

Bariatric Nutrition Class 1: Guidelines for Weight Loss Surgery

Welcome to the journey!



Class Reminders

- * This a private class. Please be mindful of everyone's privacy.
- * Mute your microphone
- * Use the "Raise Hand" feature at the bottom of your screen or chat box to ask questions.
- * Respect that everyone is here for the same reason! It's a no judgment zone!

Class Reminders

- * Avoid distractions and multitasking.
- * Please do not discuss your personal medical issues, progress towards surgery, or pending appointments during this class.
 - * Save personal questions for your individual nutrition & medical appointments

THANK YOU for your understanding and cooperation!

Today You Will Learn About:

- * What is "Nutrition Clearance"?
- * Healthy eating guidelines for weight loss
- * Importance of protein
- * Exercise goals
- * Support groups

As Your Dietitians We Are Here To...

- ❖ Be your support throughout this journey:
 - ❖ Both before & after surgery
- ❖ Work with you to set goals that will get you ready for weight loss surgery:
 - ❖ Habits that you will need to change in order to be successful
 - ❖ Assist you with weight loss goals before and after surgery
- ❖ Help you get your **nutrition clearance required for surgery**

Nutritional Clearance: What Do I Need to Do?

Complete the 3 nutrition classes and Quiz completion :

- ❑ **Class #1** –Basic healthy eating guidelines (*the class you are currently in*)
- ❑ **Class #2**- Follow-up nutrition class; review of info from class #1 and barriers to success
- ❑ **Class #3**- Review of the post-op diet, vitamins/minerals and behaviors that will help with success
- ❑ **Quiz**- to demonstrate understanding of info covered in class #3. A “pass” is a score of 80% or better (12 out of 14 questions).

Nutritional Clearance: Other Requirements

- ❑ No weight gain!! Weight loss of 5% is encouraged.
 - ❑ In-office monthly weight checks are recommended to confirm pre-op weight loss
 - ❑ You may be asked to come in for an additional weight check after class 3
- ❑ Meeting nutrition and behavioral goals set by you and the dietitians
 - ❑ Eg. Eating 3 meals/day, begin taking a multivitamin (no gummy) supplement; find a good protein drink from our recommended list and don't drink sugary beverages, beginning regular exercise
- ❑ Attend a virtual Bariatric Support group – strongly recommended
 - ❑ Support groups take place via Zoom the 3rd Wednesday of every month at 6pm

Why Should I Follow the Nutrition Guidelines?

Before Surgery

- * To help you lose weight safely before bariatric surgery
- * Address any nutrition deficiencies
- * The sooner you start making changes, the easier you will adjust to a healthy way of eating after surgery

After Surgery

- * Prevent nutritional deficiencies
- * Help you avoid nausea, vomiting, pain, and constipation
- * Continue healthy habits for lifelong success

The New You: Making Lifestyle Changes

- * Bariatric Surgery is a great a tool for weight loss, but it only works when used properly!
- * Together, we will work on changes that might be HARD and will take TIME.
 - * Patience is key with any changes!
- * Consistent efforts will be rewarded!

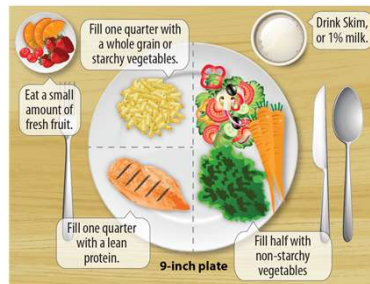


Words of Advice from Past Patients



“With devotion and hard work, you will do great with this surgery. It is a fantastic tool! It changes you for the better.”

Nutrition Guidelines Before Surgery: MyPlate Portions

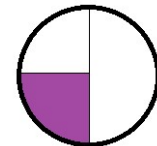


Nutrition Guidelines for Surgery: PROTEIN



- * Helps your body burn fat instead of muscle for healthier weight loss
- * Helps to keep you full longer
- * Helps keep skin, bones, hair and nails healthy
- * Improves blood sugar control

TIP: Eat protein with ALL meals and snacks!!



Nutrition Guidelines Before Surgery:

PROTEIN



Meat, chicken, turkey
3 ounces = 20-25gr protein



Fish and seafood
3 ounces = 20-25gr protein



Egg
1 egg = 6 gr protein



Dairy
8oz Milk = 8 gr
6 oz yogurt = 6-15 gr
1 oz cheese = 7 gr



Soy
8oz soymilk = 8 gr
½ cup Tofu = 7-10 gr



Beans, nuts and seeds
Beans ½ cup = 7gr
Nuts ½ cup = 6 gr
PB 1 Tbsp = 4gr



Nutrition Guidelines Before Surgery:

PROTEIN - Portion Sizes



3 oz chicken or meat = deck of cards



~23 gr protein

3 oz fish = checkbook



~ 21 gr protein

1 oz = golf ball



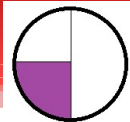
~ 7 gr protein

Nutrition Guidelines Before Surgery:

PROTEIN

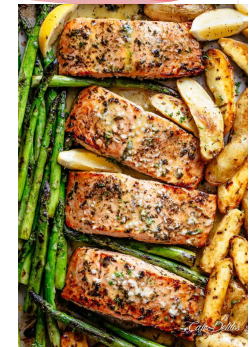
Protein supplements to replace meals

- * Ready-to-drink shakes (eg: SlimFast High Protein, Premier, Ensure Max, Fairlife, Muscle Milk...)



Healthy Cooking Methods

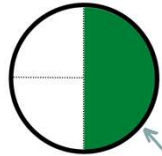
- * Use low-fat cooking methods : broiling, baking, stir frying, air frying, or grilling with very little oil
- * Use fat-free marinades, seasonings, chicken/vegetable/beef broth
- * Avoid cream sauces (like Alfredo): choose broth or tomato-based sauces



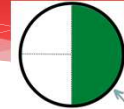
Nutrition Guidelines Before Surgery: Vegetables and Fruits



- * Fill 1/2 your plate with lots of different vegetables
- * They give you fiber. Fiber helps you feel fuller longer
- * Vitamins and minerals to help prevent illness and disease
- * Low calorie snack options



Nutrition Guidelines Before Surgery: Eat More Vegetables and Fruits



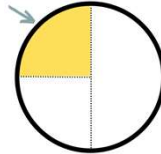
- * Aim for 2-3 servings of fruit daily
 - * 1 small apple or pear
 - * 1/2 banana
 - * 1 cup berries
 - * 1 cup grapes or melon
 - * 1 medium orange
- * Fruit makes a great snack!



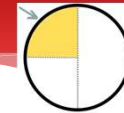
Nutrition Guidelines Before Surgery: Carbohydrates /Starches



- * 1/4 PLATE Carbs/Starches:
 - * Whole-grain starches are good for your heart and keep you feeling fuller longer.
 - * Gives you quick energy
- * Starchy vegetables- should be counted as a "starch"
 - * Yams/potatoes
 - * Peas
 - * Corn
 - * Cassava/yucca
 - * Plantains
 - * Yautia
 - * Malanga



Eat in Moderation



- Oats
- Brown rice
- Whole wheat pasta
- Whole grain bread
- Whole grain cereal (no added sugar)
- Quinoa



Whole Grains

Eat Only Occasionally



- Hotdogs
- Sausage
- Bacon
- SPAM
- Ribs
- Wings








Eat only occasionally



- White breads and rolls
- Bagels
- Pretzels
- Crackers
- Dried fruits






Not Recommended



- Cakes
- Donuts and pastries
- Sweet cereal
- Cookies
- Candy
- Chips








Make your plate!



9-inch plate

Fill one quarter with a whole grain or starchy vegetables.

Fill one quarter with a lean protein.

Fill half with non-starchy vegetables.

Eat a small amount of fresh fruit.

Drink Skim, or 1% milk.

Tools to Keep you on Track

* Food/Calorie Tracking Apps

* My Fitness Pal



* Baritastic



* MyPlate Calorie Counter



* Lose It!



* There are many, many more options for apps!



Common Pitfalls: Calories in drinks

High Calorie Density



Apple Juice
8oz: 113



Naked Juice
15 oz: 250 Cal



Starbucks Frappuccino
16oz: 440 Cal



Gatorade
20oz: 140 Cal



Soda 12 oz: 140 Cal



Dunkin' Coffee w/
cream and sugar
(Med) 190 Cal

Don't drink your calories. They won't do much to help you feel full.

Better Drink Options

Low Calorie Density



Choose only beverages with less than 10 Calories and 0 grams of sugar:

- Water
- Powder water enhancers (Crystal light, Wylers)
- Liquid Water enhancers (MIO)
- Diet lemonade and diet iced tea
- Powerade Zero, gatorade Zero
- Vitamin Water Zero
- BAI
- Tea, Decaf coffee w/ low fat milk, 0 calorie sweeteners

Reading Labels: 101

- Start with serving size
- How much you should eat of a certain food in one sitting.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reading Labels: 101

Calories

- * Reflects how many calories are in the serving size listed above

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Reading Labels: 101

Total Fat:

- ❖ %Daily Value- choose foods with <10% DV
- ❖ Limit Saturated Fat to <5% Daily Value
- ❖ Avoid Trans Fat

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Reading Labels: 101

Added Sugars:

- ❖ Goal: <5% or less daily value
- ❖ Includes table sugar, syrups, honey, agave and sugars from concentrated fruit, vegetable juices that are added during the processing of the foods

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Reading Labels: 101

Quick Tip: 10-10-10 Rule

- <10g total fat
- <10g total sugar
- >10g protein

Ingredients list:

- * Listed by quantity– from highest to lowest amount
- * The 1st ingredient is what the manufacturer used the most of



Hunger/Fullness Cues

Practice listening to hunger and fullness signs



Lets Get Moving

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



AND

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Lets Get Moving

How much activity do it need?

Moderate-intensity aerobic activity

- * Anything that gets your heart beating faster counts
- * At least 150 minutes per week

Muscle-strengthening activity

- * Complete activities that make your muscles work harder than usual
- * At least 2 times per week

You need both aerobic and muscle strengthening activities. Every little bit counts. So start with 5 minutes. It all adds up.



Let's Make this happen: Goals

Take the time to make realistic goals based on the guidelines given today.

- ❖ 1 behavioral goal
 - ❖ Example: "I will not keep cookies in the pantry"
- ❖ 1 nutrition goal
 - ❖ Example: "I will have ½ plate vegetables with dinner every night"
- ❖ 1 exercise goal
 - ❖ Example: I will walk 30 minutes at lunch time at work"



What Now?

- * Keep all your classes and appointments
 - * Missing follow up visits and classes will push back your surgery date
- * Begin using what you learned today
 - * Start by adding 1-2 new habits and slowly add more in
- * You will be scheduled for a One-on-One Nutrition visit
- * You will be scheduled for the Nutrition Class #2
- * If you have not done so, come to the office for a weight check
- * Call if you have questions:
 - * Temple Main Campus: 215-707-8957
 - * Jeanes Campus: 215-722-3258



Questions?



Weight Loss Surgery Websites

- * www.obesityhelp.com
- * www.gastricbypass.com
- * www.obesityaction.org
- * www.bariatrics4diabetes.com
- * www.dailystrength.com
- * www.myselfdesign.com
- * www.journalsunlimited.com
- * <http://theworldaccordingtoeggface.blogspot.com/>

References

- * www.sparkpeople.com
- * www.myfitnesspal.com
- * www.baritastic.com
- * Nutritiondata.self.com
- * www.loseit.com
- * <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
- * <http://www.starbucks.com/menu/drinks/espresso/caramel-macchiato#size=126198&milk=67>
- * <http://www.choosemyplate.gov/food-groups>

