



## **Post Hypnotic Gastric Band Eating Recommendations**

Even though you are going to feel full with smaller portions, it is still a good idea to make better choices concerning the foods that you eat. This doesn't mean that you have to deprive yourself of all foods that you enjoy, but instead create a sense of awareness of making the best choice of foods that serve to keep your body healthy. Remember to always check where the hunger is coming from. If you think you are hungry, but your stomach is not empty than stop and ask: 1-2-3 – what am I feeling? Here are a few recommendations that will help you to choose wisely.

- 1. Stick to eating just three meals per day and avoid eating snacks in between meals. Often times snacks are foods that are convenient to grab on the run. Convenience means that they are not prepared fresh, but instead, processed foods containing lots of additives and preservatives which are not healthy for you. They are also foods higher in fats and sugars which are designed to mask the poor quality of the food. As much as possible choose foods from the outer part of the store, rather than the aisles.**
- 2. Switch to zero calorie drinks. Avoid soda and artificial juice drinks that are both laden with sugar. Diet sodas are not healthy with their artificial sweeteners and other additives that lead to cravings for sugar. Water is the best choice as it hydrates your body and helps to detoxify it from impurities.**
- 3. Eat from the five basic foods groups balancing out according to nutritional guidelines set by your doctor or nutritionist. Those food groups are Protein, Dairy, Fruits & Vegetables, Carbohydrates and good Fats.**
- 4. Vitamin supplements are not a necessity as a result of the Hypnotic Gastric Band; however, you should consult your physician or dietitian if you have concerns that you are vitamin deficient.**
- 5. Most importantly, eat slowly and remember to stop eating when you feel comfortable. Don't keep eating until you are full. It takes approximately 20 minutes for your mind to recognize that your body is full, so eat slow enough for that signal to be sent by your stomach and received by your brain. It is not going to matter if you choose healthy foods if you over eat.**