

## **SUCCESSFUL STRATEGIES AND HELPFUL HINTS**

- **Stay hydrated**
- **Take your supplements**
- **Make healthy food choices! Protein first – protein promotes healing and weight loss, minimum of 60 GRAMS/day**
- **Exercise**
- **Try to differentiate head hunger from real hunger. Ask yourself if you have eaten in the last couple of hours? Did you see a food commercial? Did you just smell food? If the answer to these questions is yes, then it is probably head hunger.**
- **Change is stressful.**
- **Learn new coping strategies that don't involve eating.**
- **Change your eating habits to be successful.**
- **When you feel full stop immediately, put your food aside and save it for another meal. If you try to force it down you may stretch your pouch or vomit. Do not eat more than 1 cup of food per meal.**
- **Remember do not drink with your meals.**
- **Use a medicine cup to learn how to sip versus gulp.**
- **You may want to use a teaspoon to keep you from taking too large of bites.**
- **Read nutrition labels, stay away from high fats, sugars and sugar alcohols.**
- **If food gets stuck, get up and walk and try room temperature pineapple juice in small amounts. Never attempt to wash food down; this will only make the situation worse.**
- **Do not drink out of straws in the beginning. This may cause air bubbles that can cause gas pain or discomfort.**