



One Month Highlight Sheet

1. Medications:

Once you can tolerate regular foods, you no longer have to crush your medications and you can switch to a capsule version of a quality bariatric vitamin and calcium citrate.

2. Vitamins:

The brands we recommend for vitamins are Celebrate, Opurity, Bariatric Advantage, ProCare Health and Fusion. Even if you haven't been able to tolerate the chewable bariatric multivitamins, you may be able to tolerate the capsule, powder or soft chew versions.

3. Snacks:

Remove this word from your vocabulary. Most snacks are not wholesome, healthy foods. If you used to snack on granola bars and chips, how different is it to snack on protein bars and pork skins? Answer: it's not. A granola bar and 15 potato chips are 350 calories; a protein bar and 15 pork rinds are 310 calories. Snacking will decrease your weight loss and will lead to grazing and weight regain over time. Our patients who started snacking want you to know that they regret it!

4. Fluid Time :

At this point, you will not be able to meet your protein needs from your meals alone and you may not be reaching your fluid goals. Fluid Time will help you achieve these goals. Between meals, drink protein shakes/ protein waters/protein soups to achieve protein recommendations and drink water, Crystal Light, Powerade Zero, decaf unsweet tea, etc. to achieve water goals.

5. Carbohydrates:

Over the next five months, you can slowly increase your carbohydrate intake to up to 50 grams per day, HOWEVER, be mindful of the following: 1) Make sure the carbs you choose are from the fruit and starch lists on the meal planning worksheet; 2) Keep tracking. If increasing your carbs causes your protein to decrease, you are eating too many carbs; 3) If your weight loss slows or you start to gain weight, you are eating too many carbs.

6. Boredom:

Don't let yourself get bored with your foods. Boredom leads to grazing and return to former eating habits. If you eat what you used to eat, you'll weigh what you used to weigh. Try new foods and recipes. Use our social media forums for ideas and recipes. Our Facebook page is Alabama Surgical Associates. Our Instagram page is ALWeightLossCenter.