

# Dr. Clark's Food Pyramid & Habit Guide for Weight Loss Surgery Success

Space your intake evenly throughout your day and avoid grazing...

**M**eal... **S**nack... **M**eal... **S**nack... **M**eal...

aim for 25-30g protein at each meal and 5-15g at each snack.

## Keys to Successful Weight Loss and Long-Term Weight Control

Try to make these "keys" Habits for Life

**Eating** - Don't skip meals. Food choices should be low carb and low sugar. Think "Protein First". Eating should be approached as "how little can I eat and be satisfied", NOT "how much can I cram in there".

**Drinking** - Try to avoid drinking with your meals. Beverages should be non-caloric and non-carbonated. Drinking 8 glasses of water each day is a good idea with any weight loss plan.

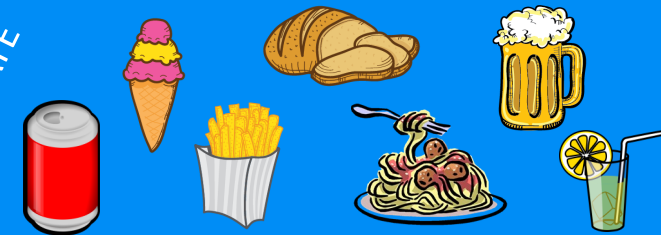
**Vitamins** - Multivitamins should be taken daily - **Forever**. Other vitamins and/or supplements may be needed depending upon individual needs.

**Sleeping** - Make sure you are well rested. The most successful patients sleep an average of 7 hours each night.

**Exercise** - Regular exercise is **extremely** important and should be done **at least** 3-4 times per week for at least 30-40 minutes.

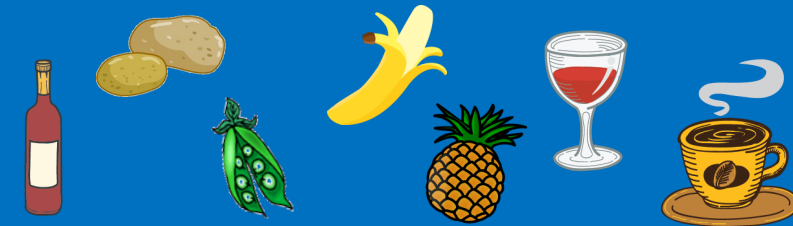
**Personal Responsibility** - Successful patients take personal responsibility for weight loss/weight control. *It's up to you!!* No one else can lose the weight for you. The surgery is only a "tool". **You** have to use this tool appropriately.

ELIMINATE



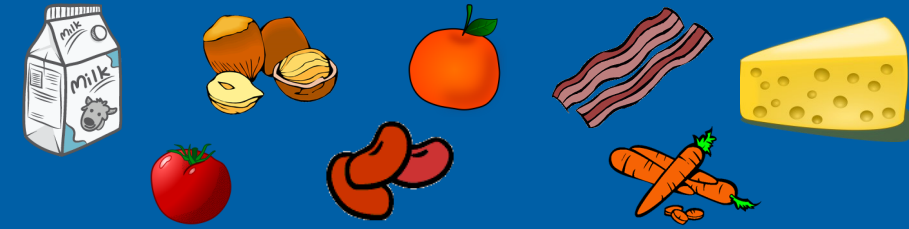
Carbonated beverages • High-fat foods • Starchy or sugary foods

AVOID



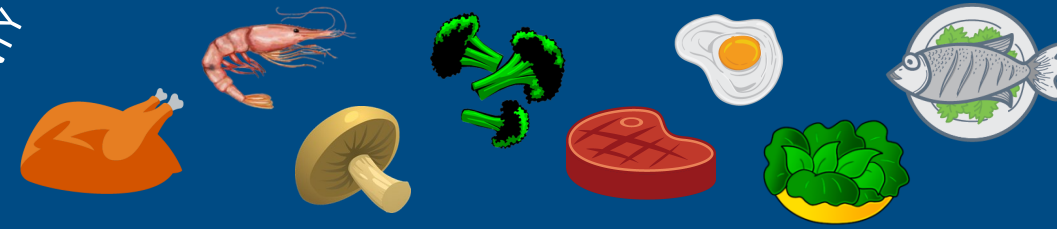
Alcohol • Caffeine • Starchy fruits & vegetables • High calorie liquids

LIMIT



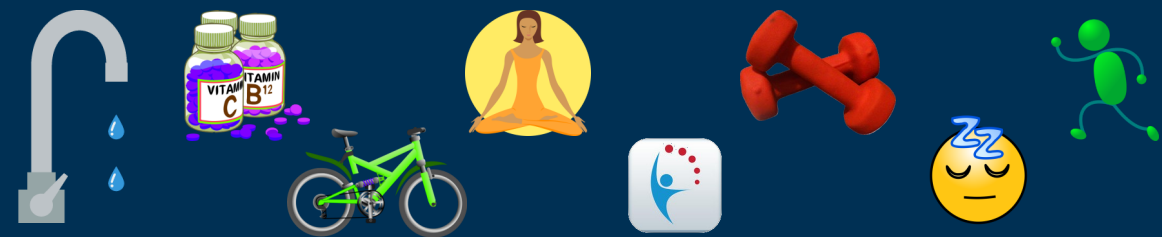
Milk & yogurt • Fruits • Nuts • Processed meats • Legumes • Cheeses

ENJOY PLENTY



Lean Meats, Poultry & Seafood • Eggs • Colorful vegetables • Salads • Mushrooms • Tofu

DAILY NEEDS



64+ oz water • Multi-Vitamins • Resistance exercise • Cardio exercise • 7+ hours sleep • Journaling