

## GASTRIC BYPASS, ADJUSTABLE GASTRIC BAND, SLEEVE GASTRECTOMY, AND REVISIONS

### ONE YEAR GUIDELINES

Congratulations and Happy 1 year Anniversary!! Thinking back over the last year, I'm sure that you will agree that a lot has happened to you!! You have experienced a major life change!

We would like to, once again, review with you the guidelines for dietary intake and exercise. We would also like to encourage you to participate in our ongoing support group which meets on the last Wednesday of the month at 6 pm in the Conference Center at Silver Cross Hospital.

Your dietary guidelines are based on your current weight. If you have not yet reached your goal weight, please continue to eat 3-4 ounces of lean protein 3 times per day, for a total of at least 60 grams of protein per day. You may also eat non-starchy vegetables (**NO CORN, PEAS or POTATOES**), beans, legumes or fruits.

You may also add one (1/2cup) serving of complex carbohydrates daily. But if you still trying to reach your weight loss goal please add them sparingly.

Once you have reached your goal weight, you may start to add back all other food groups on occasion such as snacks, deserts, and alcohol. These foods should always be eaten after your protein and veggies are consumed. Snacks and dessert products should be eaten infrequently to avoid weight gain.

Remember if you have a restrictive procedure (band or sleeve), you need to EAT your calories – **NO LIQUID CALORIES SHOULD BE CONSUMED!!** Continue to drink at least 64 ounces of water and/or sugar free beverages. **Continue to take your vitamins daily for the rest of your life.**

If at any time, you find that your struggling with weight regain, **GO BACK TO THE BEGINNING, START WITH THE PROTEIN PREOP DIET FOR 2 WEEKS, THIS WILL DETOX YOUR BODY FROM CARBOHYDRATES AND SUGAR AND WILL KICK START SOME WEIGHT LOSS.**

Your exercise guidelines are also based on your current weight. If you have not yet reached your goal weight, please continue your cardiovascular exercise for 30 minutes at minimum 5 days a week. Also continue some method of strength training for 30 minutes at minimum 5 days a week. You should be stretching after you exercise, holding each stretch for 30 seconds.

You may participate in the exercise program down stairs in the Cardiopulmonary rehab department on Tues and Thursdays from 3-6pm and on Saturdays from 8am – noon. If you're interested, please contact BMI to schedule you for orientation.

**PLEASE LET US KNOW IF THERE IS ANYTHING THAT WE CAN DO FOR YOU!**

**ALSO DON'T FORGET YOU NEED TO FOLLOW UP AT LEAST ONCE A YEAR FOR LIFE! ACCOUNTABILITY IS EVERYTHING.**