

Band Lessons - Eating habits and getting stuck

"Every Fill requires re-learning how to eat."

1. **Never go too long without food** - plan to have food ready for when I am hungry so I avoid hunger pangs. I make bad food choices when I get to that stage. I also eat faster and chew less which increases the chances of getting stuck.
2. **Keep drinking water** - keeps saliva thin and keeps saliva from collecting around the band, makes me less hungry too. Start with a glass of water when you wake up.
3. **If I get stuck** - take it easy for 2-4 hrs, go to drinking water, green tea and then protein shake.
4. **Irritated band** - If I get so stuck that I my band is irritated at the next meal and I am still stuck - Go to clear liquids for the rest of the day, protein and soft foods the next day

When I don't follow 1-4 above I just keep getting worse till my band is so irritated that I need an unfill - avoid this!

I am printing and keeping this next to me. Will keep revising so I don't forget any lessons that my Master" Band has to teach me.

Lessons/Notes