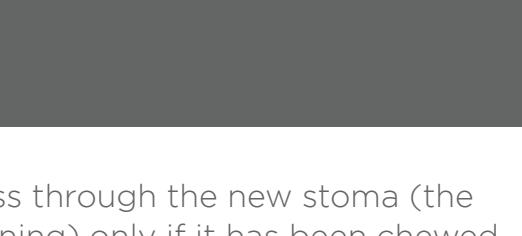


# EVERYTHING COUNTS

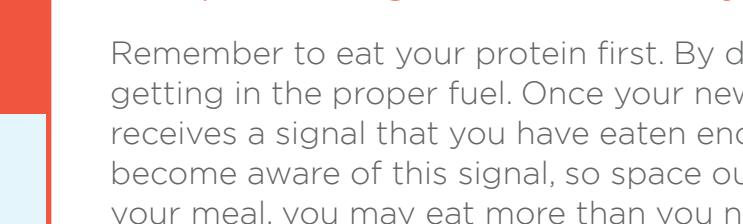
## A GUIDE FOR LIFE WITH THE LAP-BAND® SYSTEM

### 1 Eat only when you are hungry—about three small meals a day.

The LAP-BAND® System creates a small stomach pouch that can hold less than a cup of food.<sup>1</sup> If you try to eat more than this at one time, you may become nauseous or vomit. If you routinely eat too much the small stomach pouch may stretch, which will cancel the effect of the operation. It is not normal to vomit regularly, if you are please see your doctor as you may need an adjustment - To tight is not right!"



### 2 Eat slowly and chew very well.

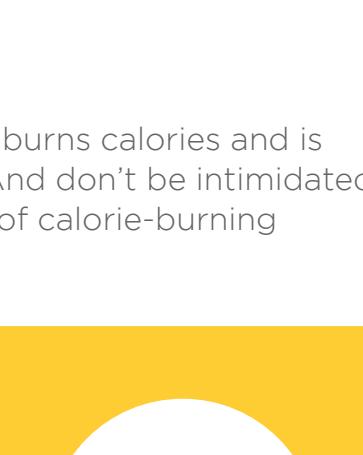


Food can pass through the new stoma (the stomach opening) only if it has been chewed into very small pieces. Always remember to take more time for your meals and chew your food very well.

### 3 Stop eating as soon as you feel full.

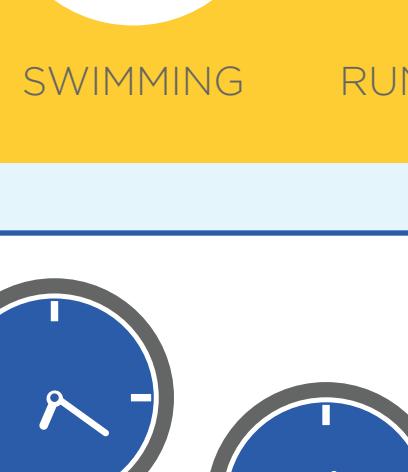
#### Stop eating as soon as you feel full.

Remember to eat your protein first. By doing so, you are ensuring that you're getting in the proper fuel. Once your new stomach pouch is full, your body receives a signal that you have eaten enough. It takes time, though, for you to become aware of this signal, so space out your bites. If you rush through your meal, you may eat more than you need. This can lead to nausea and vomiting. Take time to eat and enjoy your meal. You want to feel satisfied, not stuffed and uncomfortable. Try to recognize the feeling of fullness—then put your utensils down.



### 4 Be active.

This tip is important. Physical activity burns calories and is important to successful weight loss. And don't be intimidated by strenuous exercise regimens. Lots of calorie-burning activities can be rewarding and fun.



SWIMMING

RUNNING/WALKING

BASKETBALL

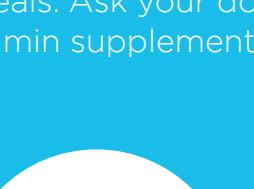
WEIGHT TRAINING



BREAKFAST



LUNCH



DINNER

### 5 Do not eat between meals.

Eating snacks between meals can be sabotaging your weight loss. It is important to plan for healthy snacking; however, if you are truly hungry, then you may need an adjustment. If you find you are hungry between meals you should tell your doctor as this may be a sign that your LAP-BAND® is too loose.

### 6 Eat only high-quality food.

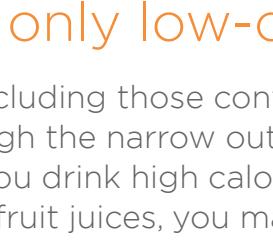
Your meals should be high in protein and vitamins. Don't fill your small stomach pouch with "junk" food that lacks vitamins and other important nutrients. Avoid foods high in fat and sugar. Instead, choose fresh vegetables, fruit (but not fruit juice), meat, and whole grain cereals. Ask your doctor or dietitian before you take any vitamin supplements.



FRUIT



VEGETABLES



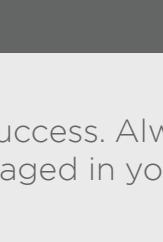
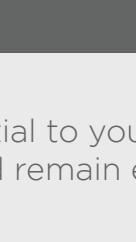
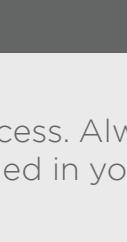
MEAT



WHOLE GRAIN CEREALS

### 7 Drink only low-calorie liquids.

Drinks, including those containing calories, simply run through the narrow outlet created by the band. If you drink high calorie liquids, even healthy ones like fruit juices, you may not lose weight, even if you otherwise follow your diet.



#### REFERENCES

1. The LAP-BAND® System Surgical Aid in the Treatment of Obesity – a decision guide for adults. Austin, TX: Apollo Endosurgery, Inc; 2014  
GRF-00305-00R01.