

# Stay in the **Green Zone**

## Adjusting to Optimize Weight Loss



**ADD FLUID**



**REMOVE FLUID**



**Hungry between meals**  
**Eating large portions**  
**Not losing weight**

**Not hungry**  
**Good weight loss**  
**Portion control**  
**Patient satisfaction**

**Poor food choices**  
**Regurgitation**  
**Discomfort while eating**  
**Poor weight loss**  
**Night cough**

Not enough fluid in the band

Right amount of fluid in the band

Too much fluid in the band