

## **Adjustable Gastric Band Tips for Life-Long Success**

- **Eat only when you're hungry**, usually three small meals a day.
- **Don't snack, graze, or nibble between meals** – it can slow weight loss and cause you to regain weight.
- Make sure you **eat protein at every meal, and eat it first.**
- **Take small bites and chew well.**
- **As soon as you begin to feel full, stop eating.** Eating slowly will help you recognize the point of fullness.
- **Drink at least 48 to 64 ounces of low-calorie, non-carbonated, decaffeinated fluids** a day to stay hydrated.
- **No fluids 15 to 30 minutes before, during, or at least 30 minutes after a meal.**
- **Stay active.** Don't just limit calories – burn them!
- **Take your vitamins every day.** Because your meals are small, you aren't getting enough vitamins and minerals through food alone.
- **Follow-up with your surgeon** at least once a year after the first year.

***Try these additional lifestyle changes suggested by people who have successfully maintained weight loss after surgery.***

- Weigh yourself once a week.
- Avoid highly processed foods and limit sweets to special occasions.
- Eat fewer meals out, including fast foods.
- Train your mind and make plans to avoid situations that trigger unhealthy choices. Review what works; change what doesn't.
- Don't think of weekends and holidays as "days off." Follow your nutrition guidelines 24/7.
- Don't skip breakfast.
- Limit TV time.
- Keep a food, fluid, and exercise journal. You can also find free online tracking programs.
- Join a support group. Research shows that those who attend a support group tend to be more successful long-term.

Remember, surgery is just the beginning of your weight loss journey. Your success depends on your work and commitment to a healthy lifestyle. Call us if you have any questions. We are here for you every step of the way.