



AMERICAN OBESITY CENTER

Nutrition Program Overview

Studies show that regular patient follow-up and aftercare have a direct impact on weight loss outcomes. The ORBERA IntraGastric Balloon will help you lose weight by taking up space in your stomach. From the beginning of placement and six months after removal, you will follow a healthy eating and exercise plan. While ORBERA serves as a tool to help you get started with your weight loss, it is important to follow-up regularly with a Registered Dietitian (RD) to ensure you are on the path to making healthy food choices and maintaining a healthy weight.

Losing weight and maintaining weight loss requires commitment to lifestyle and diet change. The RD will help you achieve desirable results with ORBERA. You will be working with our RD through Fruit Street, a virtual platform. The Fruit Street program allows the RD to help monitor both the diet and fitness components. Regular virtual online meetings will allow you to have accountability and continued care throughout this journey. Please contact our dietitian to get started with the 12-month nutrition and fitness program.

Getting started:

1. Register and create an account with **Fruit Street at americanobesitycenter.fruitstreet.com**. Our dietitian can help you get started. Contact Despina Hyde at 347-916-5333.
2. Schedule your first RD virtual consultation within the first week of ORBERA placement, or if schedule permits, prior to ORBERA placement. You will meet with the RD twice during months 1 and 2. After that, you will have monthly meetings up until the balloon is removed and for 6 months after removal, for a total of 12 months.
3. Tracking your activity: We recommend using the FitBit activity tracker so that your dietitian can help set fitness goals. You can sync your FitBit directly to your Fruit Street account. Specific individualized exercise goals will be discussed with the RD during your virtual sessions. You can view your goals at any time by logging onto your Fruit Street account.
4. Tracking weight loss progress: We recommend using the Fit Bit Aria WiFi Smart scale as an easy way to track and share your progress with the RD. The smart scale will help track your weight, BMI, and body fat percent and syncs wirelessly to your Fit Bit and Fruit Street accounts.

5. Tracking your diet intake: you will have the option to use the visual food diary to take photos of your meals and upload them to your Fruit Street account using the mobile app. This will be useful to both you and the RD during your counseling sessions.
6. Once you are scheduled for ORBERA placement, you will need to prepare your kitchen with a few items. Be prepared to not eat or drink anything after midnight the night before your procedure. Stock your kitchen with clear liquids such a broth or low sugar juices, water, electrolyte enhanced beverages or water such as pedialyte or low sugar sports drinks. You may also wish to use protein shakes or meal replacement shakes. You will discuss diet progression in the weeks after ORBERA placement during your first session with the RD.

Helpful links:

www.americanobesitycenter.com

americanobesitycenter.fruitstreet.com (No www.)

www.fitbit.com