

Habits to Continue After Bariatric Surgery

- 3 meals and 1-2 snacks with protein at each
 - ❖ Examples of protein foods: meats, beans, cheese, cottage cheese, yogurt, milk, jerky, hummus, and nuts
 - ❖ Eat at least 60g (women) and 70g (men) of protein everyday
- Eat slowly, chew foods well
 - ❖ 20-30 minutes/meal
- Drink enough to stay hydrated with 48-64oz of sugar-free fluids
 - ❖ E.g. Water, Crystal Light, Gatorade Zero, Hint, Propel, Bai, diet juice, unsweet tea, protein waters, Vitamin Water, and milk
- Separate eating and drinking by 30 minutes
- Take your vitamins
 - ❖ Multivitamin (2x/day), Calcium with Vitamin D (2x/day), Vitamin B12 (1x/day), Iron (if prescribed)
- Make time to move everyday
 - ❖ Aim for 30 minute workout daily or 10 minute workout 3x/day
 - ❖ E.g. walking, swimming, cycling, weight lifting, yoga, dancing, stretching, chair exercises etc.
- Remember, you can schedule a follow up appointment with a Bariatric Registered Dietitian