

Poster submission, OSSANZ 2009

AIM: To modify a general weight loss visual eating guide to be specific for gastric bands and sleeves.

BACKGROUND: The Gastric Band Plate was developed in 2006 as a modification of the Portion Perfection Plate, designed for the general population.

(Pic of pp pack and gb plate)

The aim of the Gastric band plate is to promote 3 messages

1. Nutritional balance
2. Portion Control
3. Gastric Band specific eating behaviours.

The book, *Portion Perfection – A visual weight control plan* was released in 2008 for the general overweight population. The book works with the Portion Perfection plate and bowl to complete a visual eating plan with concrete tools to assist with compliance. Feedback indicates it is the simple, practical and visual approach which is effective.

The concept involves actual photographs of suitable natural and packaged foods and is appropriate for men women and children over the age of 5 and all educational levels.

It has been our process to modify this visual eating plan to be gastric band specific, including incorporation of the gastric band plate.

METHOD

1. Text has been reworded.
2. Portion sizes of foods have been modified.
3. Poorly tolerated foods have been noted or removed, and tips added for achieving best tolerance.

RESULTS

This process has resulted in a gastric band specific nutrition education tool and pictorial eating guide that can provide professional nutritional guidance in a uniform format for gastric band or gastric sleeve recipients throughout Australia and New Zealand.

CONCLUSION:

Portion Perfection for the Gastric Band will be available mid 2009. (Pic)

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