

Now is the Time...

...to start preparing for the nutritional changes that surgery will bring. Making the following adjustments to your eating habits before surgery leads to great success after surgery!

Making Changes Before Surgery

- Drink fluids between meals, not with meals
- Practice sipping fluids
- Take smaller bites
- Chew foods to a paste-like consistency
- Don't skip meals
- Stay away from grazing
- Eat more fruits/vegetables, less processed snack foods
- Try whole grain products
- Give up soda and other carbonated beverages
- Carry a water bottle at all times
- Begin taking a multivitamin and calcium
- Go Grocery Shopping
 - Read labels
 - Look for sugar-free products
 - Look for low-fat products
 - Look at protein drinks
 - Try products before surgery

