

[PDF] Fresh Start Bariatric Cookbook: Healthy Recipes To Enjoy Favorite Foods After Weight-Loss Surgery

Sarah Kent MS RDN CD - pdf download free book



Books Details:

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Author: Sarah Kent MS RDN CD

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Description:

Your bariatric surgery is behind you. But this is only the beginning. Your new body needs a new nutrition plan—starting now.

The decision to have bariatric surgery is a life-changing one. Though not an all-in-one solution, for many people it marks a profound moment in their journey towards renewed health. According to the American Society for Metabolic and Bariatric Surgery (ASMBS), factors such as rethinking nutrition and modifying what you eat will play a vital role in determining your long-term weight loss success. But where do you begin?

Bariatric dietician Sarah Kent helps bariatric patients by providing a range of pre- and post-operative nutritional services. Sarah knows how important it is—and how challenging it can seem—to rethink the way you eat. She also knows it's totally possible, as do the hundreds of bariatric surgery patients who've benefitted from her support groups at Froedtert Hospital's accredited Center of Excellence for bariatric surgery.

With that in mind, Sarah sought out to create a bariatric cookbook that was easy to use, so you can get started right away. In *Fresh Start Bariatric Cookbook*, Sarah offers healthy, delicious takes on your favorite foods, so you can eat what you love without the fear of undoing the results of your surgery. With *Fresh Start Bariatric Cookbook*, you'll discover:

- More than 100 recipes that address the dietary necessities after a variety of weight loss surgeries, including: vertical sleeve gastrectomy, laparoscopic adjustable gastric band placement, and more
- Accurate serving size guidance, nutritional information, and labeling specific to your current post-op stage: from full liquids to purees, soft foods to general diet...this bariatric cookbook has it all
- Helpful identification of prep time, cook time, and total time so you can choose the bariatric cookbook recipe that works best for your schedule
- Simple, easy-to-follow bariatric cookbook recipes account for the importance of adequate post-op protein intake with the inclusion of useful tips for how you can increase the amount of protein in each meal

Fresh Start Bariatric Cookbook has everything you need to continue along your post-bariatric surgery journey and discover the healthy life you deserve.

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