



OxBariatric

## **Ten Top Tips for Long-Term Success following Bariatric Surgery**

- 1. Eat three small meals per day:** try to avoid any increase in portion size
- 2. Quality over Quantity:** choose great tasting food in small servings
- 3. Avoid snacking between meals:** if you feel hungry, start by having a drink, followed by a piece of fruit (if you are still feeling hungry)
- 4. Eat slowly:** take small mouthfuls at a time and chew well. Try to avoid distractions at mealtimes and put cutlery down between mouthfuls
- 5. Avoid eating until you are “full”:** stretching of the stomach pouch or sleeve can lead to weight regain
- 6. Avoid drinking with meals:** and wait at least 30 minutes following a meal before you have a drink



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- 7. Avoid all fizzy drinks:** diet or light fizzy drinks should also be avoided
  
- 8. Keep active:** make exercise a regular part of your day. Choose a walk at lunchtime, get off the bus a stop early or park further away from work. **Exercise must continue long beyond the weight loss stage**
  
- 9. Vitamin and Mineral Supplements:** are essential following bariatric surgery. **Take them regularly to maintain good health**
  
- 10. Changes for life:** make all dietary and lifestyle changes for life