ARCH BARIATRICS

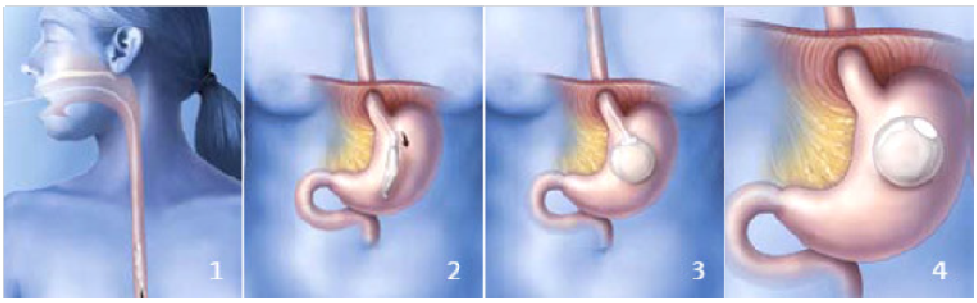
Nutrition Guidelines for ORBERA™ Intragastric Balloon

If you have any questions or concerns about these guidelines, please contact our office at (314)6901527

What is the Intragastric Balloon?

- The intragastric balloon is a soft, silicone sack about the size of a large grapefruit which is filled with saline. It sits in the top of the stomach and helps to limit the amount of food you can eat by making you feel full.

- It is inserted by an endoscopic procedure performed under sedation or light general anesthetic, normally as a day case procedure. This means no incisions are necessary. The balloon is passed through your mouth and down into your stomach using an endoscope (a thin, flexible tube that has a light and a camera on one end). The procedure typically takes about 20-30 minutes so you can go home the very same day.



- The first few days following insertion of the intragastric balloon can be challenging. As the stomach adjusts to the balloon you will almost certainly feel uncomfortable, and experiences of nausea, vomiting, and cramping are common. These side effects are temporary and normal. You will be prescribed medication to help manage them.
- The balloon needs to be removed after 6 months. Any time that the balloon is in the stomach for longer than 6 months puts you at risk for complications, such as bowel obstruction, which can be fatal.
- A few people do not tolerate the balloon very well and may need to have it removed early, but most people do very well and will lose between 20-30% of their excess weight over the 6 month period.
- To receive ORBERA™ you must be willing to also follow a 12-month managed weight loss program, beginning with the placement of ORBERA™ and continuing for 12 months after, that includes a healthy diet and exercise plan. If the diet and exercise program is not followed, you will not experience significant weight loss results; in fact, you may not experience any weight loss.
- Losing weight and keeping it off is not easy, so you will be supervised throughout this program by the physicians, and dietitian in our office. Our team will help you make and maintain major changes in your eating and exercise habits.

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Behavior Modifications

Dietary Behavior Recommendations for Gastric Balloon		
Recommendation	Examples and Tips	Explanation
Use mindful eating techniques	- Sit down and focus on eating. - Avoid activities while eating where you can become distracted. (i.e. reading, TV, phone, computer). - Savor each bite, noting its aroma, flavor and texture.	- Eating while distracted has been shown to increase calorie consumption and may lead to stomach irritation and discomfort.
Eat slowly	- Take at least 20 minutes to consume. - Put your fork down between bites. - Using infant utensils or chop sticks may help.	- Eating too quickly may cause severe stomach discomfort, pain, nausea, and vomiting.
Chew food thoroughly	- Chew food until the texture is soft (toothpaste consistency) and food is easily swallowed. - Start with smaller bites. - Cut food into tiny pieces or take tiny bites (i.e. pencil eraser-size). - Chew each bite approximately 20 times or until soft texture.	- Swallowing large bites of food may lead to stomach discomfort, pain, Nausea, and vomiting because of reduced stomach size and acids available for digestion.
Stop eating when you feel full or comfortably satisfied	- Sit down and focus on eating. - Avoid activities while eating where you can become distracted. (i.e. reading, TV, phone, computer). -- Resist the urge to “clean” your plate.	It is important to eat slowly in order to recognize your feeling of fullness and prevent intolerance. When you feel a pressure in your upper stomach area, this is your new full feeling. If you experience pain, you probably took one too many bites, or perhaps ate too quickly.
Eat adequate protein daily - at least 60-80 grams of protein each day	- Eat protein with each meal (15-30g) - Eat protein foods first. Take 2-3 bites of protein followed by a bite of vegetable or fruit and then a bite of starch/grain.	The body needs additional protein during the period of rapid weight loss to maintain your muscle mass. Protein is also required for your metabolism to occur. If you don’t provide enough protein in your diet, the body will take its protein from your muscles and you can become frail.
Drink at least 64 oz. of fluids a day	- Water is a great beverage choice! - Wean off of beverages containing carbonation, caffeine, sugar and alcohol. - When you return home after the procedure it may seem difficult to get fluids in initially. - Aim for 4-8 oz. of fluid over an hour. - Eventually you should be able to take 8 oz. of fluid over 5-15 minutes.	Drink adequate amounts of fluids to prevent dehydration. Increase your fluid intake if any of the following signs are present: decreased or dark urine, dry skin, headache, dizziness, lethargy, a white coating on the tongue.

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Behavior Modifications

Dietary Behavior Recommendations for Gastric Balloon		
Recommendation	Examples and Tips	Explanation
Sip beverages slowly and drink between meals (not with)	- Try using cups or bottles that have small openings to slow down your rate of drinking. - Avoid straws as they may introduce air into your stomach, and cause discomfort. - Stop drinking 30 minutes before meals. - Slowly sip a glass of water 20-30 minutes after meals as tolerated. This will rinse the balloon, and help prevent unpleasant burps caused by food sticking to the balloon. - Keep fluids with you all day long and keep sipping between meals. - “Baby-sips,” no gulp, guzzle or chug.	Drinking while eating can cause the size of the food in the stomach to greatly increase in volume, thus reducing your ability to consume adequate portions of food compromising your nutrition. Drinking too quickly, gulping and/or drinking too soon after eating solid food may cause pain and discomfort.
Avoid carbonated beverages	- Soda water - Seltzer - Regular or diet soda - Spritzers - Beer - Champagne	The carbon dioxide used to carbonate beverages has been found to exacerbate gastrointestinal pressure and discomfort in some patients.
Avoid sugar-sweetened beverages and concentrated sweets or high sugar foods	- Avoid beverage or food with 10 g or more of sugar per serving - Try beverages sweetened with artificial or non-nutritive sweeteners. Avoid: - Soda, Undiluted juice - Regular Lemonade, Sweet tea - Candy, Cake, Cookies, Desserts - Pies, Chocolates, Sweets	- Sugar in beverages and foods provide large amounts of empty calories, hindering weight loss and blood sugar control.
Avoid high-fat foods	Avoid: - Fried foods, Greasy foods - Processed snack foods - High-fat meats - Whole milk, butter, cheese, or cream. Try reduced fat options.	- High-fat foods contribute with large amount of empty calories hindering weight loss.
Limit caffeine intake	- Black coffee or tea - Limit caffeine to 100 mg a day (two 8 oz cup/day of coffee or four 8 oz cup/day of tea) - Switch to decaffeinated coffee and tea.	- Excessive caffeine intake decreases absorption of vitamins and minerals, and increases resting blood pressure. - Excessive caffeine intake may irritate the stomach and increase your risk for an ulcer. - Excessive caffeine intake may contribute to dehydration.

Behavior Modifications

Dietary Behavior Recommendations for Gastric Balloon		
Recommendation	Examples and Tips	Explanation
Limit alcohol intake	- Avoid any alcoholic beverages during the first month after procedure. - We recommend that you drink no more than one unit a day if you are going to drink alcohol after surgery. • One unit is approximately: ½ pint of beer or cider (choose a non-fizzy type) 1 small (125ml) glass of wine 1 pub measure (25ml) spirit/ liquor	- Excessive alcohol intake decreases absorption of nutrients. - Alcoholic beverages provide large amounts of empty calories, hindering weight loss. - Alcohol may contribute to dehydration.
Include at least 150 minutes of physical activity a week	The American College of Sports Medicine recommends: - 30-60 minutes of moderate aerobic activity at least 5 days a week. - Strength training 2-3 days a week. - One continuous session or multiple shorter sessions of exercise can achieve the same goal. - Use a variety of exercises and equipment to work each major muscle group. - Before beginning any exercise routine, please consult with your doctor to make sure it is safe for you to exercise.	Exercise is recommended as a life-long habit and is known to improve over-all health, mood and sense of well-being as well as maximize weight loss. And, a more toned body can help reduce excess skin after weight loss.
Establish support	- Involve family and friends in appointments before and after procedure. They can provide encouragement and help you achieve your goals for a healthier lifestyle. - Multiple studies show Support Group attendance after weight loss is associated with greater weight loss. - Remember to see health care providers regularly.	Social support is associated with increased weight loss after weight loss surgery.
Avoid "last supper" eating (that "last hurrah" before your procedure)	Avoid the mindset that you will not be able to eat the foods you like after the procedure. This program is not intended to deprive you of the foods you need and like, but to help you create a healthy and balanced relationship with food.	

Vitamin & Mineral Supplements

After the intragastric gastric balloon is placed, it is important to be taking vitamin and mineral supplements because your small portions do not allow you to get all the nutrients you need just from food. It is essential to choose high-quality, high-potency vitamins that will be most appropriate for helping you meet your needs during the time you have the balloon. Many people find they tolerate their vitamin and mineral supplements if they take them with meals, rather than on an empty stomach. This is not required, but suggested for your comfort.

All vitamin and mineral supplements should be chewable , liquid or dissolvable throughout the 6 months you have the balloon!

- **Multivitamin**

  - You will need to take 1 chewable, liquid or dissolvable multivitamin per day.

  - We recommend the Celebrate brand.

- **Calcium with Vitamin D**

  - We recommend Celebrate calcium.

  - You need to take 2 per day and these must each be taken two or more hours apart. You can only absorb approximately 500 mg calcium at one time, so each 500 mg chew has to be taken separately.

***Sample Supplement Plan:**

Take 1 calcium chew with breakfast.

Take 1 calcium chew with lunch.

Take 1 chewable multivitamin with dinner.

*Please note that this plan is just a suggestion. Other variations of this plan are possible and may work better with your lifestyle. Please discuss any concerns about when you should take your vitamins with your dietitian.

Protein Foods & Supplements

Protein is found in many foods including both animal (meat, poultry, seafood, eggs) and plant products (bean, peas, nuts, seeds, soy products). After a bariatric procedure, protein needs are especially important. Your body needs additional protein during the period of rapid weight loss in order to maintain your muscle mass. Protein also plays a vital role in metabolism. Protein is not stored in the body therefore you must eat an adequate amount daily.

Your protein goal is 60-80 grams of protein each day.

Meat, Poultry, Seafood, Eggs	
1 oz. chicken/turkey/fish	7 grams
1 oz. seafood	7 grams
1 oz. beef/steak/pork	7 grams
1 oz. ham	7 grams
1 large egg	6-7 grams
¼ cup (2 oz.) egg substitute	6-7 grams

Low Fat Dairy Products	
1 cup (8 oz.) skim or 1% milk	8 grams
¼ cup cottage cheese	7 grams
1 oz. soft cheese (Mozzarella, Brie)	6 grams
1 oz. medium cheese (Cheddar, Swiss)	7 grams
1 oz. hard cheese (Parmesan)	10 grams
½ cup sugar free pudding	4 grams
½ cup low-fat yogurt	4 grams
¾ cup Greek yogurt (6 oz.)	13-18 grams

Beans and Soy Products	
2 oz. hummus	4 grams
½ cup kidney/refried beans	7 grams
½ cup black beans	10 grams
½ cup lima beans	5-6 grams
¼ cup lentils	12 grams
¼ cup textured soy protein (TSP)	5-6 grams
½ cup tofu	10 grams
1 oz. soy protein isolate	20 grams
½ cup soy milk	7 grams
1 oz. soy cheese	2 grams
¼ cup edamame (soy beans)	4 grams

Nuts and Seeds	
1 Tbsp. peanut butter	4 grams
¼ cup peanuts	8 grams
¼ cup almonds	8 grams
¼ cup cashews	5 grams
¼ cup soy nuts	15 grams
¼ cup sunflower seeds	5 grams
¼ cup flaxseeds	8 grams
¼ cup pumpkin seeds	19 grams

Limit portions of nut butters, nuts and seeds because these are higher calorie foods.

Protein Foods & Supplements

Protein supplements are a good way to get the protein your body needs right after surgery. It is recommended to reduce the use of protein supplements after the first couple of weeks. Protein from foods sources provide a lot more vitamins and minerals and keep you fuller longer than protein supplements will.

Protein Water

Protein water is water that has been infused with whey protein isolates.

Typically, a 16-oz. bottle of protein water will contain between 60 and 90 calories and 15 and 20 grams of protein.

Examples:

Premier Protein Clear Drink

Protein2O

Isopure Zero Carb Protein Drink

Cytosport Whey Isolate Protein Drink

Bariatric Choice Protein Drink Concentrate

Designer Whey Protein 2Go Drink Mix

Bariatric Pal Fruit Drink

Bariwise Fruit Protein Drink

Protein Shakes

Quick Guide to choosing protein shakes:

- **200 calories or less**
- **5 grams of fat or less**
- **10 grams of carbs or less**
- **5 grams of sugar or less**
- **AT LEAST 20 grams of protein**

Examples:

Premier Protein

Pure Protein

Ensure Max Protein

Adkins Plus Protein

Muscle Milk (100 calorie)

Muscle Milk (Genuine)

Muscle Milk (Light)

Muscle Milk (ProSeries)

FairLife (Core Power)

FairLife (Nutrition Plan)

Equate High Performance Protein Shake

Protein shakes can be helpful for meeting protein needs during the first weeks after placement of the balloon, but should not be continued long-term. **these should be stopped after the first or second week after the balloon placement.**

Preparing for the Procedure

You will need to be on a clear liquid diet for **TWO DAYS** before your procedure. The types of fluid you can consume include:

- Protein Water (Premier Protein Clear Drink, Protein$_2$o, Isopure Zero Carb Protein Drink)
- Water
- Ice chips/cubes
- Sugar-free drinks, like Sugar-Free Kool-Aid, Crystal Light, MIO
- Gatorade Zero or Powerade Zero
- Broths or bouillon
- Sugar-free popsicles
- Coffee and tea with artificial sweeteners (no milk, cream, sugar or honey)
- Fruit2O Flavored Water, Dasani Flavored Water, Propel Zero Fitness Water, Vitamin Water Zero,
- Sugar-free Jell-O, any flavor
- Diet sodas
- Sugar-free gum

***DO NOT HAVE ANYTHING TO EAT OR DRINK 12 HOURS BEFORE YOUR APPOINTMENT**. If you have food in your stomach, you will have to wait until you can go 12 hours without food or drink. Ask your doctor about how to take medications during that time period.

Other things to consider:

• You will not be able to drive on the day of the procedure so you will need someone to accompany you to and from the hospital.

• Someone will need to stay with you for the first 24 after the balloon has been inserted.

First 24 Hours: Clear Liquids

Acceptable liquids during the first 24 hours after balloon placement include:

- Protein Water (Premier Protein Clear Drink, Protein$_2$o, Isopure Zero Carb Protein Drink)
- Water
- Ice chips/cubes
- Sugar-free drinks, like Sugar-Free Kool-Aid, Crystal Light, MIO
- Gatorade Zero or Powerade Zero
- Broths or bouillon
- Sugar-free popsicles
- Coffee and tea with artificial sweeteners (no milk, cream, sugar or honey)
- Fruit2O Flavored Water, Dasani Flavored Water, Propel Zero Fitness Water, Vitamin Water Zero,
- Sugar-free Jell-O, any flavor

****Drink at least 8 cups or 64 oz. of liquid per day.** Drinking liquids keeps you from becoming dehydrated and constipated.

Drink only 1/3 cup at a time, and increase amount as tolerated.

Remember:

- NO carbonated beverages, NO alcohol, NO gum, and NO drinking with straws!
- Drink liquids slowly with "baby-sips", never gulp, guzzle or chug. Wait a minute or two between sips.
- Sit upright for 3 to 4 hours after drinking. If resting, use a recliner rather than lying flat.

- Your doctor may give you medicine for pain, stomach cramps, nausea, and stomach acid. Have prescriptions filled before you get home. Follow all doctors' orders for taking medicines.

- **DO NOT drive, use machinery or power tools, or make important decisions for 24 hours.** You will have had sedation and your judgment will be affected without you knowing it. You may have accidents and make mistakes.

Day 2 to 4: Full Liquids

For the next 3 days you should follow a full liquids diet, this will help you adjust to the balloon, prevent dehydration and keep your energy levels up. You should avoid solid foods at this stage as they may cause nausea or vomiting. Shortly after insertion of the balloon you will be instructed to sip water. If that is tolerated you can progress onto free fluids.

Acceptable full liquids include:

- All clear liquids
- Protein shakes
- Skim milk
- Sugar-free hot chocolate
- Cream soups with NO chunks or particles
- THINLY cooked Cream of Wheat, Malt-O-Meal or grits
- Applesauce with no particles, and with no sugar added
- Sugar-free pudding
- Sugar-free fudgesicles
- Vegetable juices, such as tomato and sugar-free V-8 Splash®
- Low-fat smooth and creamy yogurt, with no fruit pieces or sugar added

Start taking your daily chewable, liquid or dissolvable vitamin and mineral supplements (menstruating females should take multivitamin that contains iron). Your regular medications should be taken as directed by your doctor.

EXERCISE! Try to start walking. You may need to start with w 3 ten minute walks daily, 150 minutes every week minimum. No lifting over 20 lbs. or vigorous activity for 72 hours (3 days) after the balloon is placed.

Eventually you should be doing about **30 minutes of exercise, 5 days per week.**

**If you fail to do sustained exercise to increase your heart rate, you will never improve your metabolic rate. If your metabolic rate does not improve, then you will probably not burn enough calories to lose weight.

Day 5 to 10: Soft Foods

So far so good, you can now progress to soft foods as tolerated. You can introduce blended/soft foods into your diet in very small portions. Don't wait to become hungry, small frequent meals are better than a single large dinner. Using a salad plate or a tea plate instead of a dinner plate can be helpful to help monitor your portion sizes. For the moment avoid hard foods that need a lot of chewing, also avoid heavily seasoned or spicy foods and strong (regular) teas or coffee. These foods can cause heart-burn.

Acceptable soft foods include:

- Hot cereal, like grits, oatmeal, cream of wheat
- Mashed potatoes made with skim milk
- Low-fat or fat-free cottage cheese
- Pureed foods
- Scrambled eggs
- Canned tuna/chicken mixed with light mayonnaise
- Low-fat crackers like saltines and graham crackers
- Peanut butter with no sugar added
- Low-sugar and low-fiber cereals with skim milk, like Cheerios®, Rice Krispies® and corn flakes
- Canned fruits (in juice or water), melons, ripe bananas
- Canned vegetables or tender cooked vegetables (no peels/seeds)
- Beans and lentils; Tofu and soy products

Aim to have 3 small meals a day with a protein source for your first few bites. Take small bites, chew food the consistency of toothpaste, and eat slowly!

Pay close attention to how you feel before, during, and after meals. Stop eating as soon as you feel full or have any discomfort at the breastbone (front center of the chest). This means that you may not need to eat everything on your plate. **WARNING:** If you ignore these feelings, you may have weight gain, heartburn, vomiting, or pain.

Soft Foods

These menus are just examples of what your meals might look like. You do not need to follow these plans exactly, but you do need to stick with eating only approved foods listed on the previous page.

7:00 am	½ cup Activia yogurt
8:00 am	1 cup water 1 chewable calcium with vitamin D
10:00 am	1 cup Crystal Light
12:00 pm	3 oz. meatless chili 1 chewable multivitamin
1:00 pm	1 cup water
2:00 pm	1 cup skim milk
4:00 pm	1 cup protein water 1 chewable calcium with vitamin D
5:00 pm	¼ cup scrambled egg ¼ cup fat-free cottage cheese
6:00 pm	1 cup water
7:00 pm	1 cup skim milk
8:00 pm	1 cup Alpine Sugar-Free Spiced Apple Cider

8:00 am	¼ cup low-fat cottage cheese ¼ cup diced peaches
9:00 am	1 cup skim milk
10:00 am	1 cup water
12:00 pm	½ cup canned tuna mixed with 1 Tablespoon low-fat mayonnaise 1 chewable multivitamin
1:00 pm	1 cup Crystal Light 1 chewable calcium with vitamin D
3:00 pm	1 cup protein water
4:00 pm	1 cup skim milk 1 chewable calcium with vitamin D
5:00 pm	1/2 cup Chobani Greek yogurt ¼ cup diced pears
6:00 pm	1 cup water
7:00 pm	1 cup sugar-free Kool-Aid

Day 10 and Beyond: Healthy Regular Diet

- If you are tolerating soft food and fluids well, then you can return to a normal textured diet. **MOST** foods are allowed on the diet at this time. You may try most foods, but most patients will have difficulty with one or more types of food. Some people report problems with tough meat and bread - meat is better tolerated when cooked until really tender and bread is often better tolerated as toast.

- You can try carbonated sugar-free drinks, but you may have gas pains since you cannot burp normally.

- You can have alcoholic beverages in moderation after 1 month, but remember that alcohol is very high in calories and it is not encouraged.

- STOP drinking protein drinks if you have not already.

- NO PASTA as it has a tendency to stick to the balloon and can cause very unpleasant 'burps'.

- Avoid high fat, high calorie foods, snacks and drinks as these will not assist with weight loss.

- If you have trouble with persistent nausea or vomiting after eating then it is advisable to return to a liquid or soft diet for a few meals rather than missing a meal completely.

- A successful weight loss depends on following a balanced diet. If you choose to eat foods or drinks high in calories frequently, your calorie intake may still exceed your energy expenditure and you will not lose weight.

Note: Focus carefully while eating. Many patients have to eat alone at first, otherwise they will talk during a meal and not pay attention— they will return to old habits of large bites, not chewing, drinking with meals, and eating too fast. If you eat too fast, take too large a bite, not chew thoroughly, or eat too much, you may develop severe pain in the chest or below the rib cage. This pain is from increased pressure in your stomach. The pain will last up to an hour and vomiting often occurs.

Be sure to get 150 minutes of exercise each week. There are only TWO types of patients: those who exercise and those who find excuses (long work hours, cold weather, kid's schedules, etc.)

A Healthy Diet

There are five main food groups and a healthy diet comprises a mix of them:

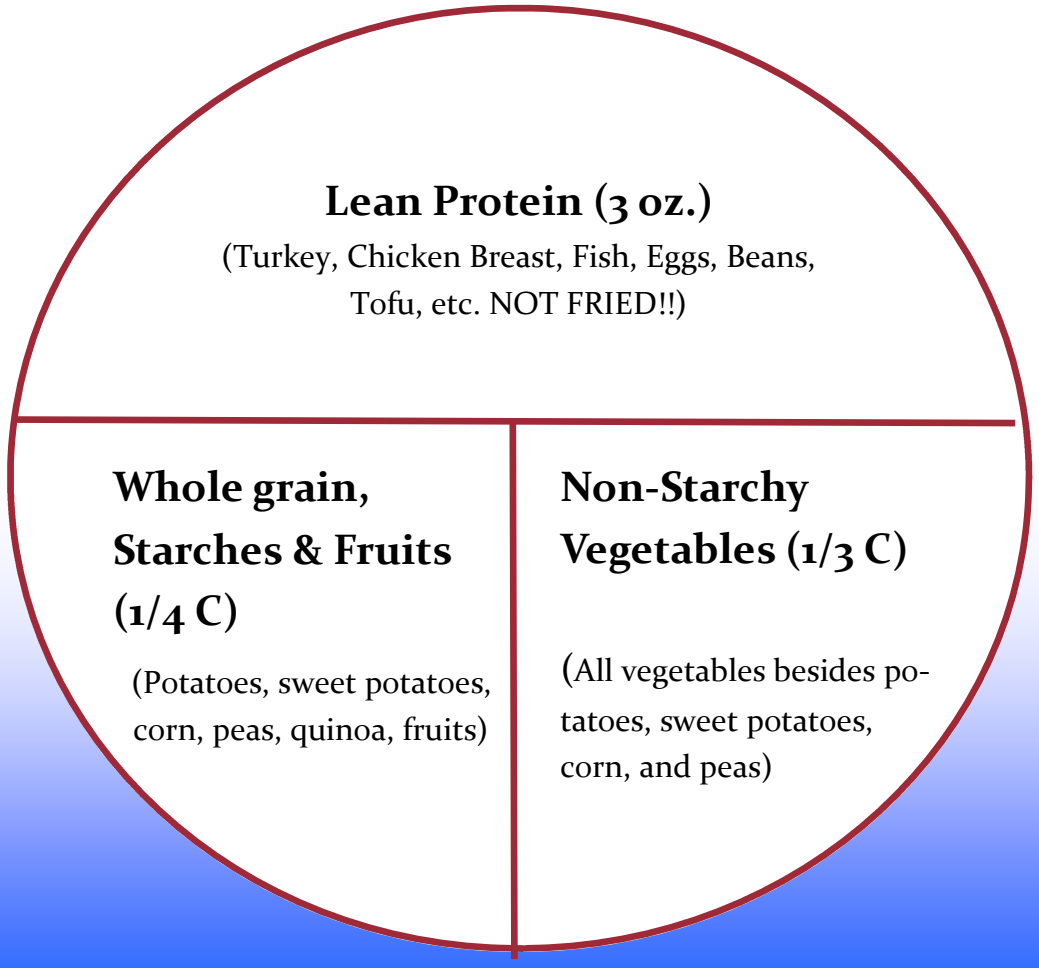
Protein foods – such as meat, fish, eggs, beans – include 2-3 portions per day. You must be particularly careful to chew meat, chicken and fish thoroughly before you swallow – the recommended bite size is the size of a 20p piece. Eat the protein part of your meal first.

Milk and dairy – choose low-fat cheese and limit amount to 30-60g (1-2 oz.). Choose skimmed milk and low fat yogurt varieties.

Fruit and vegetables – try to have 4-5 servings per day. Avoid fruit juices.

Carbohydrates – starchy vegetables (potatoes, corn, peas) and whole grains (oatmeal, quinoa). One small portion at each meal will be fine.

Fatty and sugary foods – use a small amount of vegetable oil for cooking and replace puddings with a low fat yoghurt or stewed fruit.



Meal Plans
(65 grams of protein)

Drinks:	1 cup coffee, Splenda 8 ounces skim milk
Breakfast	1 hard boiled egg 1 medium banana
Drinks:	1 bottle PowerAde Zero
Lunch:	1 Healthy Choice Country Herb Chicken frozen meal
Drinks:	16 oz. water 8 oz. skim milk
Dinner:	3 oz. roasted turkey breast 1/4 cup green beans 1/4 cup mashed potatoes
Drinks	16 ounces water

Drinks	8 oz. skim milk
Breakfast	1 Quaker Weight Control Oatmeal 2/3 cup hot milk (to make oatmeal)
Drinks	16 oz. water
Lunch	Hormel Turkey Chili with Beans 1 medium pear 1 oz. trail mix
Drinks	16 oz. water 8 oz. unsweetened tea
Dinner	3 oz. grilled chicken breast 1/4 baked sweet potato with 1 tsp. margarine, Splenda and cinnamon to taste 1/4 cup cooked broccoli
Drinks	16 ounces water

Drinks	8 ounces hot tea with Splenda
Breakfast	1 container plain Oikos Greek yogurt 2 tsp. honey 1/4 cup blueberries 1/4 cup granola
Drinks	16 ounces Crystal Light
Lunch	Tyson Premium Chunk Chicken Salad Kit 1 peach 1 low-fat string cheese
Drinks	16 ounces water 16 ounces Dasani flavored water
Dinner	3 oz. broiled salmon 1/4 cup green beans 1/2 cup mashed sweet potatoes
Drinks	8 ounces skim milk

Drinks	1 cup coffee 8 ounces skim milk
Break-fast	2 eggs, scrambled with 1/8 cup shredded reduced fat Cheddar cheese 1/2 banana
Drinks	16 ounces water
Lunch	6 Club crackers 2 oz. deli turkey 1 slice reduced fat cheddar Cheese 1/4 cup canned peaches
Drinks	16 ounces Sugar-Free Kool-Aid
Dinner	3 oz. grilled turkey burger 1/4 cup cooked spinach 1/4 cup baked beans
Drinks	8 ounces water

Support

- It is important to view the balloon as a tool to aid successful weight loss. If you do not begin addressing any underlying issues relating to your eating habits and work towards making permanent lifestyle changes you are unlikely to be as successful and any weight loss achieved may not be permanent.
- After the balloon removal you must continue to follow the changes you have made to avoid weight regain.

- The dietitian is available to help you with all of your diet and nutrition-related questions.

  Phone: **314-690-2155**

  Email: **jessicafox@archabariatrics.com**

- There are many bariatric support groups available.
- Arch Bariatrics has a Facebook page, where we post fitness, nutrition and other useful information. “Like” us at https://www.facebook.com/ARCHBARIATRICS

Recipe Websites

There are many websites where you can find healthy recipes. Only a few are tailored to people that have had bariatric surgery, but with a few modifications, many healthy recipes can work for you.

- www.cookinglight.com
- www.eatbetterearly.com
- www.livebetteramerica.com
- www.eatingwell.com
- http://www.bariatriceating.com/category/wls-friendly-recipes/