

Tips for Weight Regain after Bariatric Surgery

- 3 meals, 1-2 snacks
- Make time for meals/snacks
- Eat slowly, chew foods well
- Choose small portions (<1cup) of mostly solid foods
 - High fiber and high protein foods
- Avoid sticky, doughy, stringy, tough textures
- Choose calorie-free beverages and liquids
 - Avoid juice, Gatorade, sweet tea, soda, and alcoholic beverages
- Take all vitamin/mineral supplements
- Make time for activity every day
 - Can be several small bouts of activity or a longer period of time set aside (e.g.10 minute workout 4x/day or 40 minute workout 1x/day)
- Record what you eat and drink (helps with awareness)
- Monitor weight regularly (at least once per week)
- Attend all of your appointments (and a support group if able)
- See an outpatient Registered Dietitian -
Call Northridge Counseling Center: 434-243-4749

"Failure isn't fatal, only failure to get back up is."
-John C. Maxwell

*Remember: it's how you handle the mistakes that create your success.
We all slip up sometimes.
Instead of beating yourself up, look at it as a chance for improvement.*