



THE GOLDEN RULES

after bariatric surgery

The list below reviews the basics of eating well after surgery. Being intentional about WHAT, HOW, HOW OFTEN, and HOW MUCH you eat and drink are all important.

1. Have **3 meals + 2-3 snacks** every day.
2. Aim for around **1 cup at meals**.
3. **Eat slowly and chew** your food really well.
4. **Meet your protein goals** most days.
5. Have **fruit and vegetables daily**.
6. Choose **high fiber grain products** often.
7. **Avoid drinking and eating at the same time**. Stop drinking 15 minutes before eating and wait 30 minutes after eating.
8. **Avoid sugar-sweetened beverages and carbonated drinks**.
9. **Limit sweets and salty junk food**.
10. **Avoid eating for stress, anger, anxiety, etc. on a regular basis**. Find healthier ways to manage your emotions.
11. **Take your vitamins** every day.
12. **Plan for blood tests** at 3, 6, 9, 12 months after surgery and then annually.
13. **Exercise often**. Find activities that you enjoy.