

# **SUMMARY: Tips for Successful Weight Loss**

## **1. The adjustable gastric band is a purely restrictive procedure**

- A silicon band is placed around the upper part of the stomach and portions your stomach into the top portion (your pouch), and the rest of your stomach below
- The size of the stoma (the opening between pouch and stomach) is adjusted through the addition or removal of saline through the access port to the band
- As saline is added (in cc's), the stoma gets smaller, and the passage of food is reduced, and restriction is increased
- Weight loss occurs when you eat less total calories and the band helps curb hunger while eating less

## **2. Textures of foods**

- Beverages and liquidy foods will always pass more rapidly through the band than solid food will
- Success with the band occurs when liquid calories are limited. Examples include: sugary drinks, juice, alcohol, soups, ice cream, dips, dressing, milkshakes, protein shakes, milk, thin yogurt, etc.
- You should avoid these foods because of their texture, not because they are “unhealthy”
- In the first month after surgery, calorie-containing liquids were encouraged for your band to heal, but after about 1 month, these foods are not recommended
- There is such a thing as being too tight. When you can only tolerate “slippery foods” because more solid foods cause pain or vomiting, you may be too tight and you may need some fluid taken out of your band. Having a band that is too tight can impede weight loss.

## **3. Satiation**

- Your sense of fullness or satiety is different from before you had a band. It is a sense of being satisfied by the amount of food you have eaten

- The awareness of “enough” tends to happen slowly, so you must chew slowly and eat slowly so you learn how to determine when you are full
- You may notice a feeling of chest tightness below the breastbone, or inability to take another bite
- Learn what your personal signals for ‘full’ are, and don’t eat one more bite
- Use a small plate, small utensils, stop after each bite to chew and put your fork down, serve yourself a small portion, and try to leave food on the plate

#### **4. Fluids**

- In general, adults need about 64 ounces per day; more when you are outside or exercising
- Stick to calorie-free beverages like water, unsweet tea or coffee, crystal light or other non-calorie, non-carbonated drinks
- Don’t drink fluids right after eating meals. Wait 30-60 minutes after eating before starting to drink (drinking too soon after meals pushes food through the band too quickly)

#### **5. Meals**

- The band is designed to curb hunger in between mealtimes, so strive to get in all of your food groups into 3 small, well planned out meals
- Focus on nutritious foods: lean proteins (lean meats, fish, eggs, low fat dairy, beans, nuts), whole fruits and vegetables, and whole grains
- Plan to have protein (lean meats, low fat dairy) and fiber (whole grains, fruit, veggies) with each meal to keep you feeling fuller, longer

#### **6. Exercise!**

- Aim for at least 30 minutes every day!
- Find something you enjoy
- Vary what you do for activity
- Continue to challenge yourself by going farther, longer, and faster!