

Developing Intelligent Eating Techniques

Weight Loss Surgery and You



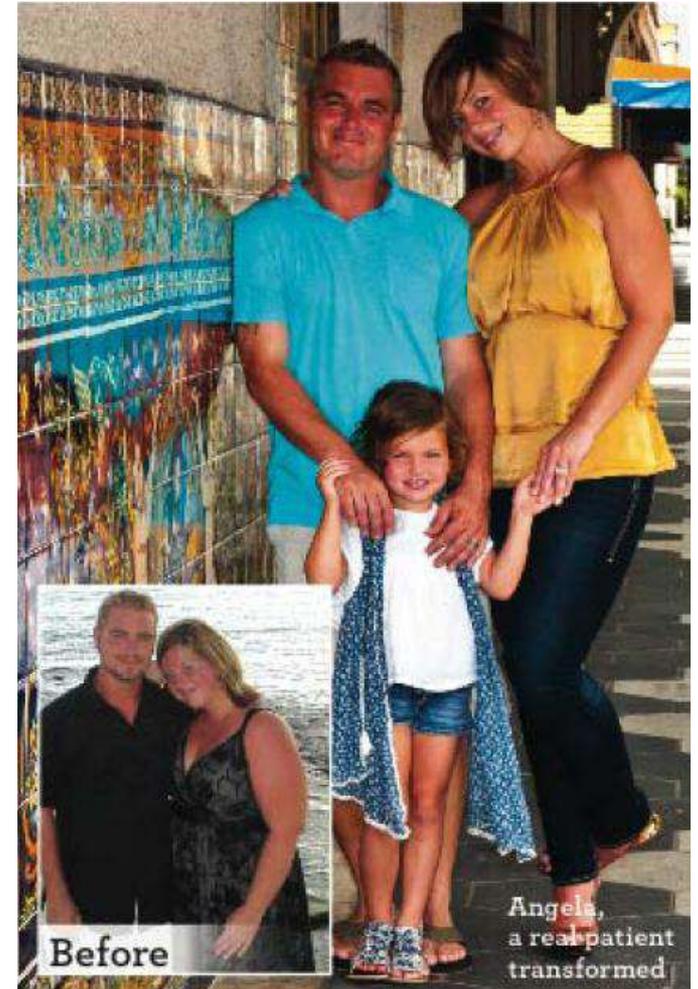
About This Presentation

The following presentation is a prerequisite* to the initial one-on-one nutrition consultation and evaluation with your BayCare Bariatric Program Registered Dietitian (RD). It is designed to give you the tools to start changing your behavior around food, provide an overview of how your food texture will be advanced after surgery, share tips on how to reach your goals and have a successful outcome and ensure you get the most out of your consult(s) with the dietitian. Weight loss surgery is a tool and must be combined with lifestyle/behavior changes to ensure the most successful outcomes.

***NOTE:** There is a two-part assignment to complete, with detailed instructions at the end.

Formula for Success

- Recognize that behavior change is a process.
- Think “baby steps,” with one to two areas of focus at first
- Taking time to change now (before surgery) helps to ensure long-term success after surgery
- Use non-diet approach; focus on developing intelligent eating techniques



Formula for Success *cont'd*

- Follow post-surgery bariatric nutrition advancement guidelines (you will receive this at your first one-on-one consult with your RD)
- Reduce sedentary time, increase physical activity
- Attend bariatric support groups
- If overeating/binging on food, seek help from an appropriate therapist and/or seek services of Overeater's Anonymous (OA.org)
- Failure to show behavior change during pre-op program may result in delay or cancellation of surgery

Top 8 Lifestyle Changes to Make *Before* Surgery

1. Eat slowly; allow 20-30 minutes to eat a meal.
2. Feel full? STOP eating at first sign –focus on recognizing this feeling.
3. Eat evenly spaced meals throughout the day; avoid skipping meals and/or grazing on unplanned foods.
4. Use the Mindful Eating Scale to assess satiety and hunger.

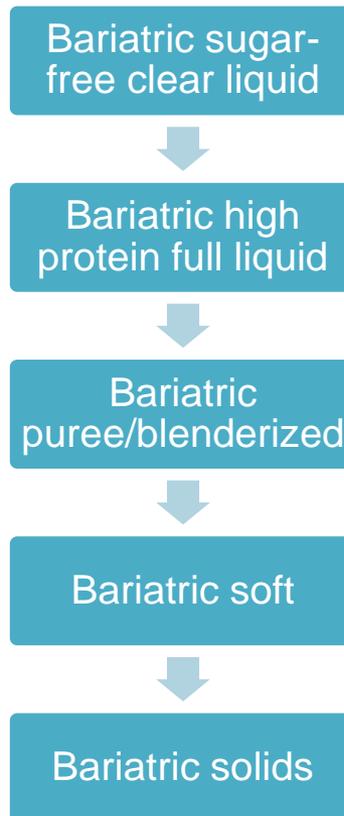


Top 8 Lifestyle Changes *cont'd*

5. Work on eating balanced meals and choosing foods from all food groups each day, including vegetables, fruits, whole grains, low-fat dairy and lean protein.
6. Set yourself up for success and plan ahead.
 - Make your lunch the night before and bring it to work.
 - Self-monitoring: Use a journal or phone application to organize food plan/meal times and intake each day.
 - Problem solve potential challenging food situations in advance (party, late meeting, doctor's appointment on lunch break, etc.) to ensure you are prepared and stay on track.
7. Wait 30 minutes after finishing a meal to drink fluids (30/30 rule).
8. Stay hydrated during the day. Water is your top choice.
 - Avoid carbonation and find alternative replacements (no caffeine).
 - Reduce/stop your caffeine intake.

Postoperative Nutrition Advancement

The length of time on each food texture will vary based on your type of weight loss surgery and will be reviewed in detail when you see your Bariatric Program Registered Dietitian.



Foods to Avoid

For optimal results, we discourage you from consuming the following:

- High-concentrated sweets (cakes, cookies, candy)
- High-fat foods, processed snacks, fried foods
- Alcohol
- High-caloric liquids
- Carbonated drinks
- Caffeine

Vitamin/Mineral Supplementation

Lifelong vitamin/mineral supplementation is extremely important following weight loss surgery:

- **All** bariatric patients must take an approved multivitamin and calcium citrate daily.
- Additional vitamin B12, iron, and B complex may be needed, depending on your type of weight loss surgery or if you are deficient.
- Additional specifics will be reviewed when you meet with your BayCare Bariatric Program Registered Dietitian.



Importance of Dietary Protein

Importance of dietary protein before and after weight loss surgery:

- Protein is necessary for:
 - Wound healing
 - Preserving lean body mass
 - Hormone and enzyme regulation
 - Satiety
- Protein foods should be eaten at every meal or snack.



Common Protein Sources

Food	Amount of Protein
8 ounces of fat free, 1%, or 2% milk	8 grams
8 ounces of Soy milk	8 grams
6 ounces of Greek style yogurt	13-18 grams
6 ounces of light yogurt	6-10 grams
½ cup of part skim ricotta cheese	10 grams
½ cup of low-fat cottage cheese	15 grams

Common Protein Sources

Food	Amount of Protein
½ cup of black, garbanzo, kidney, or pinto beans	6 grams
3 ounces of tofu	9 grams
medium egg	6 grams
3 ounces of water packed tuna	21 grams
½ cup of chicken salad	18 grams
3 ounces of roasted chicken	21 grams
2 ounces of deli turkey	14 grams

Are You Getting Enough Protein?

1. Read food labels
 - Look for number of servings/container
 - Compare amount eaten to serving size
 - Look for grams of protein/serving
2. Count protein grams in protein supplement
3. Estimate how much protein is in foods. Tip: 1 oz. of chicken, fish, beef, turkey = 7 grams of protein

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
<hr/>	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Assignment

Part 1

Bring a two-day food record to the initial nutrition consult with your Registered Dietician (RD). On your food record, estimate the grams of protein and ounces of fluid consumed.

Part 2

Choose two of the Top 8 Eating Techniques to Modify Lifestyle Before Weight Loss Surgery to work on prior to seeing your RD.