



## **Three Month Highlight Sheet**

### **1. Information from Support Groups, Blogs and Friends:**

Wow! There is a lot of information out there from all kinds of sources. Good information is great! Bad information can sabotage your weight loss efforts. If you have questions about anything you read or hear, please email us. \*If it sounds too good to be, it probably is!\* ([troberts@lapbariatrics.com](mailto:troberts@lapbariatrics.com) and [tara@lapbariatrics.com](mailto:tara@lapbariatrics.com))

### **2. High Protein Versions of Foods:**

Many food companies offer higher protein versions of their foods in stores and on-line. To judge if an item is a good choice, look at the food as a whole, not just at its protein content. Is it processed? Is it made from white flour? Will it help your weight loss efforts or sabotage them?

### **3. 4 Habits That Will Slow Your Weight Loss:**

Patients often ask us how many calories they should be eating. We place more importance on protein and carb intake rather than calories unless your weight loss stalls or weight gain occurs. In cases of weight stalls or gains, there are usually 4 culprits: Eating more than 2 tablespoons of nuts a day, eating peanut butter, grazing, and return to former foods and drinks.

### **4. 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.

### **5. Making Your Family More Healthy :**

Let your new healthier habits transfer to your family. It's OK to buy them healthy snacks and cook them healthy meals. This is your chance to change the next generation.

### **6. Carbohydrates:**

Over the next three 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 add 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.

### **7. The Keto Diet:**

The post-surgery meal plan is a modified keto diet. The post-surgery plan is similar to the keto plan in protein and carbs, but it is lower in fat. The fat content of a traditional keto plan will cause slow weight loss or weight gain in a post-surgery patient. In other words, don't use it!