



The Complete Idiot's Guide to Eating Well After Weight Loss Surgery (Idiot's Guides)

By Margaret Furtado MS RD, Joseph Ewing

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Essential info for the quarter million people a year adjusting to life after weight loss surgery...

With an increasing array of weight-loss procedures to choose from, more and more are opting for it. But once patients return home, they need guidance for keeping the weight off, while nourishing themselves. Included here are the challenges they face, how to overcome them, meal plans, and 150 recipes tailored for them.

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Editorial Review

About the Author

Margaret Furtado, M.S., R.D., L.D.N., R.Y.T., is a licensed dietitian/nutritionist with over 20 years of clinical experience. She is currently part of the multidisciplinary team at Johns Hopkins Bayview Medical Center, where she counsels patients before and after weight loss surgery. She has also worked in medical and surgical weight loss at the Weight and Wellness Center at Tufts Medical Center, as well as the Weight Center at Massachusetts General Hospital. Margaret earned her Master's degree in nutrition and dietetics at Florida International University in Miami and speaks internationally on weight loss surgery and nutrition.

Joseph Ewing is a graduate of Johnson and Wales University, with a BS in culinary nutrition and an associate of science degree in culinary arts. He was awarded first place in the State of Maryland SkillsUSA Culinary Arts Competition and third place in Talbot County, Maryland, and was published in the *Star Democrat* for his accomplishments. Joseph is currently working in Rhode Island as a sous chef for the Pinelli Marra Restaurant Group.

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