

ADDITIONAL INFORMATION

Web Sites:

<http://www.obesityhelpiowa.com/>
<http://www.obesityhelp.com/>
<http://www.lapband.com>

Useful Books:

Laparoscopic Adjustable Gastric Banding by Jessie H. Ahroni, Ph.D., ARNP

Before and After: Living and Eating Well After Weight Loss Surgery (gastric bypass) by Susan Maria Leach. For free web site recipes, go to <http://www.bariatriceating.com>

Weight Loss Surgery For Dummies by Marina S. Kurian

Recipe Books:

Receipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You (Health Living Cookbooks) (Paperback) by Margaret Furtado, Lynette Schultz

Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat, High Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery (Paperback) by Patt Levine, Michele Bontmpo-Saray, William B. Inabnet (Foreword), Meredith Urban-Skuros.

Culinary Classics: Essentails of Cooking for the Gastric Bypass Patient (Paperback) by David Fouts (Author). Web site: <http://www.chefdave.org>

Food and Weight Tracking Web Sites:

<http://www.fitday.com>
<http://www.mypyramid.gov>
<http://www.lapband.com>

Important Rules

1. Eat only four small meals of 1/2 to a maximum of 1 cup food per meal. Do not eat between meals.
2. Stop eating as soon as you begin to feel full.
3. Eat slowly and chew foods thoroughly.
4. Eat only good quality food.
5. Avoid fibrous foods - skins of fruits and vegetables.
6. Do not drink liquids 30 minutes before or during a meal. Wait one hour after a meal to start drinking.
7. Drink enough fluids during the day. Goal is 8 - 9 cups (64 - 72 ounces) minimum.
8. Drink only low-calorie liquid beverages.
9. Exercise at least 30 minutes each day.
10. Take chewable multivitamin and mineral supplements daily.



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