

Bariatric Pre-Operative Checklist

Below are a list of Habits that will aide in your weight loss process after Surgery.
We suggest that before surgery you practice these Habits.

- ☐ **Do not skip breakfast**-eat three meals per day (protein snacks if needed—low fat/low sugar)
- ☐ **Decrease portion sizes** (use smaller plates and utensils)
- ☐ **Limit eating out to once per week**; make better choices when eating out (low fat/low sugar)
- ☐ **Increase fruits, vegetables**, and/or **whole grains** in diet
- ☐ **Decrease desserts/candy** to no more than one time per week
- ☐ **Decrease fat** in diet (choose low fat products more often)
- ☐ Prepare meals with palm sized portions of **lean protein** (eggs, milk, lean meats, fish, beans)
- ☐ **Increase activity** (walking, swimming, exercise videos)
- ☐ **Decrease** the amount of **juice**, **caffeinated** and/or **carbonated beverages**
- ☐ Drink at least **64 ounces of water** daily
- ☐ **Avoid Alcohol**
- ☐ Take a **multivitamin** daily (Centrum or similar product)
- ☐ Practice '**mindful eating**'. Pay attention to how full you are and stop eating before you are too full
- ☐ Practice **chewing** food thoroughly —to liquid consistency— before swallowing
- ☐ Practice **sipping** beverages — no *chugging* or *gulping*
- ☐ Practice — **No liquids with meals**– Stop 30 minutes before and wait until 45 minutes after meals to drink again

