



Surgery Date: _____

Surgery: _____

Success Tips:

- Never eat and drink at the same time. Honor the water rule.
- Eat no more than 6 oz of food per meal. Stop when full.
- Eat a high protein, low carb, low fat diet which is approximately 1000-1200 calories per day.
- Include movement into your every day.
- Celebrate NSV's (non-scale victories) every week.
- Monitor your protein intake. Your protein is _____ grams per day.
- Attend support groups.

Dear Restaurant Owner/Manager:

Patient Name

The above named patient has had bariatric surgery which has reduced his/her stomach capacity to about 6 ounces. We request that this patient be allowed to purchase a child's portion or share a meal without additional costs.

Thank you for your cooperation!

Dr. Louis Balsama

(856) 589-0600

Bariatric Nurse Manager: (856) 701-8668



drbalsama.com



Card instructions:

This card is for Post-Op patients. After surgery, we will fill in the blanks for you. You can then use this card at a restaurant to be served either smaller meals, children's meals, or to share a meal at no additional cost.

Please note that not all restaurants or establishments will honor this card.



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