

# Weight Loss Surgery Lifelong Guidelines

*Follow-up 3 months after surgery*

## Lifelong Guidelines

After having weight loss surgery, you will need to make good food and physical activity choices every day. Following these guidelines will help you be successful after your surgery.

- Eat no more than 3 well-balanced meals each day.
  - Always eat protein foods first. Vegetables, fruit or both should be next.
  - You need to have at least 60 grams of protein each day.
  - Do not skip meals. This may cause overeating at your next meal.
  - Limit foods that are high in fat and sugar such as ice cream, fried foods, chips, croissants and high fat luncheon meats.
  - Aim for less than 7 grams of added sugar per serving.
- Do not snack unless you feel physically hungry.
  - A protein shake or a food high in protein may be appropriate. (You and your dietitian will talk about if this is right for you.)
- Stop eating when you feel satisfied.
  - In general, you will eat about ½ cup of food at each meal.
  - Measure your portions.
  - Continue to use small plates, bowls and utensils at mealtimes.
- Drink 64 ounces (8 cups) of liquids each day.
  - Do not drink beverages that are sweetened or high in calories.
  - You can have up to 2 cups of unsweetened milk. This includes soy milk, almond milk and ultra-filtered milk such as fairlife®.
  - Limit beverages that are carbonated.
  - Do not drink alcohol.
- Follow the 30/30 rule: Do not drink liquids 30 minutes before meals, while you are eating and 30 minutes after meals.
- Take small bites and eat slowly. Each meal should last about 20 to 30 minutes.
- Practice mindful eating. (Read more on pages 38 to 39 of your education book.)
- Get 30 minutes of physical activity each day.
- Practice self-monitoring. (Read more on page 117 of your education book.)

**(over)**

