

Eat slowly and chew well

Savor each bite, and stop eating when you feel full.

These practices prevent discomfort and promote weight loss.



Eat regularly and mind your portions

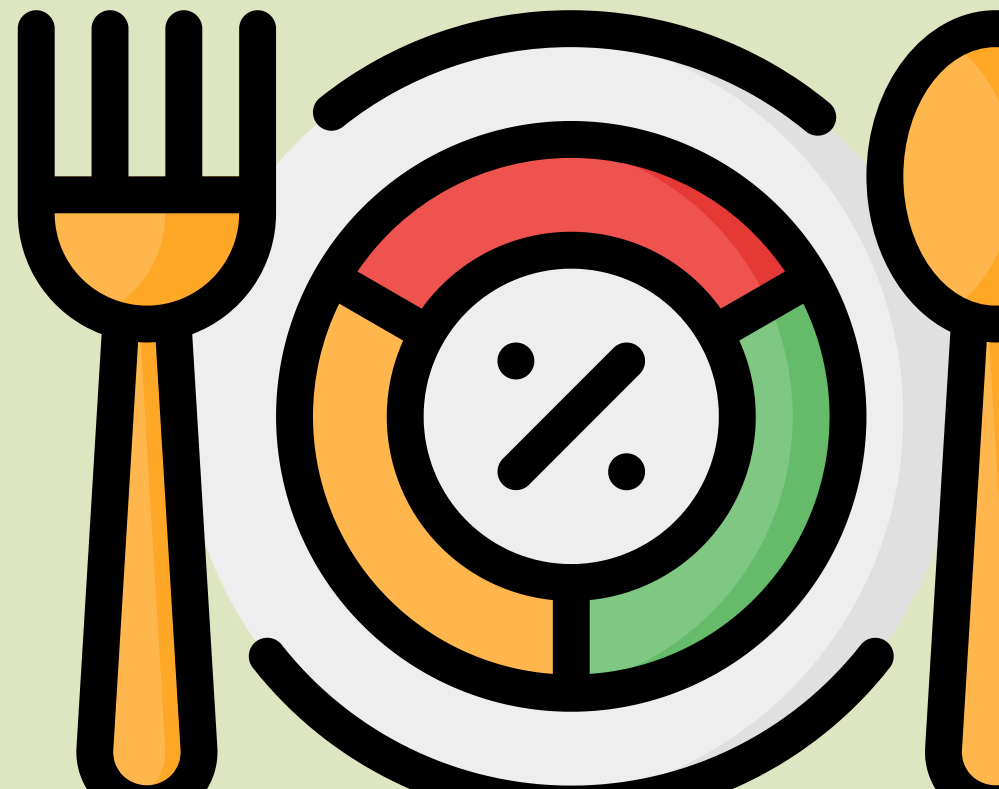
Stick to a routine to avoid
overeating and keep your meals in
check with smaller portions.

**It's all about
moderation!**



Utilise smaller plates and cutlery to adjust your portion sizes.

This practice makes it easier to maintain appropriate portions and supports your weight loss journey.



Mentally prepare for your surgery

Analyse eating behaviors and triggers,
address unhelpful habits, and find alternative
coping mechanisms.

**A psychologist's
support can be
beneficial in this
process.**



Transform negative triggers into motivators before surgery

Understanding and conquering these challenges contribute to your long-term success.

**Embrace positive changes
for an amazing
transformation!**



Put YOU first

Prioritise your well-being by making time for meals, physical activity, and self-reflection.

This mindset paves the way for lasting success.



Have a friend by your side!

Find a support system to keep
you accountable and share your
ups and downs.

Having someone to lean
on makes the journey
more manageable.



Plan your meals and create shopping lists

Knowing what you'll eat each day
reduces impulsive food choices.
Stay on track with your weight
loss goals!



Team up with BetterLife!

Our experts are here
to guide you towards
success.

Together, we'll build your
confidence and make lifelong
changes for a healthier you.



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Savor each bite, and
stop eating when you
feel full.

These practices prevent
discomfort and promote weight
loss.



Avoid fluids with meals

**Allow your stomach
to function optimally
by not overfilling it.**

Stop drinking 30 mins before
eating and wait an hour after
eating before you drink again.



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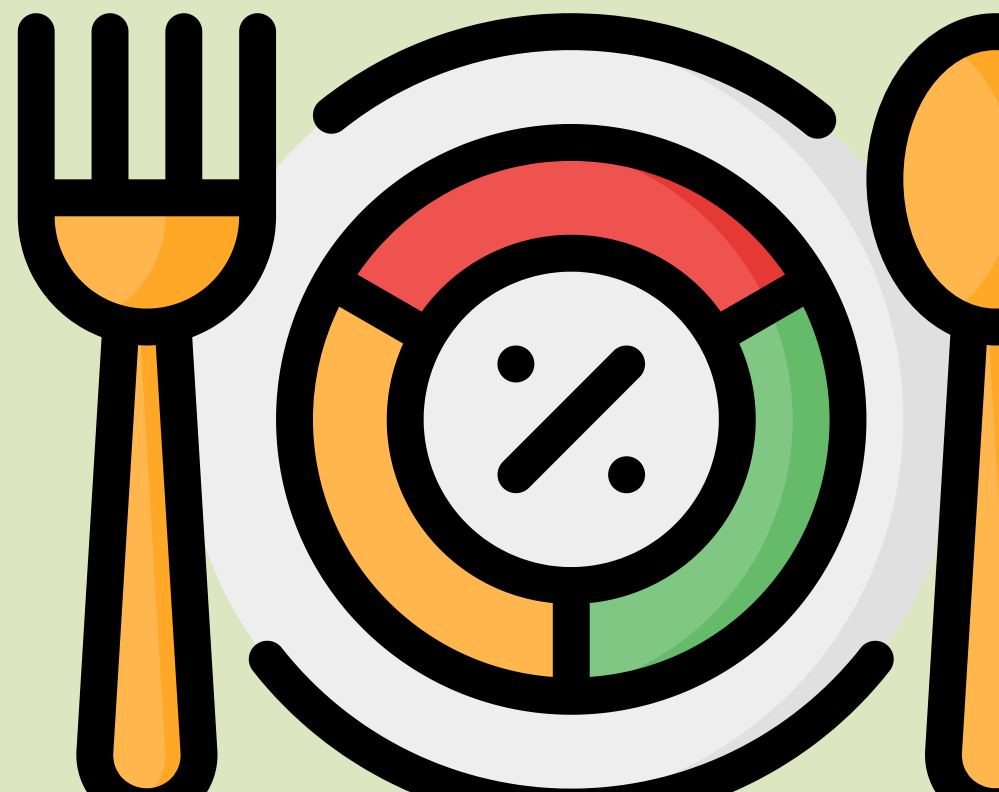
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Meat

Fish

Eggs

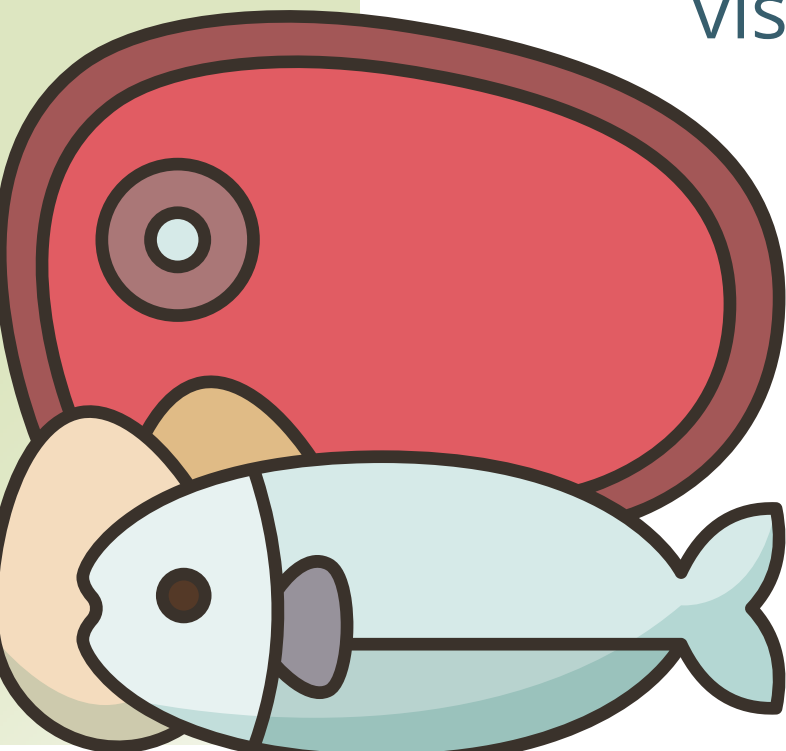
Legumes



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Fill up on Protein!

Lean protein foods are crucial for your post-surgery diet. Include beef, chicken, fish, beans, and tofu in your meals. Remember, remove visible fat and cook without added fats for a healthier you!



Meat & Plant-Based Goodness!

Explore the world of protein-rich options like beans, lentils, and nuts. Mix it up with seafood and dairy for a balanced and nutritious meal plan. Keep your diet varied for a boost of vitamins and minerals!



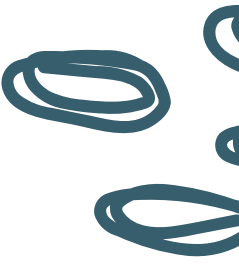
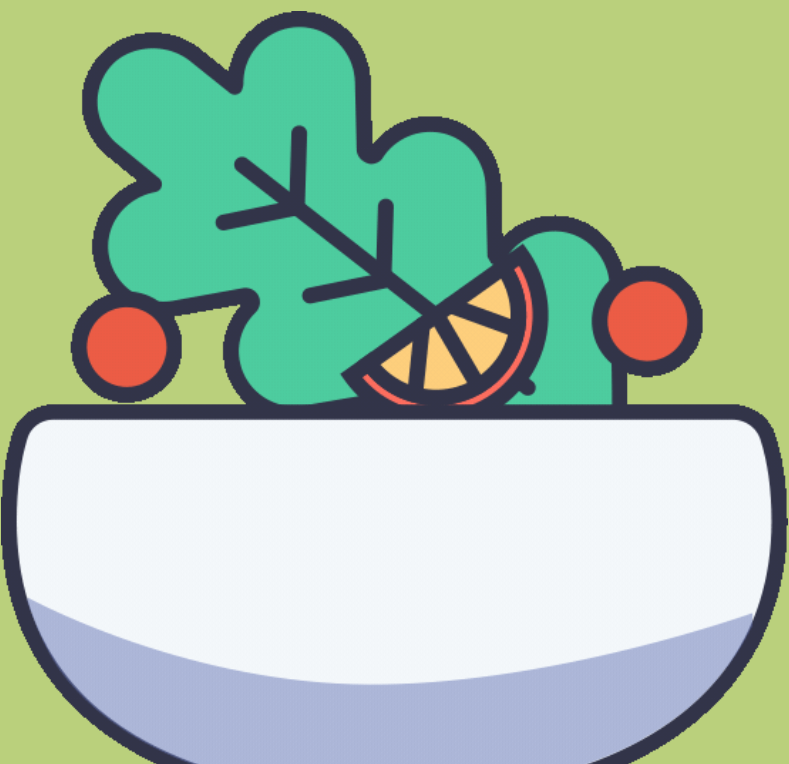


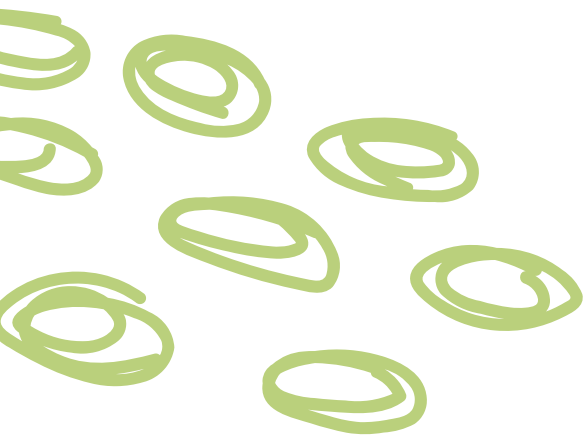
Vegetables



Power of Veggies!

Color your plate with nature's bounty! Aim for 5 portions of veggies daily. Add them to your breakfast, lunch, and dinner. Different colors mean diverse nutrients. Enjoy the goodness for a healthier you!





Veggie Variety!

Get creative with your vegetable choices!
Mix and match colors for a nutrient-packed feast. Fuel your body with the goodness of greens, reds, yellows, and more. Your taste buds and health will thank you!



