

Diet after surgery essential

By ASHLEIGH JAMES

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KINGSCLIFF dietician Amanda Clark has warned the 12,000 Australians expected to line up for a gastric band operation this year not to view it as "the easy way out".

Following on from her popular book, *Portion Perfection: A visual weight control plan*, the local health expert released her second volume last week, which adapts the portion system for those trying to maintain weight loss after gastric band or sleeve gastrectomy surgery.

Ms Clark said surgery alone would not do the trick, and better eating and exercise needed to come into play.

"If your stomach has stretched before, it can do it again," Ms Clark said.

"When you first have the lap band surgery, the capacity of your

stomach is only a cup full.

"This must be protected by being selective about what and how much is eaten, and how and when it is eaten to get the best tolerance with a band."

Dr John Dixon, head of obesity research at Melbourne's Baker IDI Heart and Diabetes Institute, agreed, saying surgery provided the opportunity to have a reduced appetite but required a rethinking of eating patterns.

"The surgery assists change and *Portion Perfection for bands and sleeves* guides that change so that new healthy eating habits can be established and maintained," Dr Dixon said.

After seeing more than 800 clients in the past 10 years undergo the procedure, Ms Clark said people were eagerly awaiting the newly adapted portion system.

"People really wanted to know how much was the right amount to



KINGSCLIFF dietician Amanda Clark has released her second portion-controlled book for people who have undergone lap band surgery.

eat after the operation," she said.

"I suggest once they have surgery, increase their intake of green veggies and protein.

"If they don't eat properly they can stop losing weight or even put weight back on."

Sleeve owner and client of Ms Clark, Donna Mitchell said she was looking forward to getting started with the new portion system.

"I'm so much healthier – this surgery has saved my life," Ms Mitchell said.

"This book will be a fantastic tool for staying well."

Differences between the two systems include more nutrients and protein and a carbohydrate free meal in the latest version.



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