

Tips for healthy weight loss

Eating

- Eat slowly and chew thoroughly.
- Use small dishes to help with portion control.
- Always stop eating when you feel full.
- Gradually introduce a variety of foods into your meals, especially those high in protein like meat, poultry, fish, dairy and eggs.
- Have a protein-rich food with each meal.
- Uncooked food should be weighed without the parts you cannot eat.
- Choose well-cooked vegetables; raw vegetables should be chopped into small pieces.
- Avoid foods that are difficult to digest such as raw cauliflower, raw onions and fried foods.
- Moderate your use of artificial sweeteners and diet soft drinks.
- Avoid things with high caloric density such as sugar, honey, lollies, sweet drinks, dried fruits, fat-based dressings and nuts.
- When using salad dressing, olive oil is preferred.



Drinking

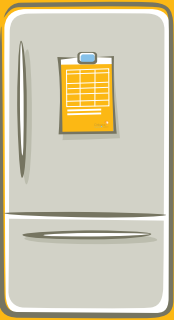
- Drink at least six glasses of water each day.
- Remember to sip slowly.
- Drink one glass of water at least 45 minutes before each meal.
- Drink two glasses of water 30 minutes after each meal to “rinse” the balloon.
- During your meals try to drink as little as possible.
- Drink as few carbonated and caffeinated drinks as possible.
- Moderate your alcohol consumption. Half a can of light beer or half a glass of wine each day will account for approximately 50 calories.



Other Things to Remember

- Avoid eating late at night and don't eat for at least two hours before going to sleep (the balloon tends to move up when you lie down and may cause reflux and nausea).
- If you do have reflux in the evening, avoid coffee, tea, alcohol, tomatoes, oranges or other acidic foods and don't smoke. If it persists, try raising the head of your bed 20 cm.
- In case of vomiting, stop eating for at least two hours, then drink a small amount of water and proceed with soft foods as tolerated.
- Take vitamins and minerals as prescribed.





Pull out this poster and hang it somewhere handy for a quick reminder of essential healthy weight-loss tips.