FOOD

guide

BARIATRIC

SURGERY

This guide is a tool for the bariatric surgery patient, but is not intended to replace consultation with a nutritionist.

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This Food Guide is adapted from the Bariatric Surgery Food Guide developed by the Hôpital du Sacré-Coeur.

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Food Protocol

Goal
To lose weight and reduce the size of the liver in order to limit the risk of complications during surgery.

By means of
Loss of 5 to 10% of current weight through a low-carbohydrate, low-calorie diet.

Description
Liquid diet to follow depending on your Body Mass Index (BMI)

BMI of 35 to 50 : 2 weeks;
BMI > 50 : 4 weeks.

To calculate your BMI :

\[
\text{BMI} = \frac{\text{weight in Kg}}{(\text{height in m})^2}
\]

Ex. : \[
112 \text{ kg} = 42.1 \quad (1.63)^2
\]

DAILY Liquid Diet : IdealFAST

4 IdealFAST® pouches/day = 900 kcal, 90 g protein/day

Between the « IdealFAST® meals », drink water to reach a total of 1.5 to 2 litres of liquids. Coffee, herbal tea or tea (no sugar) is limited to 1 to 2 cups per day.

Taking chewable vitamins and mineral supplements, such as Centrum Select®, is recommended for approximately eight weeks before surgery, and while you are on a liquid-only diet. It is important to continue taking chewable Centrum Select® after surgery for at least one or two months, i.e., during the postoperative diet period. After that, you can swallow non-chewable tablets. It is suggested to take a multivitamin for at least 1 year following surgery.
Include **vegetables (low in carbohydrates)** with each meal. The vegetables you add to complete your meals must be eaten **plain**, raw or steamed. Examples of vegetables you can eat: broccoli, cauliflower, radishes, asparagus, spinach, lettuce, cucumbers, peppers, mushrooms, tomatoes, celery, green beans.

In addition to eating vegetables you may use a fibre supplement to prevent or relieve constipation. E.g., **Benefibre® or Lifebrand : Clearlyfibre** in powder form, which can be found in drugstores (see directions for use on the container).

If **you are diabetic**, it is important to schedule an appointment with your physician to review the dosage of your medication to be taken along with your liquid diet and as you lose weight. Increase blood glucose monitoring to four times per day before each « meal » and before going to bed, to ensure better self-monitoring.

It is recommended to see a nutritionist (**www.opdq.org**) at least once prior to surgery to start improving your eating habits. Afterwards follow-ups are encouraged to monitor the progress in your new eating habits and weight loss.

**Have you thought about making few changes now?**

You will need to adjust your eating habits following the surgery, for the short and the long term. We encourage you to prepare yourself mentally ahead of time for changes in menu planning, purchases, and food preparation, as well as begin to apply these new practices on a daily basis. Follow the « **Successful Nutrition Strategies** » guide on page 23-24 to familiarize yourself with the main principles to ensure the long-term success of your surgery results.
4 types of bariatric surgeries

**Restrictive Surgeries**
- Gastric Sleeve
- Gastric Band

**Malabsorptive Surgeries**
- Roux-en-Y
- Gastric Bypass
- Biliopancreatic Diversion
A New Life . . .
New Food AFTER surgery!

The first month following surgery is the « postoperative diet » stage. This guide describes each stage and the progression towards reaching the fifth week, i.e., the stage of more « normal » eating. Each person will need to take the time they require to progress in their « postoperative diet » to encourage healthy weight loss and minimize the risk of complications. Listen to your body, follow your own pace and tolerance. You can prepare pureed and chopped food ahead of time and freeze them to have them available after surgery for the « postoperative diet ».

It is important to understand that, following surgery, your stomach will be very small. This is one of the goals of the surgery: to help you eat much smaller food servings. That is why it is important to eat three meals a day, with protein snacks as needed, to obtain optimal nutritional intake and avoid slowing down your metabolism.

In addition to smaller serving sizes, it is important to review how you buy your healthy food and if needed ask for help to do your groceries. Prepare a grocery list and divide it into four categories, corresponding to each of the groups in Canada’s Food Guide.

In addition, we suggest you limit your intake of food high in sugar, salt and fat, which are often responsible for excess weight and poor diet. Instead, get your taste buds accustomed to appreciate various tastes. Be open to exploring new flavours (e.g., different vegetables and whole grains) to gain more benefits.

It would be beneficial to modify your daily activities (meal preparation, getting to work, etc.) by moving more! Every little step added to your daily routine can help.

Stay in contact with the bariatric surgery team to ensure that your lifestyle and healthy eating habits are being properly managed after surgery to minimize complication risks.

We hope your journey is a good one, particularly with regard to food, and that your health and weight loss will be optimized by targeting lifestyle changes for longterm success!
Food Protocol AFTER Surgery

Goals

To optimize **loss of body fat** while also improving health and minimizing loss of muscle mass.

**To optimize nutritional status**, acquire healthier lifestyles and identify strategies that will allow you to avoid surgery-related complications and to bring long-term success.

**To minimize side effects** and possible surgery-related discomfort (nausea, vomiting, reflux, diarrhea, food intolerance, wound infections, food blockages).

**Warning**

Given that your stomach will become very small following surgery, with a capacity of approximately 60 to 125 ml (¼ cup to ½ cup), you will **feel full** very quickly. In other words, you will no longer be hungry. Therefore, it is very important that you avoid eating large portions that could cause digestive discomfort.

Take note that the **quantities indicated in this guide serve as recommendations**. Do not be discouraged if you are not able to eat all of the suggested quantities.

**To optimize your protein intake** after the surgery, add protein supplements (e.g., whey protein such as **Beneprotein®**). It is important to **include at least six measuring scoops of powdered protein concentrate each day**, i.e., one scoop per meal and per snack during stages 1, 2, 3, and 4 (see p. 10). For optimal results, mix each measuring scoop of **Beneprotein®** with at least 125 ml (½ cup) of liquids (diluted juice, milk, yogurt, **Yop®**, etc.) You can mix it in the blender to obtain a homogenous consistency. As an alternative to using a protein concentrate, you can use skim milk powder, but you must double the quantity added to obtain the same amount of protein content.

In order to stay properly hydrated, drink 1.5 to 2 litres of liquid per day, especially water, swallowing small amounts of **no more than 60 ml (¼ cup) at a time**. Avoid regular and diet carbonated beverages.
Surgery day
(Day 0)

Right after the surgery, you can either take a sip of water or suck on an ice cube. This will be limited to 30 ml (1 oz) of water/hour.

Warning: Drink slowly and take small sips.
Small-dose progressive diet

Stage 1 (beginning the day after surgery, from day 1 to 4)

Strict liquids
Duration = 3 days

Stage 2 (day 5 to 8)

Semi-liquid diet
Duration = 4 days

Stage 3 (day 9 to 15)

Pureed diet
Duration = 7 days

Stage 4 (day 16 to 30)

Soft diet
Duration = 14 days

Stage 5 (after day 30)

Regular/tender diet
Diet progression - Stage 1

Day 1 to 4: Strict Liquid Diet (small volume)

Liquids permitted:
- Water;
- Clear broth;
- Suggested fruit juices (see recipe on p. 13);
- Protein-enriched fruit gelatine (see recipe on p. 12);

3 SMALL MEALS and 3 to 6 snacks, from 60 to 125 ml (¼ to ½ cup) each

Drink 1.5 to 2 litres (six to eight cups) of liquids per day, including water, to avoid being dehydrated, maximum of 60 ml (¼ cup) at a time.

Drink slowly, small amounts at a time, to avoid nausea and/or vomiting.

Avoid liquids that are very cold or very hot.

Avoid carbonated drinks that can cause abdominal discomfort and stretching or expansion of your small stomach.

Avoid caffeine or tea.

Note: The suggested juices and enriched gelatines are to be taken for the first month, given the difficulty to attain daily protein requirements. To stop it from stage 5.
**PROTEIN-ENRICHED GELATINE**

**Strawberry or another flavour**

**Ingredients**

1 box (85 g) gelatine powder – strawberry or another flavour  
1 cup boiling water  
1 cup cold water  
4 measuring scoops *Beneprotein®* protein concentrate

**Preparation**

Dissolve the gelatine powder in the boiling water. Add the cold water. Add the protein concentrate. Mix gently with a whisk, so as not to cause the mixture to become too foamy, just until everything is well dissolved and not lumpy.

Let it stand for a few minutes so that the froth disappears as much as possible. Portion into half-cup (125 ml) and refrigerate at least two hours.

**Yield**

4 servings of 1/2 cup - 125 ml
**Protein Enriched - HYDRATING BEVERAGE**

**Protein-enriched Orange Beverage**

**Ingredients**

- 2 cups pure unsweetened orange juice
- 1 cup cool water
- 6 measuring scoops Beneprotein® protein concentrate

**Preparation**

Combine all ingredients. Mix well using a whisk.

**Homemade - HYDRATING BEVERAGE**

**Apple Beverage**

**Ingredients**

- 4 cups pure unsweetened apple
- ½ tsp juice salt
- 4 cups cool water

**Grape Beverage**

**Ingredients**

- 3 cups unsweetened grape juice
- ½ tsp salt
- 5 cups cool water

**Note**: Choose real fruit juices, without added sugar. For the first month after the surgery, take pulp-free fruit juices. Dilute your juice, as suggested. Avoid prune juice for the first two weeks.
Diet progression - **Stage 2**
**Day 5 to 8:** Semi-liquid Diet

### Breakfast

125 ml (1/2 cup) **dry** cereal, softened in 60 to 125 ml of milk

**Examples:**
- Corn Flakes®
- *Spécial K®*
- *Rice Krispies®*

  or

125 ml (½ cup) **hot** cereal
- Liquid oatmeal
- Cream of wheat
- Baby cereals

60-90 minutes later
- 125 ml (½ cup) 2 %, 1 % or skim milk (with *Beneprotein®* added)

  or

- 125 ml (½ cup) suggested fruit beverages (see recipe on p. 13)

### Lunch and Dinner

- 125 ml (½ cup) smooth creamed soup (with *Beneprotein®* added)
- 60 ml (¼ cup) pureed fruit

  or

- 125 ml (½ cup) milk dessert or yogurt

**Snacks (between meals: 3 times a day)**

- 125 ml (½ cup) suggested fruit beverages (see recipe on p. 13)

  or

- 125 ml (½ cup) pureed fruit (with *Beneprotein®* added)

  or

- Protein-enriched milk shakes (smoothies) (see p. 15)
**Protein-enriched - MILK SHAKE**

**Ingredients**

- 100 g Soft tofu or plain or flavoured silk tofu
- ½ cup Skim or 1% M.F. milk or soy milk
- ½ cup Fresh or frozen mixed fruits
- 2 measuring scoops *Beneprotein®* protein concentrate
- 1 tbsp Maple syrup
- 15 ml Maple syrup

**Preparation**

Place the tofu, milk, fruit and protein powder in a blender.

Mix until the consistency is smooth.

**Variations**

You can replace the protein concentrate with ground almonds or pasteurized liquid eggs (*Naturegg®*).

You can also add greek yogurt to your mixture, to increase the protein content, depending on your preference.

Preferably avoid fruit with small seeds (strawberries, blackberries).

**Yield**

Makes three ½ cup or 125 ml servings.
POPSICLES WITH *BOOST®* FRUIT FLAVOURED BEVERAGE

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 container <em>Boost®</em> fruit Flavoured Beverage</td>
<td>237 ml</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Popsicle moulds, 60 ml each</td>
<td>4</td>
</tr>
<tr>
<td>4 measuring scoops <em>Beneprotein®</em> protein concentrate</td>
<td>4 x 20 ml</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Preparation**

Mix the *Beneprotein®* into the *Boost®* fruit Flavoured Beverage.

Pour one quarter of the container (approximately 60 ml) into each mold. Insert sticks and freeze until solid.

**Yield**

4 servings of 1/4 cup - 60 ml
INTRODUCING SOLID FOODS

General Advice

• Eat three small meals a day, **emphasizing protein sources**. **A small meal should take you at least thirty minutes to eat.**

• **Choose 2 to 3 healthy protein-enriched snacks a day.**

• Eat slowly and **chew your food longer**, approximately fifteen to twenty times per mouthful.

• **Pay attention to hunger signals.**

• To keep yourself well hydrated, drink 1.5 to 2 litres of liquid per day, especially water, with small sips, **a maximum of 60 ml (¼ cup) at a time**. Regular or diet carbonated beverages should be avoided.

• **Do not drink while eating**, in order to have enough room in your stomach for nutritious solid foods. Take liquids (e.g., drink or soup) **thirty minutes before meals and 60 to 90 minutes after meals.**

• Avoid dry, sticky and stringy foods: nuts, popcorn, dried fruits, caramel, celery, rhubarb, corn, etc. to avoid blockages caused by food masses.

• Since the **cereal products recommended during the first month after surgery are quite «refined»** to ease the digestion, this will result in lower **fibre intake**. So it is a good idea to add a fibre supplement such as **Benefibre®** to your menu (or Life Brand – Cleary Fibre®).

• **Stop eating as soon as you feel full.**

• **Do not lie down after eating**, to prevent gastric reflux.

• As you **progress through your eating stages**, it is important to try **one new food at a time**. This way, if this food is not tolerated, you will know which food was the cause.

• Start walking and getting other exercise as soon as possible.
Diet progression - Stage 3

Day 9 to 15 (week 2): Pureed Diet

Duration: approximately 1 week, from ____________ to ________________.

Breakfast
125 ml (½ cup) dry cereal, softened in 60 to 125 ml of milk

Examples:
- Corn Flakes®
- Spécial K®
- Rice Krispies®

or

125 ml (½ cup) hot cereal
- Oatmeal
- Cream of wheat
- Baby cereals
125 ml (½ cup) 2 %, 1 % or skim milk (with Beneprotein® added)

or

1 toast (white bread) without the crust, with non-hydrogenated margarine
1 egg (omelette or hard boiled & scrambled)

60 to 90 min. later: 60 to 125 ml (¼ à ½ cup) of suggested fruit beverages (p. 13)

Lunch and Dinner
No soup
60 g (¼ cup) of meat, pureed chicken or poached fish with a light sauce (béchamel, tomato sauce), silk tofu or omelette (2 eggs)
90-125 ml (¼-½ cup) pureed vegetables
90-125 ml (¼-½ cup) pureed potato

Wait 60 minutes after the meal for liquids (desserts or snacks)
125 ml (½ cup) fruit* juice, skim milk or enriched milk shake (see recipe on p. 15)

or 125 ml soup (adding Beneprotein®)

or 125 ml high protein liquid (e.g., Boost® High Protein or HP Ensure) or a popsicle (see recipe on p. 16)

Other Snack Suggestions
125 ml (½ cup) pureed fruit, or skim milk dessert, or yogurt
2 soda crackers and 15 ml nut butter (peanut, almond, etc.) or hummus High protein gelatine (see recipe on p. 12)
Diet progression - **Stage 4**

**Day 16 to 30 (weeks 3 and 4) : Soft Texture Diet**

This diet is made of foods that are easy to digest which can be easily cut with a fork, without needing a knife.

Foods such as *untoasted bread, pasta, rice, whole red meats can cause problems; avoid them*. Wait two weeks after *stage 5 (meaning 7 weeks post surgery)* before integrating small quantities of these foods.

Fatty foods such as those that are fried, breaded, or include greasy sauces can cause discomfort and are not recommended if you want your weight loss process to be successful.

If ingesting solid foods causes nausea or vomiting, you need to resume the semiliquid diet.

**Choices allowed :**

- omelette or boiled egg;
- cottage cheese, ricotta or soft cheeses that are less than 20 % M.F.;
- eggs garnished with plain yogurt and light mayonnaise;
- lentils or other legumes;
- canned fruit or fruit compote;
- poached or grilled fish;
- minced chicken, with light sauce;
- semi-firm or firm tofu;
- lean or extra-lean ground meat.

If you have real signs of hunger between meals, choose protein-enriched snacks such as milk pudding, yogurt, a hard-boiled egg, skim milk, skim milk cheese.

Consume two portions of skim or partly skimmed milk products a day.

Limit your intake of extra fats to 15-30 ml (three to six teaspoons) a day, preferably healthy, cold-pressed vegetable oils.
Diet progression - Stage 4

Duration: approximately 2 weeks, from _____ to _____.

Breakfast
125 ml (½ cup) cold cereal, softened in milk or hot cereals

Example:
- Corn Flakes®
- Special K®
- Rice Krispies®
- Oatmeal
- Cream of wheat
- Baby cereals
125 ml (½ cup) 2 %, 1 % or skim milk

or

1 piece of white toast without the crust, with non-hydrogenated soft margarine
30 g (1 ounce) light cheese or lean creton or 15 ml (1 tablespoon) smooth peanut butter (or other nut butter) or 1 egg.

Lunch and Dinner
No soup
60 g (¼ cup) meat, pureed chicken or poached fish in a light sauce (béchamel, tomato sauce), silk tofu or omelette (2 eggs)
90-125 ml (¼-½ cup) mashed/chopped vegetables
90-125 ml (¼-½ cup) pureed potato or mashed sweet potatoes

Wait 60 minutes after the meal for liquids
125 ml (½ cup) suggested fruit juice (see p. 13) or skim milk

or 125 ml soup (with Beneprotein® added)

or 125 ml high protein liquid (e.g. Boost® High Protein or Ensure High Protein)

Snacks
125 ml (½ cup) pureed fruit, or skim milk dessert, or yogurt

or 2 soda crackers and 15 ml nut butter (peanut, almond)

or high protein gelatine
Diet progression - **Stage 5**

(week 5) Normal Diet

Food cannot pass through the opening of the new stomach unless it is chopped into very small pieces. So, **chew your food as much as possible** and be attentive to when your body tells you that you are hungry or full.

A small meal should take you at least thirty minutes to eat.

**Wait two weeks (week 7 post surgery) before including small quantities of bread, pasta, rice and whole red meats, which can be more difficult to digest.**

Gradually, aim to consume the minimum servings from each of the **Canada’s Food Guide** groups every day, but it may be difficult. Therefore at the beginning take:

- 3 to 4 servings of skim **milk and alternatives** a day;
- 1 serving of **fruit** and at least 2-3 servings of **vegetables** a day;
- 3 servings of **whole grain products (or starches)** a day (multigrain breads, whole-wheat pasta, baked potatoes, sweet potato, rice, etc.);
- 2 to 3 **servings of meats and alternatives** a day. Remove the visible fat from the meat and the skin from poultry, and choose non-fat cooking methods: in the oven, on the grill, steamed, etc.

1 serving of meat and alternatives is equal to:

- 2 ½ ounces (75 g) of meat, poultry or cooked fish
- 2 eggs
- 2 tablespoons (30 ml) of peanut butter
- ½ to 1 cup (125 to 250 ml) of legumes.

**Eat 3 small meals with 2 to 3 protein snacks every day to ensure that you maintain optimal weight and to better manage your hunger and feeling full.**

Focus primarily on your **protein intake in the beginning** and gradually leave more room for other foods on the menu so as to achieve balanced meals according to the **Healthy Plate** concept and **Canada’s Food Guide**.
Useful Information for all bariatric surgeries

It will be important to avoid stretching your small stomach during the first weeks, i.e. by vomiting. Vomiting may lead to gastritis, cause pain and render the surgery less effective.

It will be necessary to consult with your pharmacist to know if your medication may be crushed or if it is available in syrup form to make its consumption easier after surgery. Refrain from chewing gum; if swallowed, it may cause an obstruction.

Vitamin and Mineral Supplements

Blood testing will be necessary 6 and 12 months after your surgery, at the very least, regardless of the type of surgery. Afterwards, the frequency of these tests will be decided by your doctor and nutritionist. **Complete multivitamins are recommended for all surgery types, and other vitamins and minerals will be added based on your medical and nutritional status.**

Specifics for Biliopancreatic Diversion/Roux-en-Y Gastric Bypass Surgeries

Start taking your supplements 3 to 4 weeks after your surgery, when your surgeon gives you the prescription. Blood tests and nutritional supplements will be required for the rest of your life when undergoing these types of surgeries.

### Vitamin Supplements

- Complete multivitamin, a tablet/day (prenatal = higher in iron)
- Calcium (citrate, preferably) 1500-2400 mg/day
- Vitamin D 10,000 I.U., once a week, up to 5000 U.I./day (for BPD)
- Vitamin A 50,000 I.U., once a week, up to 10,000 U.I./day (for BPD)
- Ferrous sulphate 300 mg once a day (evening)
- Vitamin B12 350-500 mcg once a day or 1000 mcg injx once a month
- Vitamin K 300 mcg/day (for BPD) and vitamin E 400 U.I./day (for BPD)

### Specifics for Gastric Band Surgeries

If you can’t easily reach satiety, **adjustments to the band** cannot be made before four to six weeks after your surgery. Time may vary from patient to another. Adjustments are performed by inserting a very small quantity of saline solution in the band. After each adjustment, you will be asked to drink small quantities of liquids to test your tolerance to liquids before moving on to solid foods. Make sure the band is not too tight, allowing you to eat a variety of solid foods included in a balanced and healthy diet.
Successful Nutrition Strategies

Your surgery can improve your health and reduce obesity for the long term if you change your food habits and lifestyle which includes exercise.

Ensure that you have follow-up appointments with a nutritionist. She will help you maximize the results of the surgery over the short and long term.

- **Eat 3 small meals and 2 to 3 protein snacks/day**
- **Use smaller plates, smaller bowls.**
- **Take liquids (including soup) between meals, i.e., 30 minutes before and 60 to 90 minutes after meals.** Be sure to avoid mixing liquids and solids.
- **Eat slowly** (approximately 30 to 40 minutes per meal) in a relaxed setting, and **chew** your foods at least 15 to 20 times per mouthful.
- **Ensure that you spend a longer time chewing** sticky, dry and stringy foods: rice, fresh bread, corn, nuts, seeds, fruits and vegetables with peels, lettuce, tough meats, etc., to prevent blockages and digestive discomfort.
- **Savour your foods and avoid having your attention distracted by reading or watching television during meals.**
- **Drink water a little at a time, but frequently. Ensure that you drink 1.5 to 2 litres of liquids a day between meals and limit fruit juice, alcohol and sweetened beverages.**
- **Avoid** diet and regular carbonated beverages. These can contribute to enlarging your small stomach.
- **To avoid filling your small stomach unnecessarily with air, limit chewing gum and drinking with a straw.**
• **Limit foods that are processed, high in fat and/or sugar and salt**: pastries, chips, honey, maple syrup, candy bars, jams, deli foods, etc. Foods with a high sugar concentration can increase the risks of bloating and diarrhea.

• **Listen to your signs of hunger and being full** instead of completely ignoring them.

• Do not undertake any other weight reduction program without discussing it with your nutritionist. **Several weight reduction products and diets** that result in major weight loss **can cause unwanted side effects** such as loss of muscle mass, reduced basal metabolism (energy expended at a resting state), heart arrhythmia, gallstones, nutritional deficiencies, etc.

• **Remember that food is meant to be tasted, so take the time to eat and enjoy your foods.** The more you enjoy each bite, the fewer bites you’ll need to take!

• **Be realistic in your weight loss objective.** Too-rapid weight loss, more than 0.5 to 1 kg per week, can threaten your health. However, it is possible for you to lose a bit more than 1 kg per week during the first weeks following surgery.

• **Get moving!** Any increase in physical activity, however small it may be (10 minutes at a time), is helpful. Get a pedometer and aim for 6,000 to 10,000 steps per day in the long run.

• **Above all, aim to improve your health and well-being.**
Clinical Nutrition Department

Internet Resources

Ordre professionnel des diététistes du Québec : www.opdq.org (In French only)
Groupe d’action sur le poids : www.quilibre.ca (In French only)
Extenso, Centre de référence sur la nutrition humaine : www.extenso.org
(In French only)
Documentary short prepared by Enzyme Communication : « Weight Matters »: http://www.enzyme.ca/tv/
Jimmy Sévigny’s story : http://www.jimmysevigny.com
Videos of surgery : http://www.websurg.com/ref/search-vd01en2067.htm
Passeport Santé : www.passeportsante.net (In French only)
Heart and Stroke Foundation :
English : www.heartandstroke.ca
French : www.fmcoeur.qc.ca
Service vie : www.servicevie.com (In French only)
Health Check Program : www.healthcheck.org
Kino-Québec : www.kino-quebec.qc.ca (In French only)
Ordre des psychologues du Québec : www.ordrepsy.qc.ca/en/index.sn
5 / 30 Health Challenge : www.defisante530equilibre.ca/index.php/ds_eng/content/view/full/480
S.O.S. Cuisine : www.soscuisine.com

Sites visited in November 2010

Bariatric Surgery Food Guide