



AMERICAN OBESITY CENTER

Nutrition Program Overview

Studies show that regular patient follow-up and aftercare have a direct impact on weight loss outcomes. Weight loss procedures are only tools that assist in weight loss. Healthy living with a regular exercise program and making good choices along with follow-up with a Registered Dietitian (RD) ensures that you are on the path to maintaining a healthy weight.

Losing weight and maintaining weight loss requires commitment to lifestyle and diet changes. The RD will help you achieve desirable results.

The RD will help monitor both the diet and fitness components. Regular virtual online or in-person meetings will allow you to have accountability and continued care throughout this journey. Please contact our dietitian to get started with a 6-12-month nutrition and fitness program.

Getting started:

1. Contact our office for a referral to a registered dietitian (RD).
2. Schedule your first RD virtual consultation within the first week of your weight loss procedure, or if schedule permits, prior to the procedure. You should meet with the RD twice during months 1 and 2. After that, you will have monthly meetings for several months as needed. More face time with an RD will ensure better results.
3. Tracking your activity: we recommend using theFitBit or any activity tracker so that your dietitian can help set fitness goals.

Seeing your documented progress will be very gratifying!

4. Tracking weight loss progress: We recommend using the FitBit like WiFi Smart scale as an easy way to track and share your progress with the RD. The smart scale will help track your weight, BMI, and body fat percent and syncs wirelessly.

5. Tracking your diet intake: you will have the option to use the visual food diary to take photos of your meals and upload them to the app of your choice. This will be useful to both you and the RD during your sessions.

6. Once you are scheduled for a weight loss procedure, you will need to prepare your kitchen with a few items. Be prepared to not eat or drink anything after midnight the night before your procedure. Stock your kitchen with clear liquids such as broth or low sugar juices, water, electrolyte enhanced beverages or water such as pedialyte or low sugar sports drinks. You may also wish to use protein shakes or meal replacement shakes. You will discuss diet progression in the weeks after any weight loss procedure during your first session with the RD.

Helpful links:

www.americanobesitycenter.com

www.fitbit.com
