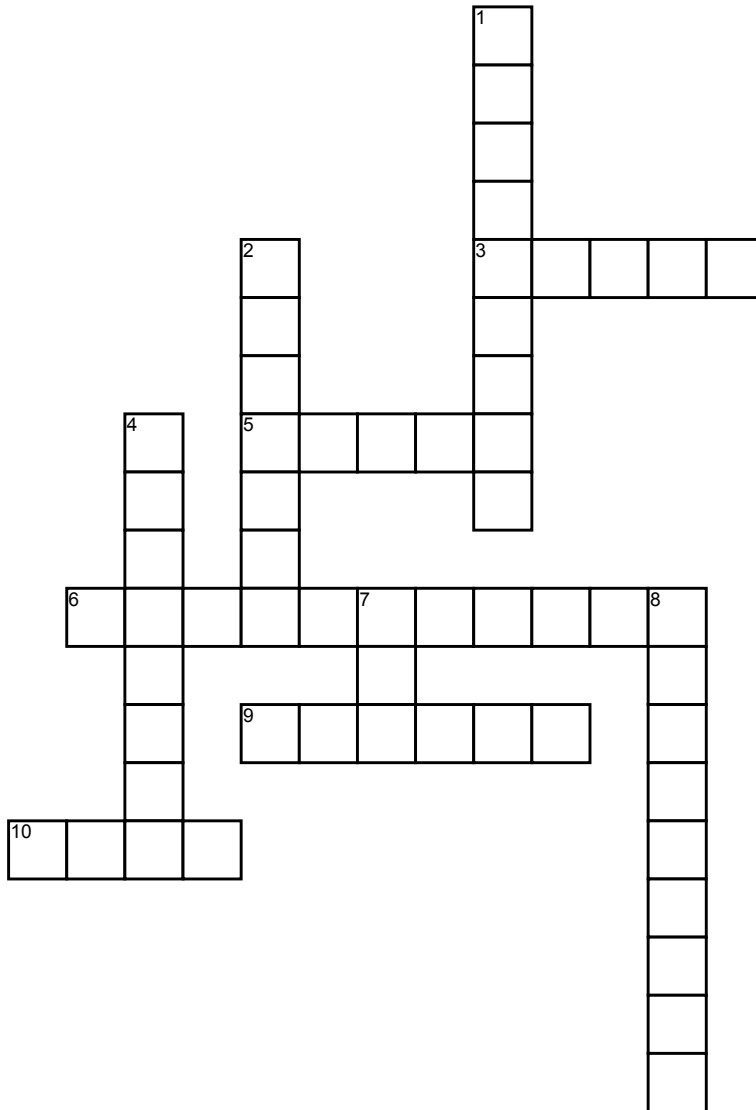


Name: _____

Date: _____

Preparing for Bariatric Surgery Review



Across

3. replace one meal with a _____
5. How many meals should you eat a day? _____
6. What should you not do at meals and for 30 minutes after meals? _____
9. meal times should take _____ minutes
10. _____ your food well

Down

1. stop eating when you feel _____
2. The first item you chose off of your plate? _____
4. _____ includes walking and biking and is an important part of you weight loss journey
7. Aim for consuming < 40 grams of _____ per day
8. Fluids should be _____ and non-carbonated