **Don’t drink liquids with your food.** Avoid drinking for at least 1 hour after eating, and realize that you probably will not feel hungry after a meal until liquid “washes out” your stomach pouch.
5. Eat 2-3 meals per day, and avoid snacks between meals.
6. Solid proteins and vegetables are the best choices to provide nutrition and prevent hunger. Each meal should be based on these. **Minimize carbohydrates.**
7. Chew thoroughly, and take **20-30 minutes** for each meal.
8. Plan and implement lifetime nutritional supplements:
 - Vitamins + Iron 1 tablet twice each day
 - Calcium Citrate + Vitamin D three times each day