



Dear IFSO Member,

We are excited to announce that IFSO will be making a Cookbook to share with our patients around the world! There is no such recipe book that exists, so let's be the first!

This will be a great tool for our patients and will bring a little piece of our cultures to one another. We need your help. We would like you to send in your healthy, "bariatric friendly" recipe(s).

If your recipe is chosen, your name and country will be listed along with your recipe. We will award the **Top 10 Recipes** and announce the winners at our IFSO World Congress in Madrid, Spain. The best recipes will be also cooked within the "Bariatric Master Cook" contest and evaluated by famous Spanish cooks during the Congress.

Please spread the word among your colleagues and fellow practitioners to participate as well.

Please include the following with your submission:

**-Ingredients needed**

**-Preparation time**

**-Detail cooking instructions**

**-Nutritional Facts:**

- **Calories per serving**
- **Total Protein (g)**
- **Carbohydrate (g)**  
of which Sugars (g)
- **Fat (g)**

Submit your recipe(s) to [secretariat@ifso.com](mailto:secretariat@ifso.com) no later than **March 30<sup>th</sup>, 2019**.

*Thank you very much for bringing your contribute to this new IFSO initiative!*

IFSO Integrated Health Committe