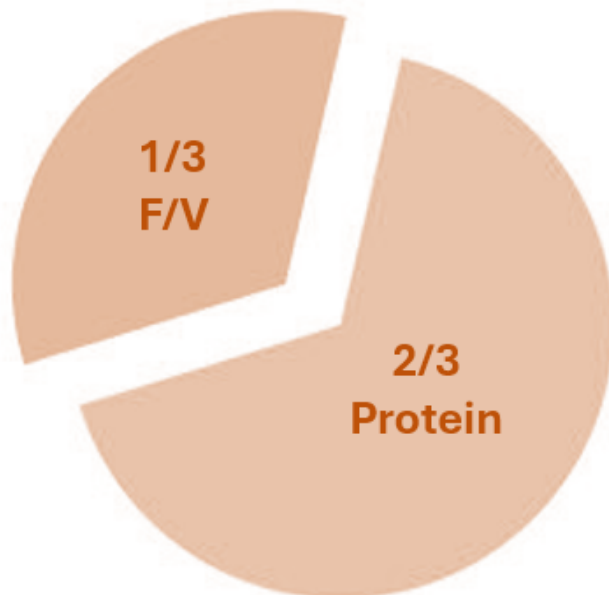


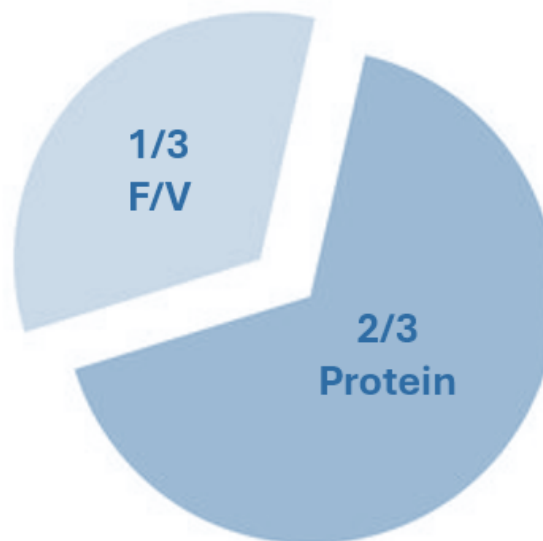
This is how to eat AFTER bariatric surgery!

- Most patients eat about 3/4 to 1 cup long term but it's variable
- Do not count protein grams
- Measure 4 meals per week until comfortably full
- Measure in cups, not ounces.
- Each meal should last 20-30 minutes
- The bigger part of each meal should be protein
 - Meat
 - Eggs
 - Fish
 - Seafood
- The smaller part of each meal should be fruit or veggie
- Avoid starches

1 cup of food



3/4 cup of food



1/2 cup of food

