



# Resources

<b>Social Media</b>	
 	Instagram: @Tulane_Bariatric_Center Private Facebook Support Group (ask to be added)
<b>Information About Surgery</b>	
<a href="http://Obesityhelp.com">Obesityhelp.com</a>	<a href="http://www.ASMBS.org">www.ASMBS.org</a>
<b>Protein and Supplements</b>	
Variety of different vitamin and mineral supplements in chewable, liquid, or tablet forms. They also have different types of protein supplements.	
<a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> <a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> <a href="http://www.mybariatricpantry.com">www.mybariatricpantry.com</a> <a href="http://www.bariatricpal.com">www.bariatricpal.com</a> <a href="http://www.bariatricfusion.com">www.bariatricfusion.com</a> <a href="http://www.barimelts.com">www.barimelts.com</a>	<a href="http://www.dietdirect.com">www.dietdirect.com</a> <a href="http://www.unjury.com">www.unjury.com</a> <a href="http://www.bariatriceating.com">www.bariatriceating.com</a> <a href="http://www.vitacost.com">www.vitacost.com</a> <a href="http://www.gnc.com">www.gnc.com</a> <a href="http://www.amazon.com">www.amazon.com</a>
<b>Online Diet Trackers</b>	
<a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a> <a href="http://www.calorieking.com">www.calorieking.com</a> <a href="http://www.sparkpeople.com">www.sparkpeople.com</a>	<a href="http://www.thedailyplate.com">www.thedailyplate.com</a> <a href="http://www.fitday.com">www.fitday.com</a> <a href="http://www.loseit.com">www.loseit.com</a>
<b>Recipe Websites</b>	
<a href="http://www.froedtert.com/bariatric-surgery/recipes">www.froedtert.com/bariatric-surgery/recipes</a> <a href="http://www.bariatriceating.com/category/wls-friendly-recipes/">www.bariatriceating.com/category/wls-friendly-recipes/</a> <a href="http://theworldaccordingtoeggface.blogspot.com/">http://theworldaccordingtoeggface.blogspot.com/</a> <a href="http://www.bariatricfoodie.com">www.bariatricfoodie.com</a> <a href="http://www.bariatricmealprep.com">www.bariatricmealprep.com</a> <a href="http://www.mybariatricpantry.com">www.mybariatricpantry.com</a> <a href="http://www.rexbariatrics.com/catefory/recipes/">www.rexbariatrics.com/catefory/recipes/</a> <a href="http://www.bariatriccookery.com/recipes-2">www.bariatriccookery.com/recipes-2</a>	<a href="http://www.wlsdailyplate.com">www.wlsdailyplate.com</a> <a href="http://www.foodcoach.me">www.foodcoach.me</a> <a href="http://www.cookinglight.com">www.cookinglight.com</a> <a href="http://www.myrecipes.com/healthy-diet">www.myrecipes.com/healthy-diet</a> <a href="http://www.insidekarenskitchen.com">www.insidekarenskitchen.com</a> <a href="http://www.pinterest.com">www.pinterest.com</a> – search “bariatric friendly recipes” <a href="http://www.skinnytaste.com">www.skinnytaste.com</a> – choose “low-carb recipes”
<b>Online Support Groups</b>	
<a href="http://www.obesityhelp.com">www.obesityhelp.com</a> <a href="http://www.thinnertimesforum.com">www.thinnertimesforum.com</a> <a href="http://www.oa.org">www.oa.org</a>	<a href="http://www.bariatricpal.com">www.bariatricpal.com</a> <a href="http://www.obesityaction.com">www.obesityaction.com</a> <a href="http://www.americanbariatrics.org">www.americanbariatrics.org</a>
<b>Smart Phone Apps</b>	
My Fitness Pal Baritastic Lose It Spark People Bariatric IQ Bariatric Pal	MyPlate Calorie Tracker Fooducate Nike training club Meal lime Fitbit FatSecret