

New Jersey Bariatric Center's Habits for Successful Weight Loss After Gastric Bypass, Lap Band and REALIZE Band Surgery

Portion Control

Understand the importance of satiety and listen to body's signals

- Learn the difference between Internal Cues vs. Learned Eating Cues
 - Internal Cues
 - Eating to survive
 - Sweet Cravings
 - Learned Eating Cues
 - Social Eating
 - Mood Eating
- Train yourself to eat only when internal cues signal you its time

Three Principles for Maintaining Satiety

1. Eat enough to fill pouch with each meal
2. Keep pouch filled longer by waiting 30 minutes to drink liquids
3. Add a protein to each meal

Adopt Good Habits

- Eat Only (No TV, work, etc)
- Eat Slowly
- Chew Well
- Don't Drink While Eating
- Use a Small Plate
- Measure Out your Food (4-6 oz first year, 6-8 oz after 1st year)
- Eat Protein First
- No Liquid Calories
- No Baby Foods
- No Blenderized Foods

Make Good Health Choices Everyday

- Power of Protein
 - Body digests it slower and it stays in system longer
- Value of Veggies
 - Try a new veggie weekly