



ORBERA365™ Managed Weight Loss Program

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MKT-01146-01 R01



KICKSTART  
YOUR **WEIGHT LOSS**  
WITH **ORBERA365™**





## THE ORBERA365™ INTRAGASTRIC BALLOON

100% NON-SURGICAL WEIGHT LOSS SOLUTION – NOW WITH 12 MONTHS OF SUPPORT

This booklet takes you through the **ORBERA365™** intragastric balloon procedure and explains what to expect in the coming weeks and months.

It will guide you through the dietary progression you will make, provide tips that will help you adapt to your new weight management program, and help you create a healthier lifestyle.

# THE ORBERA365™ MANAGED WEIGHT LOSS SYSTEM



The **ORBERA365™** Managed Weight Loss System begins with a soft silicone intragastric (inside the stomach) balloon. The balloon is temporarily inserted into the stomach without surgery and will create the feeling of fullness after meals.

**ORBERA365™** stays in your stomach for up to **12 months** to help you lose the weight and learn how to keep it off

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## PROCEDURE DETAILS

The balloon is inserted in a deflated state by an endoscopic (via the mouth) procedure. Once inside the stomach the balloon is immediately filled with sterile salt water through a small filling tube (catheter).The balloon has a self-sealing valve and once it is filled the catheter is gently removed. Once filled, the balloon will be too large to leave the stomach.

Placement procedure time can vary between 20-30 minutes.

**Possible complications of the use of the ORBERA365™ System include gastric discomfort, feelings of nausea, and vomiting, following balloon placement as the digestive system adjusts to the presence of the balloon. These side effects can often be managed with medication prescribed by your physician.**



## POST-PROCEDURE

You will most likely suffer from nausea and vomiting for up to 72 hours after the procedure.

Have the following ready in advance of your procedure:

- Clear juice (such as apple) and broth.
- Ice blocks
- Plenty of water
- Chewable or liquid multivitamins.
- Medications prescribed by your physician to alleviate any side effects.

Additionally:

If you have small children at home, you should plan in advance for childcare for at least three days.

If staying in a hotel, please check in before your procedure and advise the clinic of your room number. It is recommended that you have everything you need ready in the room before you are discharged from the clinic. Your caregiver should not leave you alone for the first 24 hours.

# BEGINNING YOUR JOURNEY



## BEGINNING YOUR JOURNEY

At this point you have taken the first step on a journey that can help change your life. The kickstart has begun and today is the start of a process that is going to help retrain your appetite, change your perspective on food and leave you with a much healthier and more active lifestyle. You will have a few tough days ahead but just remind yourself of the reasons you chose to do this.

You're not in this alone.

As you progress through the following months you should frequently check in with your dietitian and other support staff. They will clarify the points listed within this booklet and answer any other questions you may have along your journey.

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There are no miracles in weight loss. It takes hard work and the kind of commitment you have already shown by this stage. Remember this as you reshape your diet over the next few months.

## KEEPING A FOOD DIARY

At the back of this booklet you'll find a weekly food and exercise diary.

Writing things down will give you a chance to think twice before you make a decision about what, when and why to eat. When you start to keep track of everything you eat you will find it harder to fool yourself and this can be an incredibly useful tool in losing and maintaining your weight.

Also, as you continue to make healthy lifestyle changes, you will be able to look back over time and see where these changes have come. This can be a great motivator.

The next few pages will take you through what you should be eating over the next few weeks.





# WEEK 1: FULL FLUID DIET

## Day one

In order to allow your stomach to adjust to the gastric balloon it is best that you consume cold fluids (water, juice and broth) for the first day.

## Medications

Please contact the medical staff at your clinic or your pharmacist if you have any concerns regarding your medications. You should also start liquid multivitamins and calcium.

## Fluids to include:

- Low-calorie, low-acid fruit juices – apple, grape or cranberry
- Weak coffee or tea preferably decaffeinated
- Fat-free clear broth or soup (beef, chicken or vegetable)
- Low-calorie jelly (without fruit chunks)
- Ice blocks (without fruit or cream)
- Low-fat yoghurt drink
- Skim milk
- Protein shakes

## Tips:

- Drink slowly, taking small sips.
- Wait between the sips for a minute or two.
- Do not drink more than 100 mL at once.
- Wait for at least 10 minutes between drinks.
- Your total fluid intake should not be more than 2.0 litres (8 cups) per day.
- You may want a 1-week supply of a meal replacement shake to help you meet your calorie and protein needs for the day (contact clinic staff for more information).

# SAMPLE FULL FLUID MENU

## Breakfast

- 1/2 cup protein shake
- 1/4 cup skim milk
- 1/4 cup unsweetened juice

## Mid-morning snack\*

- 1/2 cup unsweetened juice
- 1 ice block
- 1/2 cup skim milk

## Lunch

- 1/2 cup strained low-fat vegetable soup
- 1/4 cup protein shake
- 1/4 cup skim milk

## Mid-afternoon snack\*

- 1/4 cup protein shake or 1/2 cup low-calorie jelly

## Dinner

- 1/4 cup low-fat strained soup
- 1/4 cup skim milk

## Evening snack\*

- 1/2 cup protein shake

\*If needed.



# WEEK 2: PURÉE, SOFT AND SOLID FOODS

## Making the transition

This is a time when it is very important for you to listen to your body. The transition from PURÉE to SOLID foods should take approximately one week, but be sure to only progress to the next consistency when you can tolerate foods in that stage comfortably. Remember, this is a period, first and foremost, for your stomach to adapt to the gastric balloon.

As you progress through these stages remember to always eat slowly and to chew your food very well.

REMEMBER: It is also important that you drink plenty of fluids while having the balloon in place.

## Purée foods (approx. 1–3 days)

Once fluids are being tolerated well, you will begin introducing purée foods into your meals. In many cases you will be able to use the same foods the rest of your family is eating by puréeing them in a blender or food processor.

Also, by this stage you should be incorporating protein into every meal. You may not be able to eat all the items listed in the meals on the opposite page initially, and remember to always stop eating if you feel discomfort or pressure.

## How to Purée

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender or food processor.
3. Add enough liquid (fat-free chicken broth or fat-free gravy) to cover the blades.
4. Blend until smooth like apple sauce.
5. Strain out the lumps, seeds or pieces of food.
6. Use spices and herbs to flavour food (avoid hot ones such as cayenne pepper and hot sauce)
7. Blend and enjoy!



# SAMPLE PURÉE MENU

## Breakfast

- 1/4 cup cottage cheese
- 1/4 cup purée fruit
- 1/4 cup cooked semolina

## Mid-morning snack\*

- 1/2 cup soup
- 1/2 cup low or non-fat yoghurt

## Lunch

- 1/2 cup minced canned tuna, salmon or tofu
- 1/4 cup purée sweet potato
- 1/4 cup purée vegetables

## Mid-afternoon snack\*

- 1/2 cup soup, milk, yoghurt or cottage cheese

## Dinner

- 1/4 cup minced canned tuna, salmon or tofu
- 1/4 cup purée vegetables
- 1/4 cup purée fruit

## Evening snack\*

- 1/2 cup skim milk or unsweetened juice

\*If needed.



### Soft foods (approx. 1–4 days)

This stage prepares you to finally return to solid foods. Again, remember to eat slowly and chew your food very well. Choose foods that are low in fat, calories and carbohydrates.

As you are learning to listen to your body during this transition, pay attention if you develop any feelings of fullness, pressure or discomfort. These are signs that you should slow down or stop eating entirely in order to avoid vomiting.

REMEMBER: Use the 20/20 rule when eating. Food should be chewed at least 20 times and a meal should take 20-30 minutes to consume.

## SAMPLE SOFT FOOD MENU

### Breakfast

- 1/4 cup soft fruit such as banana, citrus fruit (remove membrane)
- 1/4 cup cooked semolina or one egg
- 1/4 cup of skim milk

### Mid-morning snack\*

- 1/4 cup sugar-free pudding
- 1/4 cup low or non-fat yoghurt
- 1/4 cup banana slices

### Lunch

- 1/2 cup minced canned tuna, salmon or tofu with 1 tablespoon fat-free mayonnaise or plain yoghurt
- 1/4 cup low-fat ricotta or cottage cheese
- 1/4 cup soft fruit

### Mid-afternoon snack\*

- 1/2 cup blended protein drink
- 28 grams low-fat cheese

### Dinner

- 1/4 cup minced canned tuna, salmon or tofu
- 1/4 cup soft vegetables
- 1/4 cup soft fruit or low-fat frozen yoghurt

### Evening snack\*

- 1/2 cup low-fat hot chocolate made with skim milk
- 1/4 cup soft fruit

\*If needed.



## MOVING TO SOLID FOODS

### Making the transition

You are reaching the end of your dietary transition and are on your way to retraining your appetite.

This is when you slowly start changing your perspective on food. More importantly, you will be adopting new nutritional habits and establishing a reasonable exercise routine that will help you succeed and stay motivated after the balloon has been removed.

Please feel free to contact the dietitian or clinic staff if you have any concerns or questions regarding your diet or food intake and your gastric balloon.

### Tips:

- Introduce solid foods one at a time.
- Try cooked foods first before hard/raw foods.
- Limit or try to avoid bread, pasta, rice and other starches. These foods may stick to the balloon, causing bad breath.
- Drink plenty of water and avoid eating and drinking at the same time; drink at least one glass 1/2 hour before each meal and two glasses 1/2 hour afterward to “rinse” the balloon.
- Limit use of butter, margarine, mayonnaise, oil, gravy, cream, jam, honey and table sugar.
- Bake, boil, barbecue or steam food.
- Take one chewable multivitamin and calcium supplement a day.





# EATING A **BALANCED DIET**



## EATING A BALANCED DIET

Motivation is what got you started, but good habits are what will keep you going.

In this section you will find strategies for balancing your diet, controlling your portions and getting active. They will help you develop the habits that will be key to keeping the weight off once the balloon has been removed.

Seeing results is a great feeling, but when others are starting to notice them it's even better.

### Rules of thumb:

- Eat a balanced variety of foods from all five food groups
- Do not eliminate a food group entirely. Find a balance by eating foods from that group less often or speak to a dietitian for further advice.
- Different colours of produce provide different nutrients, texture and flavour so feel free to experiment. Eat at least one dark green and one orange vegetable each day.
- If you are not feeling well and believe you are not consuming enough nutrients to stay healthy and energised, make sure you consume small portions of nutrient-enriched foods so you “get more but eat less.”

### Read the labels

Nutrition information tables are mandatory on all pre-packaged food to help you, as a consumer, make informed decisions. It is important that you note not only the energy count, but also the portion size being used on the label. Your dietitian



has set a daily energy count for you and reading labels will help make sure that you stay within it.

### Make your energy count

- Select low-fat and low-calorie alternatives. Even when out at a restaurant, ask questions about their healthy alternatives.
- Be careful with your portion sizes.
- Choose healthy oils such as olive oil to prepare foods.
- Regularly take supplements (if prescribed or recommended).
- Ensure you are getting enough protein- 1–1.5 sample serves a day. You can get your protein from a variety of sources such as tofu, lentils, dairy and fish. You should always select lean cuts of meat and cut away fat from the edges.
- Limit your fat, sugar, alcohol and salt intake

## THE HANDY GUIDE TO PORTION CONTROL

You can't rely on a measuring cup always being around so you have to get accustomed to using your own practical judgment when it comes to portion sizes. Here are some tricks you can use when you're out and about to help you eat a properly portioned meal.



### Grains and fruits

Choose an amount the size of your fist.



### Vegetables

Take an amount you can hold in both hands.



### Meats and alternatives

Choose an amount no larger than the palm of your hand and the thickness of your little finger.



### Fats

Limit to an amount the size of the tip of your thumb.

## STAY HYDRATED

You need at least 8 cups of fluid every day. The exact amount will vary with age, gender and activity level.

On average, adults require a minimum of 8 cups of water per day. Exercising, hot weather and excessive vomiting or diarrhea will mean an increase in minimum requirements.

Fluid can be water or any other beverage, including milk, juice, soups, coffee and



tea. Remember though that most fluids other than water contribute energy and should be limited. You should try to drink water for at least half of your daily fluid requirements.

### Tips:

- Keep a fresh glass of water at your desk or on hand.
- Carry a bottle of water with you throughout the day.
- Drink a glass of water before eating your meals.
- Drink a glass of water when you wake up each morning and before you go to bed.
- Make sure you include fluids after each meal (this also helps to rinse the balloon).
- Don't ignore thirst.



INCREASE YOUR DAILY FIBRE INTAKE

To reduce blood cholesterol levels and maintain digestive regularity try to include 20–35 grams of fibre each day.

Tips:

- Use whole-grain bread, rolls or pitta when making toast or sandwiches.
- Substitute whole-meal flour for white flour in baking and whole-meal pasta for white pasta in main dishes and salads.
- Eat a high-fibre cereal or add one to two tablespoons of bran or flax seed.
- Eat at least five sample serves of whole grain products every day.
- Eat fruits and vegetables as often as possible and make sure you also eat the peels whenever possible.
- Eat fruit instead of drinking juice.
- Add barley, beans, peas or lentils to soups and casseroles.
- Add toasted nuts, sesame seeds, sunflower or pumpkin seeds to salads.

Remember to increase fibre in your diet slowly to avoid gas, bloating and diarrhea. Divide fibre-containing foods evenly throughout the day and drink plenty of water!

LIMIT YOUR FAT, SUGAR, ALCOHOL AND SALT INTAKE





Added fat such as butter and cheese is something to watch out for, as well as trans fats, which are present in hydrogenated products such as certain types of margarines. Try to select non-hydrogenated products that are low in saturated fat. Also, choosing a low-fat cheese with less than 17% milk fat will help you minimise your total daily fat intake. You should be consuming no more than 1–2 tablespoons of added fat per day, including cooking, preparation, mayonnaise and salad dressings.

Sugar increases the excess energy that works against the weight loss plan and does not provide any nutritional benefits.

Alcohol increases energy intake and does not provide any nutritional benefits. Alcohol should only be consumed occasionally in small amounts, or not at all.

Salt should be limited as much as possible. Be aware of adding salt and con-diments to favourite meals at the table since it presents itself naturally in food and is commonly added during cooking.

FOOD GUIDELINES

	What's Allowed	What to Avoid
 Beverages	<ul style="list-style-type: none"><li>• Water and soda water</li><li>• Decaf diet drinks and decaf coffee</li><li>• Unsweetened calorie-free drinks</li><li>• Tea, herbal tea and diet iced tea</li><li>• Note: Carbonated beverages are tolerated differently by each <b>ORBERA365™</b> System patient while the intragastric balloon is in place.</li></ul>	<ul style="list-style-type: none"><li>• Soft drinks</li><li>• Sweetened juices and beverages</li><li>• Alcohol</li><li>• Caffeinated coffee and all beverages with caffeine</li></ul>
 Milk	<ul style="list-style-type: none"><li>• Skim/low-fat milk</li><li>• Non-fat sugar-free yoghurt</li></ul>	<ul style="list-style-type: none"><li>• Whole milk and milkshakes</li><li>• Chocolate milk and hot cocoa</li><li>• Cream and non-dairy creamer</li><li>• Regular yoghurt</li></ul>
 Meat, Fish, Eggs, Cheese and Beans	<ul style="list-style-type: none"><li>• Steamed/ roasted/ barbequed chicken, turkey, fish, veal and lamb</li><li>• Low-fat or non-fat cheeses</li><li>• Eggs and egg substitutes</li><li>• Beans</li></ul>	<ul style="list-style-type: none"><li>• Fried meat, poultry, fish and eggs</li><li>• Frankfurts</li><li>• Sausages</li><li>• High-fat processed meats such as salami, corned beef, pastrami and bacon</li></ul>
 Fruits	<ul style="list-style-type: none"><li>• All, including diluted or low-calorie fruit juice</li></ul>	

FOOD GUIDELINES CONTINUED

What's Allowed		What to Avoid
	<b>Vegetables</b> <ul style="list-style-type: none"><li>All, except those listed in What to Avoid</li></ul>	<ul style="list-style-type: none"><li>Intakes greater than 1 cup of corn, pumpkin and peas</li></ul>
	<b>Grains and Starches</b> <ul style="list-style-type: none"><li>Whole-meal crackers, bread and toast</li><li>Mashed and baked potatoes</li><li>Rice</li><li>Soups</li></ul>	<ul style="list-style-type: none"><li>Bagels and doughy breads</li><li>Waffles, pancakes and croissants</li><li>Popcorn</li><li>High-fat cream soups</li><li>Note: Pasta may not be tolerated by <b>ORBERA</b>365® System patients while the intragastric balloon is in place.</li></ul>
	<b>Fats</b> <ul style="list-style-type: none"><li>Low-calorie or non-fat margarine, mayonnaise and salad dressings</li></ul>	<ul style="list-style-type: none"><li>Butter, oil (unless olive)</li><li>Regular margarine, mayonnaise and salad dressings</li></ul>
	<b>Sweets and Desserts</b> <ul style="list-style-type: none"><li>Diet chewing gum</li><li>Diet jelly</li><li>Low-calorie/ mini cakes and pies</li><li>Sugar substitutes</li></ul>	<ul style="list-style-type: none"><li>Sweets and pastries</li><li>Ice cream, fruit ice and frozen yoghurt</li><li>Regular sugar and honey</li><li>Salty snacks</li></ul>

REMEMBER: You do not need to give up the food you love entirely. You must just become conscious of the portion size and frequency of consumption. Weight management is about just that, *management*.

GET MOVING  
ONE STEP AT A TIME





At this point you will also start to introduce an exercise routine and generally more active lifestyle into your day. But don't panic – with the help of the team at your clinic and a bit of time, being more active will become a part of your day that you feel good about.

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1. **Consult your physician and know your limitations.**
  2. **Start slowly.** Overdoing it in the beginning could cause injury and set you back in achieving your overall goals.
  3. **Have a plan.** Set goals for yourself, both short term (how long am I going to walk for?) and long term (why am I doing this and what will success look like?)
  4. **Have a back-up plan.** Know that if you cannot follow through on your first plan there are other resources you can use, i.e. coaches, books, Internet support.
  5. **Schedule exercise into your day.** It takes about six weeks to turn a new practice into a habit. Scheduling activities in advance for the first six to eight weeks will allow you to instill these new changes into your lifestyle.
  6. **Partner up.** Committing to a new plan with a partner will help both of you stick to it.
  7. **Choose activities you like.** It sounds basic but being active is less of a chore if you choose something you enjoy.
  8. **Add variety.** The more options you have, the more likely you are to get out and get active.
  9. **Add movement to your daily activities.** Adding activity throughout the day will equal big changes in energy, stamina and burning calories.
  10. **Every little bit counts.** Take the stairs, don't look for the closest parking spot, and take the dog for an extra lap around the block. A little can mean a lot.



## HANDY ACTIVITY CHART

Use the following chart to get an idea of how much energy you may be burning during 30 minutes of various activites:

Weight (kgs)	55	60	65	70	75	80	85	90	95
Calories									
Vollyball	84	91	98	105	112	119	126	133	140
Walking (5kph)	96	104	112	120	128	136	144	152	160
Golf (no cart)	120	130	140	150	160	170	180	190	200
Swimming	144	156	168	180	192	204	216	228	240
Weight training	150	162	175	188	200	213	225	237	250
Tennis	192	208	208	240	256	272	288	304	320
Jogging (8kph)	222	240	259	278	296	315	333	352	370



## KEEP MOVING!

Feel good physically. Feel great mentally.

Look back at what you most hoped to change about the physical appearance of your body.

Do you remember the first compliment you got on those

changes? Do you remember how good it made you feel? Keeping active will make sure those compliments keep coming and make feeling good about yourself an everyday occurrence.

Staying active not only burns energy and helps improve your cardiovascular health but it also reminds you to feel good about yourself and the progress you’ve made. One step at a time will take you further than you ever imagined.



## 5 STEPS TO GETTING ACTIVE

### 1. Perception is critical to success

Too often we think we don't have time to exercise, but all those little activities we do can really add up. Taking stairs, walking around the shops and parking further from the store all equal a healthier lifestyle. Also, think about this. Three hours per week equates to 1.8% of our entire week! Thirty minutes, five times per week is just 1.5% of our entire week! The average person spends more time standing in queues.

### 2. Book your activity into your week first

Put your exercise into your day first instead of hoping it fits into your schedule and that you have the energy to do it. It is too easy for our schedules to fill up and then we end up neglecting ourselves. Make that appointment with yourself and stick to it. You'll be amazed how much you can put around it if you just put it there first.

### 3. Have a back-up plan

Sometimes we have all the good intentions in the world but life doesn't cooperate, such as when pouring rain halts that walk you had scheduled. Think of an alternative when that happens – do a few laps of the stairs at work or get out and walk around the shops. On the other hand, keep a spare gym bag in the car. If you find yourself with an extra 30 minutes in your day, get out and get active. When you plan ahead you'll never have an excuse for not getting enough exercise.

### 4. Record your efforts

In your day planner or on a calendar, record the time and days that you are planning to be active, and then record the result. Be honest about this. The only person you will be cheating is yourself. Look back over each week and month and see how you are doing. If there is a time (and there will be) when you find you miss a day or two, commit to making it up the next week. If you have to miss the week, then commit to making it up over the next two weeks. Stick to the commitments you have made and you will thank yourself for it in the end.



### 5. Reward your efforts

Most of us will focus on goals and not the actions that achieve the goals. Instead of focusing on a goal of losing 10 kg, turn your focus to the actions that will get you closer to that goal. In this case it may be focusing on a plan to be active for a minimum of 30 minutes at least 12 times this month. When you focus on making the actions happen the goals will follow.

When you do follow through on the actions find some non-food ways to reward yourself. Book a weekend getaway, or a spa day, or buy some new clothes. This will be a huge motivator on those days when the exercise just seems like too much work.







# CONTINUING **YOUR JOURNEY**



## A HEALTHY RELATIONSHIP WITH FOOD

Look back at the things that in the past have got in the way of you losing weight. Those things may still be present in your life but they are not going to control your diet and your lifestyle any longer; you are.

We all experience emotional times in life. It is important during these times to remember that food is not a real comfort. You can find other activities that will help get your mind off what is bothering you and will make you feel better about yourself at the same time. Go for a long walk, write in your journal, watch your favourite movie. If eating is what you really want to do, try “vegging” out, literally. You will be amazed at how much fresh veggies and fruits can rejuvenate you and your spirit.

### Tips:

- Select foods that are rich in nutrients, to keep you feeling energised.
- Whenever possible incorporate all five food groups.
- Stay conscious of your portion sizes even when not preparing your own meals.
- Listen to your gut instinct!

### Healthy portions mean healthy weight

You are the one who knows your body best now and you now know when you feel full. Never again should you feel compelled to clear your plate. Portion control is key and if you stick to healthy portion sizes, you will stick with your healthy weight.

### Explore your options

Variety is the spice of life and the more variety you have, the more you will enjoy your healthy choices. Start attending cooking classes, throw a healthy-options dinner party and do a healthy-recipe swap with your friends and family. Never stop experimenting. You’ve got a lot of living to do, so why not keep it exciting?

## CONTINUING YOUR JOURNEY

Everything you have learned and accomplished isn’t lost when the **ORBERA365™** intragastric balloon is removed; the balloon is just a kickstart – the hard work was all you.

### Removal procedure.

The balloon will be removed in the same way that it was placed. It will be punctured and the sterile water suctioned up through a catheter. Once deflated the balloon will be retrieved and removed.

Three days prior to the removal you will revert to a semi-liquid diet. The day before you must consume liquids only. Failure to follow this advice will result in the removal being postponed and rescheduled.

## TAKING CONTROL - LIFE AFTER THE ORBERA365™ INTRAGASTRIC BALLOON

You have made a bold decision to take control of your weight, you took the first and most difficult steps. Whilst in place, the **ORBERA365™** intragastric balloon has given you the extra support you need to achieve your weight loss goals and to ultimately look and feel better about yourself. Now, it’s up to you to build on and sustain the changes you have made to the way you live.

Through the **ORBERA365™** Managed Weight Loss System you now possess the education, skills and support to continue with the exciting life changes you have made. Stay optimistic; maintain your hope and you will build on the right way.

Remember that this is not a diet – it is a lifestyle change. Stay committed to healthy eating, smaller portion sizes and your active lifestyle. Making wiser choices is now a part of your daily routine but everybody has bad days. Do not punish yourself today for that overindulgence; just do better tomorrow.

### Tips:

Make sure you weigh yourself weekly. If you notice that you are starting to gain a few kilograms, go back to your food diary for a week or so to help you be aware of what, when and why you are eating. Stick to your new healthy habits and you will be able to maintain your healthy weight.





# TIPS FOR HEALTHY WEIGHT LOSS

## Eating

- Eat slowly and chew thoroughly.
- Use small dishes to help with portion control.
- Always stop eating when you feel full.
- Gradually introduce a variety of foods into your meals, especially those high in protein like meat, poultry, fish, dairy and eggs.
- Have a protein-rich food with each meal.
- Uncooked food should be weighed without the parts you cannot eat.
- Choose well-cooked vegetables; raw vegetables should be chopped into small pieces.
- Avoid foods that are difficult to digest such as raw cauliflower, raw onions and fried foods.
- Moderate your use of artificial sweeteners and diet soft drinks.
- Avoid things with high caloric density such as sugar, honey, lollies, sweet drinks, dried fruits, fat-based dressings and nuts.
- When using salad dressing, olive oil is preferred.

## Drinking

- Drink at least 8 glasses of water each day.
- Remember to sip slowly.
- Drink one glass of water at least 30 minutes before each meal.
- Drink two glasses of water 30 minutes after each meal to “rinse” the balloon.
- During your meals try to drink as little as possible.
- Drink as few carbonated and caffeinated drinks as possible.



- Moderate your alcohol consumption. Half a can of light beer or half a glass of wine each day will account for approximately 50 calories.

## Other Things to Remember

- Avoid eating late at night and don't eat for at least two hours before going to sleep (the balloon tends to move up when you lie down and may cause reflux and nausea).
- If you do have reflux in the evening, avoid coffee, tea, alcohol, tomatoes, oranges or other acidic foods and don't smoke. If it persists, try raising the head of your bed 20cm.
- In case of vomiting, stop eating for at least two hours, then drink small amount of water and proceed with soft foods as tolerated.
- Take vitamins and minerals as prescribed.





## PLANNING YOUR JOURNEY

As an **ORBERA**365™ patient, it's important that you stay motivated on your journey to help you achieve your weight loss goals.

One great way of staying motivated is by planning and tracking your weight loss journey; this section is designed to assist you along the way.

Just follow these 3 easy steps:

1. Set your weight loss goals for two months and document your current weight and moods with the Bi-Monthly Weight Loss Goals.
2. Keep on track by recording your daily meals and exercise with the Weekly Food and Exercise Diary each week.
3. Repeat step 2 for 2 months before starting over again and re-evaluating your goals and documenting your progress.

Month 1 \_\_\_\_\_

Month 2 \_\_\_\_\_



## Bi-monthly weight loss goals

Use this to plan and keep track of your weight loss progress, weight goals and personal goals.

Notes:

Start weight	<input type="text"/>	kg	Goal weight	<input type="text"/>	kg	End weight	<input type="text"/>	kg
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### Weekly weight loss progress

#### Month 1

Week 1	<input type="text"/>	kg	Mood	<input type="text"/>
Week 2	<input type="text"/>	kg	Mood	<input type="text"/>
Week 3	<input type="text"/>	kg	Mood	<input type="text"/>
Week 4	<input type="text"/>	kg	Mood	<input type="text"/>

#### Month 2

Week 5	<input type="text"/>	kg	Mood	<input type="text"/>
Week 6	<input type="text"/>	kg	Mood	<input type="text"/>
Week 7	<input type="text"/>	kg	Mood	<input type="text"/>
Week 8	<input type="text"/>	kg	Mood	<input type="text"/>

### Personal goals

3 things I am going to do for myself

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Things I want to improve on

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New things to try

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### Yearly weight loss progress

Jan	Feb
.....	.....
Mar	Apr
.....	.....
May	Jun
.....	.....
July	Aug
.....	.....
Sep	Oct
.....	.....
Nov	Dec
.....	.....

Total weight loss	<input type="text"/>	kg
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Month .....  
Week .....



Weekly food and exercise diary

Use this to record your daily meals and exercise. Don't forget to also log your mood and hunger daily.

Notes:

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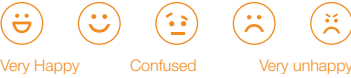
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How to use the mood and hunger tracker

Colour in the first circle to track your hunger levels.



Colour in the second circle to track your mood.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
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Exercise							

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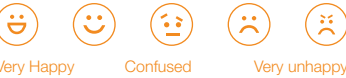
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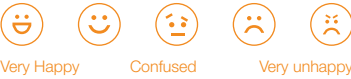
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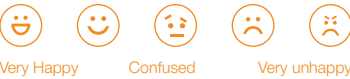
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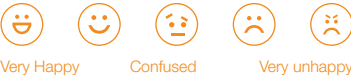
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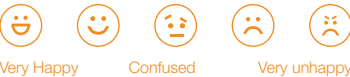
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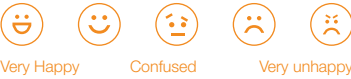
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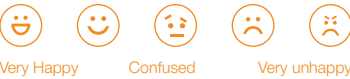
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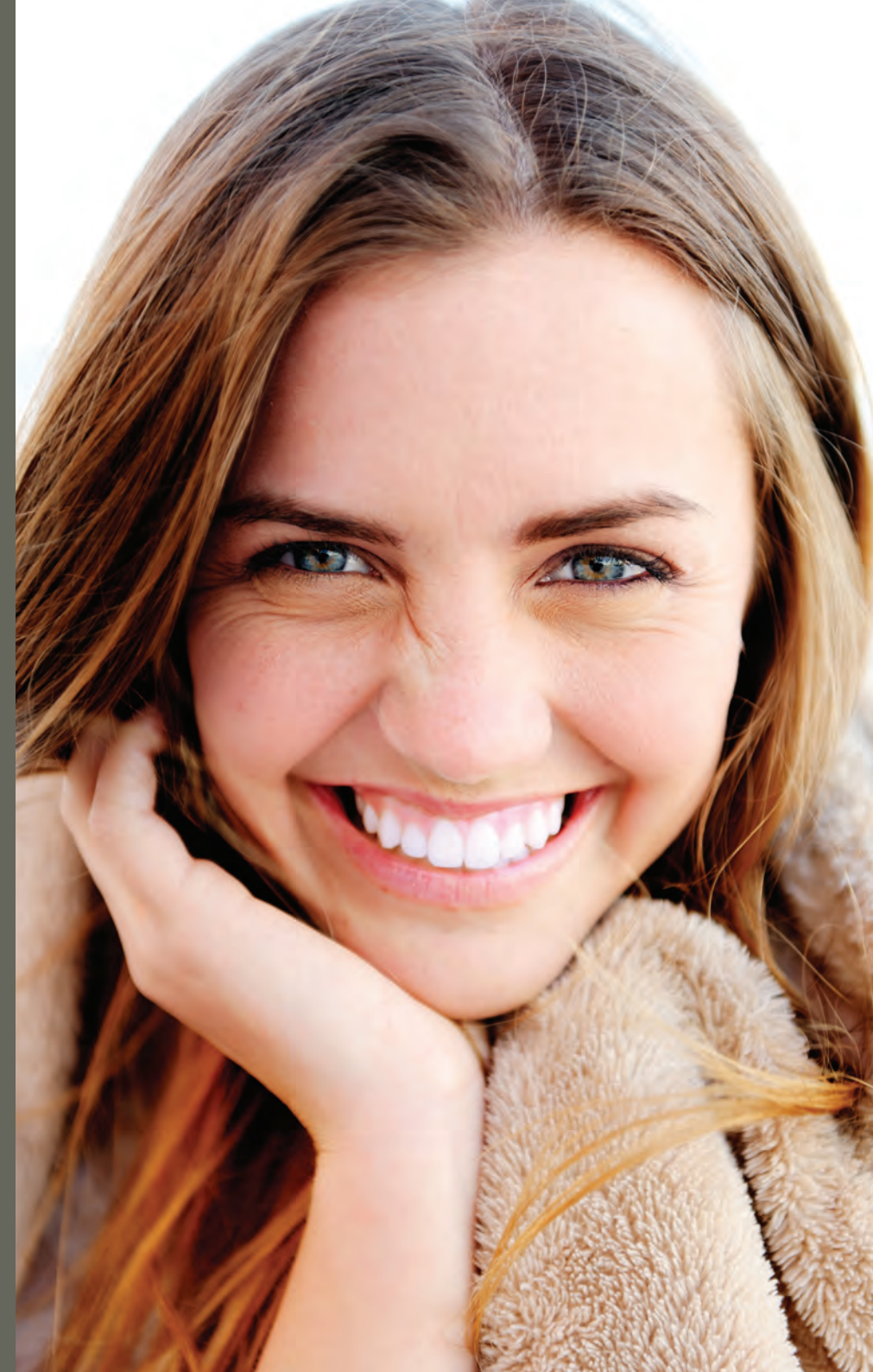
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Exercise							



 YOU SHOULD BE WELL INTO  
**YOUR WEIGHT LOSS JOURNEY**  
WITH **ORBERA365™** NOW, AND  
WE WISH YOU **ALL THE BEST**  
**FOR THE COMING FUTURE.**



Notes: