

POST STOMACH REMOVAL TIPS

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REST - RECOVER - RELEARN

Living and eating without a stomach or with a partial stomach is a bit of a life change. These tips hopefully help you heal and learn your new normal.

- 1.** Find the foods and snacks that agree with you the most, reach for higher protein, low sugar or no sugar snacks when you can ! Toddler organic snacks are the perfect portions.
- 2.** Carry a water bottle with you at all times so you can drink small amounts randomly throughout the day when you are not eating (soon you will be able to eat and drink a bit at one time but that could be 5 to 6 months after TG/PG)
- 3.** CHEW CHEW CHEW! Try to eat slower and chew each bite 25-30 times. Sometimes you do not feel full until it is too late. Eating slower and chewing more help you recognize when it is time to stop eating before you are full. Being full can be very uncomfortable.

4.

Eat when you are NOT full instead of eating when you ARE hungry. Sounds the total opposite of what we grew up hearing.. but the key to gaining weight back is to keep consuming as many healthy good calories as you can each day. Think about eating a small meal every 1-2 hours.

5.

SNACK SNACK SNACK - ALWAYS have small sized snacks with you. Keep a supply in your car, in your purse, in your backpack etc. Constantly be snacking. Toddler and kids snack bars are the perfect size. I recommend Once Upon a Farm and Sprouts as they have no sugar and taste good!

6.

EXTRA CALORIES: Sneak a good clean protein powder in with your coffee, smoothies, and foods you are eating as much as you can. Add organic extra virgin olive oil or organic coconut oil or organic butter/tallow to everything!! Lay it on thick!

Need a good clean brand? Check it out on Alison's Favorites page!

7.

Start your day with warm water, slice of lemon and a bit of honey. Great gut restarter.

8.

Fruit can be your best ally. Calories plus hydrations in one stop plus so many other added benefits! Think watermelon, peaches, kiwi, strawberry, blueberries, cherries, pomegranates, melons and papaya!

9.

Add Hydrogren water into your daily routine. Need a good Hydrogren water bottle, check on Alison's Favorites. Hydrogen Water offers the wellness benefits associated with antioxidants, including support for natural energy, mental clarity, and overall wellness. There are over 1500 studies exploring the potential wellness benefits of hydrogen-enriched water.

10.

Trust yourself and your body. It takes time to figure out your portion sizes and increase overtime. Focus on eating the right foods to nourish your body and giving yourself the time to rest and recover. Reach out to my anytime for help and support (Instagram DM is best [alison.culley_](#))


