

Journey toward a  
*Healthy Lifestyle*



**SURGICAL WEIGHT LOSS**

Handbook (606) 408-1540

**KING'S  
DAUGHTERS**

# Pathway to Surgery Checklist

There are several insurance and program requirements that must be completed before surgery. Please mark off each item when it is completed. Your case will not be submitted to insurance unless all requirements are met. It is a patient's responsibility to ensure all appointments are scheduled.

## Step 1: Surgical Weight Loss Initial Visits

- Nurse visit \_\_\_\_\_
- Dietitian visit \_\_\_\_\_
- Psychiatric visit \_\_\_\_\_
- Primary care provider to start insurance required visits and/or medical clearance
- Initial visit with surgeon \_\_\_\_\_  
*\* Schedule after psychiatric visit*

## Step 2: Medical Weight Loss Visits (varies by insurance, must be 27-30 days apart):

- Visit 1 \_\_\_\_\_  Dietitian  Provider
- Visit 2 \_\_\_\_\_  Dietitian  Provider
- Visit 3 \_\_\_\_\_  Dietitian  Provider
- Visit 4 \_\_\_\_\_  Dietitian  Provider
- Visit 5 \_\_\_\_\_  Dietitian  Provider
- Visit 6 \_\_\_\_\_  Dietitian  Provider
- Visit 7 \_\_\_\_\_  Dietitian  Provider

*\* Consecutive visits required by insurance?*

Yes  No  If consecutive and you miss a visit your insurance will require you to start over

Required weight history Yes  No

## Step 3: Diagnostic testing

Referrals for clearances will be completed by surgeon (requirements determined by surgeon).

- Endoscopy
- Sleep study
- Gallbladder ultrasound
- Pulmonary clearance
- Cardiac clearance
- Laboratory testing (labs ordered by primary care provider) *\* Take letter to provider*

## Step 4: Behavioral Health Video and Quiz

Behavioral Health follow-up: \_\_\_\_\_

**Step 5: Chart Audit** to be completed by nurse, allow 7-10 business days

**Step 6: Insurance Submission** for approval, allow 2-3 weeks for response from insurance

**Step 7: After approved, attend pre-operative teaching two-hour class with nurse and dietitian**  
(Every Wednesday at 3:30 p.m.)

**Step 8: Pre-operative appointment with surgeon to schedule surgery date**

**Step 9: Pre-admission testing ordered by surgeon**

**Step 10: Surgery**

**Step 11: Follow up with dietitian after surgery**

- 1 month
- 3 months
- 6 months
- Annually

## Additional Information:

You will not be submitted to insurance if you are above your initial weight at the end of program.

**NAME:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

## Initial Measurements:

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

BMI: \_\_\_\_\_

**Please inform a team member immediately of any insurance changes**

# Welcome to the Center for *Healthy Living!*

You have taken the first step today, and we are so excited that you have chosen us. The decision to start a lifestyle change is never an easy one. We hope that in the time you spend here, you will learn, create, and adopt a lifestyle that will help you achieve your weight loss goals.

This notebook was compiled by our team to help you through this process. There is a lot to learn in order to have a safe and successful surgery. If at any time you struggle to learn or utilize the materials, please let our team know so we may provide an alternative learning method. Your active participation is very important to your success after surgery. Each month, as you meet with the dietitian for weight loss counseling, please use the opportunity to discuss any challenges so we may help you overcome them.

Each member of our team is dedicated to your success. We are made up of nurses, dietitians, and a behavioral health specialist - all with the education and experience to make your time with us worthwhile. Please see our contact information on the next page to meet our team! We are always available to you for questions or concerns, and invite you to utilize all the offerings we have at the Center for Healthy Living to make your decision a success. We offer classes, one-on-one follow-up sessions with our team, and support group meetings.

We thrive on your participation in our program. Our program is ever changing and learning. We aim to provide you with the best education, research, and learning environment possible. You, as our newest participant, are the most important piece. Please, at any time, offer your feedback and suggestions.

We hope you will make the most of your time here, learning all you can about surgery. It is important to make the best decision for yourself as possible. Thank you again for choosing King's Daughters Center for Healthy Living.

Sincerely,

**The Center for Healthy Living Team**



**KING'S  
DAUGHTERS**

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## Notes

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# Get Support!

Online support is a good way to keep surgery on your mind, and remind you that you are not alone in this! Please remember that some may choose to share their story for the right reasons, some the wrong reasons. Take everything you hear with a grain of salt, and remember the reasons you are choosing to have surgery! Blogs are a great way to share real-life experiences with others. Find one that relates to your story, and remember that blogs are written by people just like you, who are living through similar challenges. Because everyone is different, the things you read may conflict with the education you've received at the King's Daughters Center for Healthy Living. Remember to follow the advice we provide. If you read something you'd like to explore further, be sure to ask us or your surgeon before going down that path.

Check out the following resources:

- [www.yourhealthylife.org](http://www.yourhealthylife.org)
- King's Daughters Weight Loss Center - Facebook page
- KDMC Surgical Weight Loss Support Group
- [obesityhelp.com](http://obesityhelp.com)
- Gastric Sleeve Support Group/online blog groups
- [asmbs.org](http://asmbs.org)

Please join our bi-monthly support group which meets from 6 to 7 p.m. on the second Thursday of even months (February, April, June, August, October, and December) in the lobby of the Center for Healthy Living. Enjoy discussion about surgery, protein shake sampling, clothing exchanges, recipe sharing, and much more!

## Center for Healthy Living SUPPORT GROUP

**Time:** 6 to 7 p.m.

**When:** The second Thursday  
of even months

**Location:** Lobby of the Center  
for Healthy Living

\* or virtual, Facebook  
posts will specify



# Sleeve Gastrectomy

## Historical Information

- Initially the sleeve was planned as the first stage of a two-stage procedure, but is now performed as a single procedure
- Laparoscopic Sleeve Gastrectomy is often called the "sleeve." It is performed by removing approximately 80% of the stomach. The remaining stomach is a tubular pouch that resembles a banana.
- Short-term studies show that the sleeve gastrectomy may be as effective as the gastric bypass in terms of weight loss and improvement or remission of diabetes

## Advantages

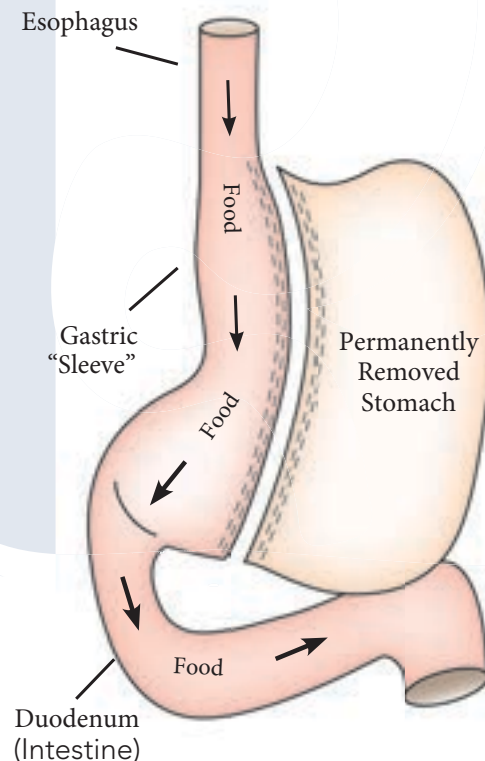
- There is no intestinal re-routing; therefore it is a less invasive procedure than bypass.
- Low re-operation rate
- No dumping syndrome
- No implant
- Restricts the amount of food the stomach can hold due to  $\frac{3}{4}$  of the stomach being removed
- Short hospital stay.
- Surgery affects gut hormones that impact hunger, satiety and blood sugar control.

## Disadvantages (based on data since 2009)

- Higher incidence of post-op nausea and gastric reflux symptoms
- Additional surgery may be required for severe GERD confirmed testing
- Nutritional deficiency still possible if poor intake or prolonged vomiting
- Can be defeated with high calorie choices – liquids and sweets
- Non-reversible
- Avoid pregnancy for 12-18 months post-surgery

## Post-Op Course

- 1-2 days in hospital
- Liquid diet for 2 weeks
- Soft/pureed diet for 2 weeks
- Solid food starting at 4 weeks post-op
- Moderate amount of nausea
- Off work 7-14 days
- No heavy lifting; nothing >10 pounds for 2 weeks and nothing >20 pounds for next 2 weeks



## Complications

- Gastric leak
- Possible complications associated with any abdominal surgery: Bleeding, infection, pulmonary embolism, cardiac problems, respiratory problems, spleen injury/bleeding, reoperation, death

## Weight-loss Expectations

- Almost as good as bypass for predictable weight loss
- Up to 70 percent excess weight lost at one year; 75 to 80 percent at two years
- Similar results with resolution of co-morbidities compared to gastric bypass

**Patient should expect to have a new lifestyle of healthy living and exercise. This approach will offer the best chance for success and prevent weight regain.**

# Nutrition

The following goals will help you prepare for surgery and successful weight loss long-term. Check off each goal as it becomes part of your new lifestyle:

- **Keep a food journal.**

Track meal timing, protein and fluid intake. A sample food journal is included in the RECIPES section of this book for you on Page 63. Record what you eat! Be aware and use this information for problem solving. Information about current habits can make the difference between successful and unsuccessful weight loss. Your dietitian can help you analyze your food logs. You may also consider using an app, such as MyFitnessPal, Loselt, FitBit, or Baritastic.

- **Eat regular meals and snacks.**

Aim for 3 small meals, and 1-2 snacks as needed daily. It is important not to skip meals when you are working toward a healthy lifestyle. Missing meals means you may not get enough nutrients or calories throughout the day. It will be very difficult to get adequate protein and calories after surgery if you do not eat at least 3 meals and 2 snacks daily.

- **Choose fruits and vegetables, lean meats and seafood fat-free/low-fat dairy products, oils, nuts, etc.**

Limit foods that are fried, fast foods, and processed meats like sausage, bologna, bacon, snack foods, desserts, and full-fat dairy products.

- **Eat a MINIMUM of 70 grams of protein (women) or a MINIMUM of 80 grams of protein (men).**

At each meal and snack, try to include at least one serving of protein (see list on Page 19). It is important that protein consumption is spread throughout the day in small frequent meals and snacks.

- **Find a protein meal replacement shake that meets the guidelines, below. These will be used as directed by your dietitian before and after surgery.**

Shakes will contribute to your daily protein and fluid goals. They can be found at pharmacies, health food stores and stores that specialize in nutritional supplements. Suggestions include GNC, Wal-Mart, Kroger, Rite-Aid, CVS, etc. Shakes may also be purchased online at unjury.com, bariatriceating.com, bariatricchoice.com and amazon.com.

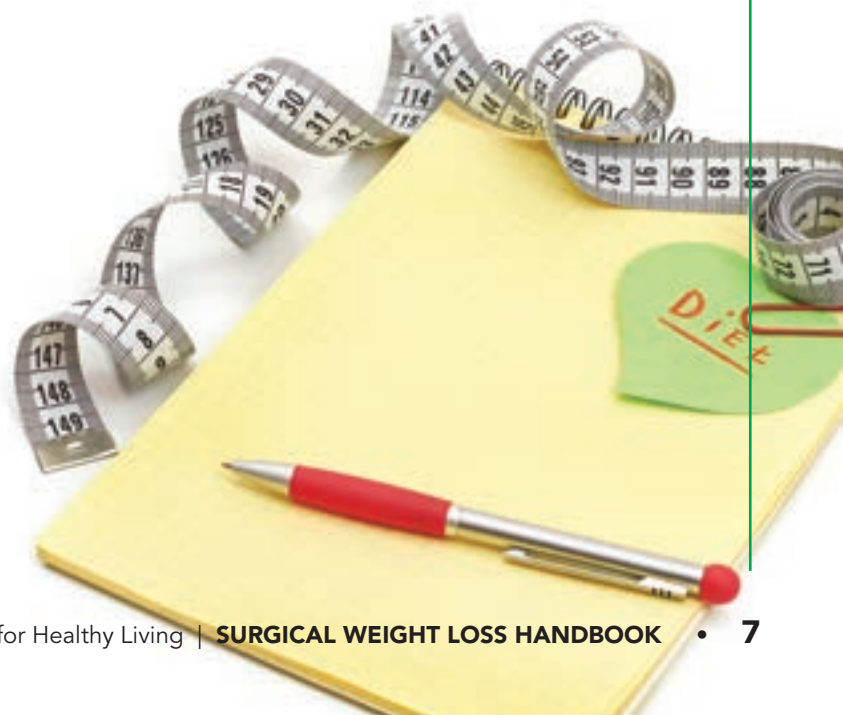
**Shakes must meet the following minimum requirements:**

- Less than 10 grams of sugar per serving
- Less than 5 grams of fat per serving
- 20-30 grams of protein per serving

- **Choose foods that have less than 10 grams of added sugar per serving.**

Read ALL food labels – even products labeled sugar-free. Fruit and milk are the exception to this rule because they contain natural sugar, but when choosing canned or frozen products, be sure to choose those that are no-sugar added.

- **You may choose to use sugar-alternatives** (Splenda, Truvia, Stevia, etc.) but use them in moderation. A general rule of thumb: If you eat something with an alternative sweetener, next time, choose something without an artificial sweetener or sugar alcohols.



- **Limit starchy vegetables and avoid most grains.**

Right now, make the transition to whole-grain products. As you near surgery, you will wean off all white, highly processed starches. THIS IS NOT A LOW-CARB DIET. You will consume healthy carbohydrates like fruit, beans, oatmeal, and fat-free dairy products. You may add some whole grains and starchy vegetables back into your diet, as tolerated, once you reach goal weight.

- **Quit all nicotine and tobacco use – minimum of 8 weeks prior to surgery**

Nicotine interferes with the healing process. Please be aware that you can be tested for nicotine at any point during the 8 weeks prior to surgery.

- **Start taking a multivitamin with iron and calcium + vitamin D supplement daily.**

You will take a supplement every day for the rest of your life. Supplementation will be one of your only sources for some key nutrients. See recommendations on Page 9.

- **Discontinue all CAFFEINE and CARBONATION for life.**

This includes sparkling water and juices, soft drinks, beer, teas, coffee and all carbonated alcoholic beverages.

- **Take time with meals. Chew food well. Be Mindful!**

Be aware of what, when, and how much you eat. Take your time with meals, and learn to identify when you are becoming full and satisfied. After surgery, you will have to listen to your body's cues.

Not chewing your food well enough can lead to trouble tolerating certain foods. Foods that are still whole cannot pass easily through the stomach causing blockages. Chew, chew, chew! Use this as a time to be more mindful!

- **Avoid drinking fluids 30 minutes before and after eating.**

Do not eat and drink at the same time. Fluids can flush the food out of the pouch, leaving you feeling hungry too soon. They can also take up too much volume at meal times, and prevent you from getting adequate nutrition. It is also important not to start your meal so full from liquids that you cannot eat.

- **Discontinue straw use (Post-Surgery)**

Straws can push air into your stomach and encourage over-drinking. This can stretch out your pouch.

- **Drink at least 64 ounces of fluid daily. Choose low-calorie or calorie-free beverages often.**

All non-caffeinated and non-carbonated liquids count toward your daily goal. This includes water, milk, decaf coffee, Jell-O, popsicles, soup, etc. Use a cup or water bottle that has measurements on the side to help you count your fluid intake. Choose sugar-free/calorie-free beverages to prevent weight gain from extra calories.

- **Adopt an exercise routine (track)**

You must start an exercise routine – See ideas on Page 28-29. Monitor progress by keeping an exercise log so you can track your changes. Benefits of exercise may not be seen until down the road – start now! Your long-term goal is to work up to at least **150 minutes** weekly for weight management. You must do more than that if you want to see weight loss from exercise!

- **Weight loss**

Weight loss is expected during your Medical Weight Loss Program. The amount of weight loss is determined by your surgeon, dietitian, insurance provider, and yourself. The goal of the program is to focus on the above changes to your lifestyle – successful implementation of these will result in weight loss! Please discuss any challenges with weight loss with the dietitian at each monthly visit.

- **Review Nutrition Plan before your Pre-Operative class on Page 34.**



# Vitamin and Mineral Supplementation

Beginning now, you will take vitamins/ supplements for the rest of your life. Although your vitamin and supplement regimen will change after surgery, it's a good idea to start supplementation now. The following are guidelines that you will follow before and after surgery:

- **No Gummies!** Choose a crunchy, soft chew or liquid supplement.
- Separate calcium and iron-containing supplements by at least two hours. They will compete for absorption.
- Vitamin and drug interactions should be discussed with your physician or pharmacist. For example, Vitamin K will interact with warfarin/Coumadin.
- Take with food if you experience any stomach upset.
- Be aware of dose changes when purchasing over-the-counter vitamins. Pay attention to cues like "new formula".
- You must inform any provider you see that you have had bariatric surgery. Many will not consider a nutrient deficiency unless you make them aware of your surgery.

## Pre-Operative Vitamin Requirements

- You will take:
  1. **A multi-vitamin/ multi-mineral supplement WITH iron daily. Example: Flintstones Complete with iron chewable.**
  2. **Take 2 Calcium plus Vitamin D chews. Example: Viactiv or Caltrate Soft Chews**



Before Surgery	After Surgery
<ul style="list-style-type: none"> <li>• Multi Vitamin with iron (chewable) daily and</li> <li>• Calcium plus Vitamin D3 twice daily</li> </ul>	<p><b>OPTION 1</b> (preferred)</p> <ul style="list-style-type: none"> <li>• Calcium plus vitamin D3 twice daily and</li> <li>• Bariatric multivitamin with Iron</li> </ul> <p><b>OPTION 2</b></p> <ul style="list-style-type: none"> <li>• Calcium plus Vitamin D3 twice daily</li> <li>• MVI with Iron (chewable) and</li> <li>• B1 (minimum 12mg) and</li> <li>• B12 (chewable) (minimum 350mcg)</li> </ul>

## Vitamin Resources

- Local Pharmacy
- GNC
- Walmart/Kroger
- BariatricAdvantage.com
- BariatricChoice.com
- Unjury.com
- BariatricPal.com
- BariatricFusion.com\*

\* Check with dietitian prior to ordering due to varied vitamin contents (applies to all vitamins listed)



# Healthy Eating 101

## A Healthy Diet

### A healthy diet ...

- Has less added fat, sugar and salt
- Includes fiber rich foods
- Provides a variety of nutrients and colors
- Is consumed during small, frequent meals and snacks

### Variety and Moderation

Choosing foods from each of the food groups throughout the day can help improve the variety in your diet and improve your nutrition. Have you ever heard, “Eat the Rainbow”? By eating different colors of vegetables, for example, you add many different nutrients to your diet.

### How to Make a Healthy Meal

- Aim for 3 different food groups at each meal
  - Always include protein: Choose lean meats/meat alternates or low-fat dairy
  - Add fruits and vegetables for nutrients, fiber, and volume
  - Whole grains provide nutrients and energy



















- Schedule three well-balanced meals daily
- Use a small plate and utensils for visual portion control, be mindful of serving size
- Limit calories from condiments, dressings, sauces, and gravies
- Prepare foods at home for better control of calories
- Plan ahead! Make food plans, grocery lists and menus
- Add flavor: Use spices and herbs for more enjoyment and fewer calories

### How to Make a Healthy Snack

- Aim for 2 different food groups at each snack
  - Always include a protein with snacks
  - Use snacks to increase meal frequency for optimal metabolism



# Focus on What You Can Have!

<b>PROTEIN</b> – 70g+ daily for women; 80g+ daily for men		Estimated portion size	Recommended serving size before surgery
Chicken, beef, pork, fish, etc. 	Choose lean cuts of meat	Palm of your hand 	3 to 4 ounces
Peanut Butter 	Plant proteins: beans, nuts, soy, etc.	Size of your thumb 	1 tablespoon
<b>Dairy</b> – 3 servings daily			
Cheese 	Choose low-fat or fat-free dairy products to cut calories and reduce saturated fat	Size of your thumb 	1 ounce
Milk 		Size of your fist 	1 cup
<b>FRUIT</b> – 2 servings daily			
Piece of fruit (apple, orange, etc.) 	<ul style="list-style-type: none"> <li>Choose no sugar added</li> <li>Whole fruits are better than dried or juiced</li> <li>Vary your colors</li> </ul>	Size of your fist 	1 medium
Chopped or diced fruit (peaches, pineapple, grapes)		Size of your open hand 	1/2 cup
<b>VEGETABLES</b> – 3 servings daily			
Carrots, green beans, broccoli, etc. 	<ul style="list-style-type: none"> <li>Make half your plate vegetables</li> <li><b>Limit</b> starchy veggies like corn, potatoes and peas</li> </ul>	Size of your open hand 	1/2 cup
Salad		Size of two open hands together 	2 cups
<b>GRAINS</b> – Up to 5 servings daily (incorporate servings of whole grain by a single serving at a time)			
Whole wheat bread 	<ul style="list-style-type: none"> <li>Choose whole grains</li> <li>Wean off all starches before surgery</li> </ul>	Size of your palm 	1 slice
Oatmeal, noodles, rice, etc. 		Size of your open hand 	1/2 cup

\* Note: Portion/serving sizes noted are based on program nutrition goals

# Making Better Food Choices

FRUIT		
INSTEAD OF	THE BETTER CHOICE	THE BEST CHOICE
Canned fruit in syrup	Canned/frozen fruit in natural juice	Fresh fruit
Apple pie	Baked apple with Splenda	Fresh apples
Cherry cheesecake	Canned cherries in natural juice with low-fat vanilla yogurt	Fresh cherries
Banana split	"Banana split" with yogurt and sugar-free toppings	Fresh bananas, strawberries and low-fat vanilla Greek yogurt
Fruit-flavored gummy snacks	Fruit snack made with real fruit	Fresh fruit
Strawberry ice cream	Low-fat strawberry yogurt	Low-fat Greek yogurt w/fresh strawberries
VEGETABLES		
INSTEAD OF	THE BETTER CHOICE	THE BEST CHOICE
Mashed potatoes with butter	Mashed cauliflower with olive oil	Roasted cauliflower
Green bean casserole	Canned green beans	Fresh green beans
Sweet potato casserole	Sautéed butternut squash	Steamed butternut squash
Fried vegetables	Sautéed vegetables	Fresh vegetables
DAIRY		
INSTEAD OF	THE BETTER CHOICE	THE BEST CHOICE
Whole milk or 2% milk	1% milk	Skim milk
Full-fat cheese	Part skim milk cheese	Low-fat cheese
Ice cream	1/2 cup low-fat, sugar-free ice cream	Homemade frozen low-fat/sugar yogurt
Flavored creamer	Sugar-free flavored creamer/ Low-fat milk	Fat-free milk
Regular cottage cheese	Low-fat cottage cheese	Fat-free cottage cheese
Sour cream	Low-fat sour cream	Low-fat Greek yogurt



<b>PROTEIN</b>	<b>BETTER</b>	<b>BEST</b>
INSTEAD OF	THE BETTER CHOICE	THE BEST CHOICE
Cheeseburger	Turkey burger	Black bean burger
Bologna	Deli ham	Deli turkey or chicken
Bacon	Turkey bacon	Sliced turkey breast
Pork sausage	Turkey sausage	Veggie sausage
Fried bone-in pork chop	Baked bone-in pork chop	Baked boneless pork chop
Fried chicken	Baked chicken	Skinless, boneless chicken breast
Deep fried fish	Pan fried fish	Baked fish
<b>GRAINS</b>		
INSTEAD OF	THE BETTER CHOICE	THE BEST CHOICE
White bread	Multi-grain bread	Whole-wheat bread
Sweetened cold cereal	Whole-grain cereal	Fiber 1 or bran cereal
Fruit-flavored oatmeal	No added sugar oatmeal	Steel cut oatmeal w/vanilla & fruit
Ramen noodles	Whole wheat noodles	Vegetables noodles (fresh veggies - spiralized)
Mac & Cheese	Whole wheat noodles with low-fat cheese & low-fat milk	Roasted cauliflower with low-fat cheese
Spaghetti	Whole wheat spaghetti	Spaghetti squash
Doughnuts	Whole-grain muffin	Naturally sweetened oatmeal



# Reading a Food Label

## Serving Size

It's important to pay attention to the serving size because the package may contain more than one serving! The calories, fat, etc. are based on the measured amount listed.

## Sugars

Sugar is important to note for weight loss because of the "extra" calories it can provide. Remember, **keep all foods to less than 10 grams of added sugar** per serving, including sugar alcohols or erythritol.

## Protein

Protein is found in many different types of foods. Look here to determine if a food is helping you meet your protein goals.

**WOMEN: 70+ grams of protein daily**

**MEN: 80+ grams of protein daily**

## Calories

Calories tell you how much energy you get from a food. Calories come from fat, protein and carbohydrates. People often under, or even over, estimate their calorie intake.

## Total Fat

Grams of fat can quickly add calories to food. But they can be fairly easy to limit. It's important to restrict intake of saturated fat, trans fats and cholesterol.

## Other

There are many other nutrients on the Nutrition Facts label including cholesterol, sodium, fiber, vitamins, etc. Your dietitian can help you decide if these nutrients are important for you to be aware of.

## Nutrition Facts

1 serving per container

Serving size 1 cookie (80g)

Amount per serving

**Calories 300**

% Daily Value\*

**Total Fat 12g 15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol 62mg 20%**

**Sodium 205mg 9%**

**Total Carb. 41g 15%**

Dietary Fiber 14g **50%**

Total Sugars 13g

Incl. 8g Added Sugars **16%**

**Protein 16g 32%**

Vit. D 0% • Calcium 9%

Iron. 7% • Potassium 10%

\* 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.

## INGREDIENTS

**Whey Protein, Tapioca (Fiber & Starch), Flours (GF Oat & Coconut), Eggs, Vegetable Glycerin, Cane Sugar, Honey, Organic Coconut Oil, Almond Butter Natural Flavors, Sprinkles (Sugar, Corn Starch, Palm/Kernel Oil, Sunflower Lecithin, Natural Flavors & Colors, Carnauba Wax), Sunflower Lecithin, Salt, Baking Soda, Cream of Tartar.**

**Contains:** Eggs, Dairy, Soy, Sunflower & Tree Nuts.

Produced in a facility that processes Peanuts and Wheat.

# Low-Fat, Low-Sugar Diet

## Choosing the Right Fats

Most of your daily fat grams should come from “healthier fats.” Limit less healthy fats to improve your overall health. Healthier fats can help reduce your risk of heart disease and lower the levels of “bad cholesterol” fat in your body. See the chart on page 16.

### Simple Tips for Decreasing Saturated/Trans Fats!

- Choose low-fat dairy products only (fat-free, skim or 1% milk products).
- Buy lean meats (skinless chicken and turkey, lean beef, lean pork, and fish). Trim visible fat and remove skin. Avoid meats that are cut with the bone.
- Try a meatless dish one night per week. Incorporate tofu, lentils, quinoa, and/or beans into meals.
- Prepare foods by baking, roasting, broiling, boiling, poaching, steaming, grilling or stir-frying. Avoid fried foods and deep-fat frying (air fryers are okay as long as oils are not used).
- Include fruits and vegetables in each meal when possible. Add fruit to breakfast cereal or yogurt, vegetables to sandwiches, wraps, pasta sauces, and stir fry. Use them as snacks!
- Carry healthy snacks with you always. Trail mix with no added sugar, dried fruit and nuts are healthy, easy to assemble, and portable.
- Set up a healthy environment in your home. If some foods are tempting to you, eliminate them from your home. Make them rare treats that you enjoy outside the home. Make sure your kitchen is stocked with healthy foods.



# Healthier Fats

HEALTHIER FATS	
<b>Monounsaturated Fats</b>	<ul style="list-style-type: none"> <li>• Pure oils – canola, olive, peanut, etc.</li> <li>• Avocados and olives</li> <li>• Many nuts and seeds (almonds and peanuts/peanut butter)</li> </ul>
<b>Polyunsaturated Fats</b> <b>Omega-3 Fatty Acids</b> <b>Omega-6 Fatty Acids</b>	<ul style="list-style-type: none"> <li>• Omega-3               <ul style="list-style-type: none"> <li>– Pure oils – canola, olive, peanut, etc.</li> <li>– Many nuts and seeds (walnut, flaxseed)</li> <li>– Cold water fish (salmon, herring, halibut, mackerel)</li> </ul> </li> <li>• Omega-6               <ul style="list-style-type: none"> <li>– Pure oils – safflower, sunflower, corn</li> </ul> </li> </ul>

LESS HEALTHY FATS - LIMIT CONSUMPTION	
<b>Saturated Fats</b> <b>(less than 15 g daily)</b>	<ul style="list-style-type: none"> <li>• Meat (visible fat, highly marbled, etc.)</li> <li>• Poultry (skin, bone in, visible fat, etc.)</li> <li>• Dairy products (not skim or fat-free)</li> <li>• Palm kernels and oils</li> <li>• Coconut oil</li> </ul>
<b>Trans fats</b> <b>(less than 1 g daily)</b>	<ul style="list-style-type: none"> <li>• Baked goods (pastries, muffins, cakes, pies, etc.)</li> <li>• Fried foods (French fries, fried chicken, etc.)</li> <li>• Snack foods (popcorn, crackers, candy bars, cookies)</li> <li>• Traditional stick margarine and vegetable shortening</li> <li>• Foods containing <b>partially hydrogenated oils</b></li> </ul>
<b>Cholesterol</b> <b>(less than 300 mg daily)</b>	<ul style="list-style-type: none"> <li>• Eggs (<b>no more than 3 whole eggs/week</b>)</li> <li>• Seafood (shrimp, lobster, etc.)</li> <li>• Meat and poultry</li> <li>• Dairy products (not skim or fat-free)</li> </ul>



# Choosing the Right Carbohydrates

Carbohydrates are an important part of a healthy diet and the best source of energy for your body. For weight loss, it is important to choose high-fiber, low-added-sugar carbohydrates.

## Increase Fiber

Because fiber is difficult to digest, it keeps you feeling full and satisfied longer. It can help keep your digestive tract healthy, prevent disease and help lower your total cholesterol. Aim for **25 to 35 grams** of fiber daily.

## Foods high in fiber include whole grains, fruits, and vegetables

### Choose Whole Grains

Right now, you should be working to transition off white and highly processed grains and starchy foods. Replace these with whole grain foods.

After surgery, ALL GRAINS AND STARCHY foods (excluding oatmeal and cream of wheat) must be avoided until goal weight is met.

To prevent deficiencies of thiamin, a vitamin found mainly in grains, take your multivitamin daily, and choose whole grains when you are permitted to add grains back into your diet (after you reach goal weight).

### Cut Down on Added Sugar

The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to no more than 10 percent of total calories daily.



Added sugars are those that don't naturally occur in food – they are added for flavor, taste, texture, or as a preservative. Many foods have naturally occurring sugars – these are not considered “added” sugar. **You must limit your added sugar intake to no more than 10 grams per serving.**

Tips for reducing added sugar in your diet  
You don't have to completely give up foods you love! Instead, limit added sugars by making some smart choices, make healthy shifts:

- Eat fruit for dessert instead of cookies or cakes
- Swap sugar cereals for high-fiber oatmeal with fruit
- Drink water or fat-free milk throughout the day and at meals instead of juices, sports drinks, soft drinks or other high-calorie beverages
- When cooking, reduce the amount of sugar in the recipes by half. You may not even notice the difference.

# The Importance of Protein

Protein is the basic building block for the human body. It regulates bodily functions; produces collagen to build connective tissue for the skin, hair, and nails; helps build muscle and maintain lean body tissue; and transport nutrients, oxygen and waste throughout the body.

## How does protein aid in weight loss?

Protein helps improve your sense of being full. It takes longer for the stomach to digest protein, so you feel full longer. The body also expends more energy digesting protein than it does fat or carbohydrates, so that aids in weight loss. Protein also helps to steady blood sugars, making sugar highs and sugar crashes less intense.

**How much protein is needed after weight loss surgery?** Your daily goal for protein is 70+ grams/day for women and 80+ grams/day for men. **We recommend aiming for 100 grams of protein daily.**

Immediately after surgery, it will be very difficult to eat this amount of protein from diet alone. Adding protein supplements to your diet, in liquid/powder form, will greatly assist you in reaching your daily protein goal.

As your food intake increases during the post-operative period, more of your protein intake will come from what you eat, but there may still be a role for protein supplementation for weight loss maintenance.

## Protein Tracker

(see food journal template in recipes section)

Date/Time	Food	Protein	Total for Meal
<b>Feb. 25 – 8:30 a.m.</b>	2 scrambled eggs	12 g	
	¼ cup strawberries	0 g	
	1 cup milk, skim	8 g	
	½ cup yogurt	10 g	30 g



## How do I meet these goals?

At each meal and snack, try to include at least one serving from the protein food group. Spread your protein consumption throughout the day as your body can **only utilize about 30 grams of protein at a time**. Track your protein intake to ensure you are getting enough daily.

## Insufficient protein intake

When you don't get enough protein in your diet, a number of things can happen:

- Delayed healing
- Weakness
- Fatigue
- Weight loss plateau
- Hair loss
- Thinning hair
- Dry brittle nails

## Why variety matters

Protein provides a number of different amino acids. These amino acids play different roles in your body's health and each one is an important part of the puzzle. If you only consume one type of protein, you are only getting a few of the puzzle pieces your body needs. Your goal should be to include protein from all sources, not just one or two.

# Lean Sources of Protein (1 ounce of poultry, meat, fish = ¼ cup chopped)

FOOD	PORTION	PROTEIN/ Grams	CALORIES
<b>Poultry (chicken, turkey)</b>			
Ground leanest (70% or less)	1 oz.	8	40-60
Poultry breast, no skin	1 oz.	7	50
<b>Meat (beef, pork, etc.)</b>			
Chuck eye steak, choice 0-inch trim	1 oz.	6	45
Ground hamburger, 90% lean	1 oz.	8	61
Pork tenderloin, 0-inch trim	1 oz.	8	50
Buffalo	1 oz.	9	41
Deer	1 oz.	8	44
<b>Seafood</b>			
Flounder	1 oz.	7	33
Crab meat	1 oz.	6	33
Salmon	1 oz.	7	40
Lobster	1 oz.	5	28
Shrimp, boiled	1 oz.	6	28
Tuna in water	1 oz.	7	36
<b>Nuts &amp; nut butters</b>			
Almond butter	2 Tbsp.	7	180
Peanut butter	2 Tbsp.	8	190
PB2 (powdered peanut butter)	2 Tbsp.	5	45
Mixed Nuts	1 oz.	5	150
<b>Eggs &amp; egg substitutes</b>			
Egg, large	1	6	70
Egg white	1 (3 Tbsp.)	4	17
<b>Beans &amp; legumes</b>			
Tofu	1/4 cup	5	45
Fat-free refried beans	1/4 cup	5	68
Baked beans	1/4 cup	4	80
Beans, cooked from dry	1/4 cup	3-4	30-55
Lentils	1/4 cup	5	58
<b>Dairy</b>			
Fat-free cottage cheese	1/4 cup	7	40
Fat-free/low-fat soft cheese	1 slice	7	35-80
Fat-free Cheddar Cheese	1 oz.	5	18
Fat-free Feta Cheese	1 oz.	7	35
Skim milk	8 oz.	8	80
Non-fat dry milk	2 Tbsp.	3	10
Part-skim mozzarella	1 oz.	6	80
Part-skim ricotta	1 oz.	3	39
Fat-free yogurt	6 oz.	5	80
Fat-free plain Greek yogurt	6	15	100
<b>Grains</b>			
Quinoa, cooked	1/2 cup	4	110
Barley, cooked	1/4 cup	6	50



## Protein Meal Replacements

Shakes will contribute to your daily protein and fluid goals. Shakes should not be used as a long-term protein replacement. If you can meet your protein needs at GOAL WEIGHT with food, you may discontinue use of your shakes.

Begin shopping for protein meal replacement shakes now. You may need to try a variety of types of protein shakes until you find one, or several, that you enjoy. Meal replacement shakes can be found at pharmacies, health food stores, and stores that specialize in nutritional supplements.

### Remember these 3 guidelines:

1. Shakes will be used as a MEAL REPLACEMENT for ONE (1) MEAL each day.
2. Keep a daily food record to assist you with keeping track of how many grams of protein you take in during the day. Don't forget to count calories, carbohydrates, fat, and protein in all of the ingredients that are added to each shake.
3. Remember your daily protein needs (70g/day for women, 80g/day for men).

Space out your meals for the best protein absorption (do not exceed 30g of protein at one meal/snack).

The serving sizes for some of the shakes are between 8 and 12 ounces. You may not be able to drink that amount right away. Consider dividing and chilling part for later. Consume within 24 hours. Mixed protein drinks must be kept refrigerated.

## Meal Replacement vs. Supplement

Some supplements on the market are designed as meal replacements, others are only protein.

Meal replacements will contain about 25 percent of the vitamins and minerals you need daily. Protein-only liquids/powders are helpful in meeting high-protein needs right after surgery, such as protein fortified water, but they are NOT FOR MEAL REPLACEMENT. If you are uncertain whether a product is a protein supplement or a meal replacement, please talk with your dietitian.

### Protein Supplement Resources

Protein supplements can be easily purchased online. Remember to try several until you find the one that you like. Here are some online resources to explore:

- Unjury.com (Chicken soup and unflavored)
- BariatricEating.com
- BariatricChoice.com
- GNC.com
- EAS.com
- BariatricAdvantage.com
- Globalhp.com
- Premier.com
- GeneProProtein.com
- Drinkprotein2o.com (o for oxygen)







### Protein Bars

Protein bars can be used in Stage 4, once tolerance of hard, chewy foods has been established. Protein bars should be used as a meal, in place of a shake. Your goal is to get most of your protein intake from foods, not supplements.

### Shake Tips

- Familiarize yourself with the nutrition label and instructions for use. Follow the directions carefully.
- Add liquid before powder for easier mixing and a smoother consistency.
- Be creative. Use ingredients in your shake to “mix it up.” Just remember to use only those ingredients that are permitted for the particular phase you are in.
- Add 1 tablespoon of peanut butter to your shake to increase protein and give your shake a different flavor.  
1 tablespoon peanut butter gives you three to four grams of protein.
- Unhappy with the flavor? Consider adding some Light Cool Whip. It completely changes the taste.

- For a smooth shake, add your ingredients to the blender one at a time.
- Using almond milk, such as unsweetened Silk, instead of cow’s milk, will prevent foaming.
- Add more liquid for a thinner shake and less for a thicker shake.
- For a more ice-cream like consistency, add more ice, use frozen fruit or add cut up pieces of a no-sugar added Fudgesicle to the ingredients and blend.
- Add more or less fruit or other ingredients to suit your taste. If you are on Stages 1 to 3, note foods that may or may not be allowed.
- Do not use an egg-based protein powder in a hot liquid or it will clump. When adding other protein powders to hot liquid, allow the liquid to cool slightly and mix the powder in gradually.
- Use flavor powders, gelatin or pudding mixes in moderation as the flavors are very concentrated. Start with 1 to 2 teaspoons and add gradually until desired flavor is reached.

**See the Recipe section for recipes to try!**



# Mindful Eating and Food Choices

Food is a necessary, and even enjoyable, part of life. However, you may not always eat just because you are hungry. You may eat when you are bored, stressed, sad, or simply because you enjoy eating. Understanding why you eat is just as important as what and how much you eat. Learning to eat mindfully will help you avoid extreme hunger and overeating.



- 1. Think about why you are eating.** Are you eating because you:
  - Have an empty stomach or are physically hungry?
  - Are trying to soothe emotions such as boredom, loneliness, stress, happiness or sadness?
  - Want to eat for the taste? For example, you see a cookie and want to experience the taste.
- 2. Rate your hunger** to help you decide when to eat and when to stop eating. You should stop around 6 or 7 on a scale of 1 to 10 to avoid overeating. Plan meals when you would rate yourself at a 3 or 4 to prevent overeating due to extreme hunger.

## HUNGER SCALE



- 3. Wait 20 minutes before eating** a second serving or dessert. This will give your stomach time to tell your brain it is full.
- 4. Set limits for eating** when you want to eat because food is there and it looks good. Decide on a reasonable portion first. Enjoy the experience, but realize that the second portion will not taste any better than the first one. You may also decide to take the food to-go and wait to eat it when you are hungry.
- 5. Eat breakfast every day.** Eat breakfast at about the same time every day to create a healthy eating pattern and avoid extreme hunger by mid-morning.
- 6. Eat every 4 to 5 hours.** Plan to have a snack if meals are more than 4 hours apart to avoid extreme hunger. Have healthy snacks on hand in case meals are delayed or missed.
- 7. Drink at least 64 ounces of fluid a day.** Drink water in between meals. This habit is good for your body and prevents you from confusing thirst with hunger.
- 8. Focus on the food you are eating.** Enjoy the food and eat slowly. Do not eat while watching TV, reading, doing homework or surfing the internet as this may cause you to eat more food than your body needs.

# Knowing When You Are Full

When the body needs fuel, we start feeling tired and weak, while finding it harder to concentrate and work. The stomach, which is located just below the ribcage, starts to ache and rumble. This is stomach hunger. When we begin eating in response, we really enjoy the food and start feeling better, because a bodily need is being met.

Long periods of time without eating can cause physical symptoms to intensify. You find it more difficult to concentrate and may experience lightheadedness. Some people may also become irritable and short-tempered, shaky and nervous, or even get a headache. Because your hunger is so extreme at this point you are very vulnerable to uncontrolled eating or binging.

It is possible to recognize a stopping point when you're eating – the point at which the stomach feels comfortable and satisfied, but not stuffed. You may feel calmer, more alert and energized. It takes about 20 minutes for fullness signals to go from the stomach to the brain. This is why it is so easy to overeat when you are not paying attention to what you are doing or eating too quickly.

## How do I know when I am overeating?

When you are not eating at a calm, relaxed pace and paying attention to your body, you may notice:

- You are taking bites and swallowing, but you don't really taste or enjoy the food.
- You feel pressure and discomfort in your stomach. If filled further, your stomach begins to hurt. You may even feel queasy.
- After a while you start to feel sluggish.

## False Alarms

There are some false alarms that people often confuse with hunger.

It's not really hunger	Signs
<b>Mouth hunger</b>	We see or smell something that looks so delicious that our mouth starts to water. Sometimes just thinking about a food brings a craving for it. We desire to taste the food, but really aren't physically hungry.
<b>Mind hunger</b>	We look at the clock and think we have to eat a certain amount of food because "it's time," even if we don't feel like eating.
<b>Thirst hunger</b>	Sometimes we confuse the sluggishness of dehydration with actual hunger. The body is calling for fluids, not food.
<b>Fatigue</b>	When we sense that our energy levels are low, some of us automatically think that if we eat something, we'll feel better. However, if we've been working extra hard and/or haven't been getting enough sleep, our bodies are calling for rest, not food.
<b>Heart hunger/ emotional hunger</b>	We feel an ache and emptiness in our hearts due to unmet emotional and/or spiritual needs. Rather than acknowledge our feelings and work through our issues, we try to fill the void with food. Or sometimes we try to use food to "stuff" our feelings down. Although there can be physical discomfort in the gut when we're upset, it is a distinctly different sensation from stomach hunger.

# Making Healthy Choices When Eating Out

## 1. Go in with a plan.

- Look up nutrition information online, in a fat and calorie counter book, or on a calorie-tracking app on your smart phone. You are more likely to stick with a healthier choice if you already have one in mind that you are excited about.

## 2. Enjoy your meal!

- Eating healthy while eating out does NOT mean you have to choose a meal you won't enjoy. Choose from your favorites, and make substitutions as needed to make your meal healthier.

## 3. Have a little, but not too much.

- Remember, portion sizes have grown over the years – it is ok to leave food on your plate – or ask for a to-go box!

## 4. Don't save calories.

- It is more likely that you will overeat or make more unhealthy choices if you go to a restaurant hungry. Overall you will trim calories and be more satisfied with your meals if you eat healthy, balanced meals through the entire day.

## 5. Keep a healthy plate in mind.

- Even when you're out to eat, your plate should contain some fruits and/or vegetables, lean sources of protein, low-fat/fat-free dairy, and/or a healthy starch.

## 6. Ask for what you want!

- Personalize your meal to include the foods from the menu that you choose. Most restaurants have an a la carte menu, or are happy to make substitutions. Ask your server how they can help you create a meal that will meet your needs. Be sure to ask if foods are brushed with butter before being grilled or baked – it is ok to question about a food's preparation!

## 7. Take your time.

- Be careful not to pace your meal with your companion (unless they eat slower than you). Let your hunger and satisfaction be your guide. Stop when you are satisfied!

## 8. Watch out for key words that your food may have hidden fats or sugars.

- Examples: stuffed, creamy, savory, sweet, sauced, crispy, etc.

## 9. Choose foods with key words that indicate there is LESS fat or sugar.

- Baked
- Grilled
- Dry rub
- Roast
- Steamed





# Healthy Cooking Methods

Cooking at home allows you to control the ingredients in a dish. The following cooking methods can improve the health of your dish by limiting the amount of added fat, or helping reduce the fat already present by allowing it to drain.

**AIR FRYING:** No oil, avoid breaded foods

**BAKING:** Oven cooking with hot, dry air. This eliminates the need for added fat such as is used in other methods such as frying. You may need to baste foods with a liquid (tomato sauce, vinegar, or broth) to keep them moist during the cooking period. A great cooking method for meats, fish, poultry, vegetables, and fruits.

**BRAISING:** Food is browned or seared first in a pan on the stove, then finished in a covered pot where it's simmered in water or broth. You can use the liquid as a base for a sauce. It's a great cooking method for tougher cuts of meat.

**GRILLING:** Food is cooked by direct heat, allowing the fat to drain off. Food is placed on a grate above the heat source. Good for meats, seafood and vegetables (in a basket or as kabobs).

**BROILING:** Fill a broiler pan with just enough water to cover the bottom, add food, then place pan on broiler rack in oven (near the top). A good method for cooking tender cuts of beef, poultry, ham, and fish

**POACHING:** Place foods in a pan with lid and small amount of water, broth, or juice. Cook just enough to preserve flavor of the food. Use for fish, vegetables, tender cuts of meat and/or poultry.

**ROASTING:** Cooks food in an oven or over an open flame. This is a higher heat than baking, and will brown the top of the food. Roast on a baking sheet or pan – place rack inside to allow fat to drain. Good for cooking most meats and vegetables, especially root vegetables like potatoes, turnips, carrots) and some fish.

**SAUTEING:** Place food in one layer in a shallow pan with small amount of fat or liquid (water or low-sodium broth). Stir foods often to allow them to cook evenly.

**STIR-FRYING:** Done in a wok or high-walled pan; often uses a sauce during cooking. Great for cubed meats and vegetables.

**STEAMING:** Place foods in a mesh basket above simmering water, season water with herbs and spices for flavor. Use for vegetables and fish.



# Diet or Exercise: Does One Matter More?

Both diet and exercise are important, but there are times when one is more powerful than the other. When trying to lose weight, diet has the greatest effect. When trying to prevent weight regain, physical activity has the greatest impact. Before beginning any new exercise program please check with your health care provider.

Benefits of balancing flexibility, strength, and cardio training:

- Weight loss
- Weight maintenance
- Improved muscle, joint, bone health
- Improved cardiac health and endurance
- Mood elevation
- Increased strength and endurance
- Increased metabolism
- Improved respiratory health and endurance
- Improved skin elasticity

For success following bariatric surgery, diet and physical activity are extremely important. There are three main types of exercise: **Flexibility**, **Strengthening**, and **Cardiovascular**. The ultimate goal is 150 minutes total of exercise per week in all three types. You can benefit from exercise even if your workout is just 5 to 10 minutes at a time! No amount of exercise is too little.

Steps to establishing physical activity in your life:

1. Set a personal goal of 150 minutes physical activity every week that is in addition to normal daily activity.
2. Choose an activity (or something similar) from each of the following categories:
  - Cardiovascular: walking, treadmill, dancing, water exercise, etc.
  - Strength training: resistance bands, free weights, medicine balls, body weight exercises, etc.
  - Flexibility exercises: assisted or self stretching before and after exercise, chair stretches, yoga, etc.

3. Be sure to schedule your exercise – both timing and frequency. Increase your workouts as you become stronger and gain stamina.
4. Increase the INTENSITY of the exercise as tolerated. For example, start walking the treadmill at 3 mph and increase to 3.3 mph, then 3.5 mph as your fitness improves.

Physical activity is an important way to improve the success of your weight loss, but don't underestimate simple activity. Part of increasing weight loss includes being more mobile throughout the day. Any time you are moving, you are burning calories! Take the extra step:

1. When shopping, park farther away from the store
2. At the grocery store, shop around the perimeter, and then weave back through the aisles
3. Instead of sitting through commercials on TV, get up and do some chores
4. Dance
5. Set an alarm to get up and stretch every 15 minutes
6. Take the stairs
7. Count your steps – aim for 10,000 or more every day
8. Do yardwork – mowing the lawn, planting flowers, watering
9. Play a sport/game
10. Take a walk after each meal

## Resources:

- Personal training online or at the gym
- Physical Therapy with a qualifying health condition
- Talk with a family provider
- [acsm.org](http://acsm.org) (*American College of Sports Medicine*)



## Ways to Make Physical Activity More Routine

- 1. Choose the right activity for you:** Different body types do better with different physical activities. Not every body is built for running, but everybody can find a way to get fit.
- 2. Choose the right goals:** Goals can motivate us, if we choose the right ones. Focus on what you want to do.
- 3. Make it fun:** When we enjoy an activity, we want to make it part of our day. The best activity is one that you enjoy, making it easier to make it a regular routine. Set yourself up for success. Keep comfortable shoes by the door or in the car, so it's easy to take a walk. Set out comfy clothes the night before, so getting ready for activity is just part of your normal routine.
- 4. Have a routine:** Once we get into a new routine, it is easier to stick with it over time. It takes at least 21 days to establish a new habit. So keep at it!
- 5. Do it with friends:** When we are active with someone else it helps us get out. You can join a class together or just plan to meet for a neighborhood walk.
- 6. Keep a record:** Research shows that self-monitoring is a key to healthy weight. You can track your activity in different ways, like minutes per day or steps on a pedometer.
- 7. Reward yourself:** Becoming more active is a gradual process. Just think how long you've been sitting around. Give yourself a big pat on the back for any increase in physical activity. Remember the changes you are making, but don't reward yourself with unhealthy rewards. Choose ways to give yourself a pat on the back that's healthy, like getting a massage, spending time with a friend, going to concert.

# Resistance Band Training

Resistance bands inexpensive, lightweight and portable. Bands are used to tone the upper body muscles and used to strengthen the lower body muscles. Bands are available with or without handles and vary in resistance levels, from beginners to athletes.



With left side toward anchor, feet apart, reach down across body. Straighten upper body, rotating to the other side. Complete set and repeat on right side.



Facing anchor, pull arms back, bringing shoulder blades together.



Sitting backward in chair with band held against chair back and looped around upper body, lean back against the band.



Sitting with band looped around chair back and held against chest, lean forward against resistance band.



Sit with band around feet, hands firmly holding ends. Pull elbows back.



With band around each hand, and arms straight out in front, stretch across chest.



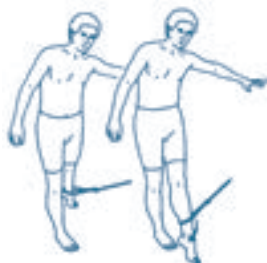
Standing with band anchored under feet, hands holding ends. Bend knees, lower body. Keeping back straight, return to upright position, as if lifting.



With band looped around right ankle and under other foot, straighten leg. Keep other leg bent to increase resistance. Complete set, repeat with left leg.



With band looped around both legs above knees, push thighs apart.



With band around left leg, anchor behind on same side, begin with leg out behind. Pull leg across front of body as if kicking a soccer ball. Complete set, repeat with right leg.



Standing, hold band above head. Bring right arm down and from the side. Complete set, repeat with left arm.



Holding band in right hand, arm forward. Pull arm back, elbow straight. Complete set, repeat with left arm.



Holding band in left hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk. Complete set, repeat with right arm.



Holding band in right hand, elbow straight, arm in, parallel to floor. Pull arm out from side through pain-free range. Complete set, repeat with left arm.



Anchor behind, with band on left ankle, leg straight, bend knee. Complete set, repeat with right leg.



With band around left ankle, anchor behind, bring left leg forward, keeping knee straight. Complete set, repeat with right leg.



With band around right ankle, face anchor and pull leg straight back. Complete set, repeat with left leg.



With band around right leg, opposite side toward anchor, extend leg out from side. Complete set, repeat with left leg.

RECOMMENDATION: 2-4 SETS (GROUP OF REPS) OF 8-12 REPETITIONS (REPS); 2-3 DAYS PER WEEK



# Seated Fitness Exercises

Flexibility and strength training should be an integral part of your exercise routine. Performing these exercises with proper technique will increase muscle length, improve joint movements of the body and reduce the risk of overuse and injury.



With legs over footstool or chair, and arms clasped behind neck or folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.



Stand on other foot, tubing around left leg, begin with leg forward across body. Bring leg back and out to side.



Stand on other foot, tubing around right leg, begin with leg out, forward across body. Bring leg back across front.



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back.



Raise heels, keeping toes on the floor.



Raise toes, keeping heels on the floor.



On front edge of chair, right leg back under chair, bend slightly forward at hip and slowly lower to half-kneeling position. Keep stomach tight.



Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt.



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt.



With tubing wrapped around left fist and other end secured under foot, curl arm up as far as possible.



Gently push leg back with other leg until stretch is felt. Recross bent legs at ankles. Slowly straighten legs, pushing with lower leg.



Sit on edge of chair feet flat on floor. Stand upright, extending knees fully.



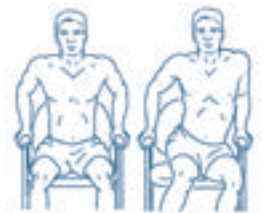
Sit with band loop around right ankle, anchor on the other side. Keeping thigh flat and knee bent at right angle, pull ankle away from body.



Sit with band loop around left ankle, anchor on the same side. Keeping thigh flat and knee bent at right angle, pull ankle across from body.



Feet shoulder width apart, holding onto table, gently lower body, by bending knees until stretch is felt.



With hands on arm rests to support upper torso, raise right hip.



Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.



Grasp left arm above wrist and pull down across body while gently tilting head same direction.

REPEAT ALL EXERCISES 8 TO 10 TIMES. DO 2 TO 3 SESSIONS OR SETS A DAY.

# Water & Fluid Needs

Drinking adequate water and fluids is an important part of any diet. It is especially important for the bariatric surgery patient. Restrictions following surgery can lead to a decrease in fluid intake, putting you at risk for dehydration. After surgery, you will not be permitted to drink fluids with your meals because doing so can interfere with your digestion and maintaining the new, smaller size of your stomach. Therefore, all liquids will need to be consumed between meals. This further limits your ability to take in adequate fluids. To maintain hydration, you should consume at least eight 8-ounce glasses of fluid/water every day.



## Key Points for Getting Adequate Fluids

- Choose fluids that are non-caffeinated and non-carbonated. The gas produced from a carbonated beverage can stretch the stomach pouch or its outlet. Caffeine should be avoided due to increased risk of ulcers. The best choices are water (flavored, artificially sweetened, with squeezed lemon or fruit infused), Crystal Lite®, decaf coffee or tea, herbal teas and diluted fruit juices.
- It's important that you take in sufficient fluid each and every day. Because of the restrictions on eating and drinking, it is easy to become dehydrated. So, you will need to remember to drink.
- Take note of signs and symptoms of dehydration.
- CONSUME A MINIMUM OF 64 OUNCES OF TOTAL FLUID (equivalent to 8 cups).
- Exercise increases your need for fluids. Fluid taken in during exercise does not count toward your daily goal.
- Use a cup or water bottle that has measurements on the side to help you count your fluid intake.
- Use an app with reminder alerts or set alarms.

## Extra Calories

Fluids are not held in the stomach like solid foods – they slide through! This means the brain is not alerted that it is receiving calories, and will not tell you to stop drinking. For this reason, you must stay away from sugar-sweetened beverages, full-strength fruit juices, etc.

## Herb & Fruit Infused Water

Most fruit juice contains a lot of added sugar. Even without added sugar, juice is a source of naturally occurring sugars. It's better to consume whole fruits, whose fiber will slow the absorption of sugar. Remember, you should balance every artificially sweetened item you consume with at least one that is not artificially sweetened. Infusions are a way to add variety to your beverages and keep up with your intake. They're also a great way to use produce and fresh herbs that are nearing expiration. A wrinkly apple or wilted basil leaf are perfect for water infusions! See the Recipe section for ideas.

## Other Health Benefits of 8 Glasses of Water

- Water suppresses the appetite naturally and helps the body metabolize stored fat and rid itself of waste. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.
- Water helps to maintain proper muscle tone. It gives muscles the ability to contract and prevents dehydration, which can interfere with muscle performance.
- It helps prevent the sagging skin that usually follows weight loss. Shrinking cells are buoyed by water, plumping the skin and leaving it clear, healthy and resilient.
- Water can help relieve constipation. When the body gets too little water, it draws what it needs from internal sources. The colon is one primary source, resulting in constipation. With enough water, normal bowel function usually returns.

## Dehydration

Dehydration is a condition in which the body has less water than it needs to function properly. This can occur when the body is using more than it is receiving. Dehydration is dangerous: as little as a 2 percent loss of fluid can be harmful.

### *The body uses fluids:*

- To regulate body temperature
- To perform metabolic processes
- For lubrication of joints
- In digestion
- In respiration
- To distribute nutrients throughout the body

### *Consequences of prolonged dehydration:*

- Muscle spasm
- Kidney dysfunction
- Dangerous reactions to medications
- Infections
- Seizures
- Coma
- Death



## Signs of dehydration

### **MILD**

- Dry, sticky mouth and tongue
- Lightheaded or dizzy
- Weakness and headache
- Lethargy

### **MODERATE**

- Confused or irritable
- Unable to sweat
- Dark yellow urine
- Decreased urine output
- Blood pressure lower than usual
- Increased heart rate

### **SEVERE**

- Fainting or unconsciousness
- Disoriented
- Onset of fever

# Notes

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# Safety & Success with Bariatric Surgery

## Am I Ready for Surgery?

When you have completed the Medical Weight Loss portion of preparation for bariatric surgery it is a good time to ask, "Am I really ready?" Make sure you:

1. Have found a meal replacement protein shake and protein supplement (or two) that you are happy with.
2. You should already be taking your multivitamin and calcium supplements. Go ahead and buy your chewable (hard and crunchy, or soft and smooth) to have ready for surgery.
3. Start stocking your kitchen! The stages presented on the next page discuss the texture changes you will have to follow after surgery. Buy now if you find something on sale.
4. Maintain all of your medical weight loss changes – this is not the time to let go of your new healthy habits. This is the beginning of a new lifestyle, not the end of another!
5. Review all of the information in this book. Now is the time to ask questions, and have all of your answers ready.
6. Join a support group. (The Center for Healthy Living support group meets on the second Thursday of the even months (February, April, June, August, October, and December). Joining online support groups gives you access to resources online, but remember, not all programs are the same and be skeptical of any advice you may receive. It may not always be sound!
7. Meet your daily goals – now is the time to practice getting enough protein and fluid!
8. Prepare for Pre-Operative Class and life after surgery – read the nutrition plan that follows to help familiarize yourself with the information that will be covered in the Pre-Operative class. This is the best way to identify which questions you will have.



# Surgical Weight Loss Stages

Below are the stages you will move through after surgery. The Pre-Op class you will attend will discuss these diets in detail, but please become familiar with them prior to the class. Bring any questions, comments, or concerns with you to be answered by the dietitian during the class.

**Do not start your Pre-Op diet until you have been instructed to!**

## Nutrition Plan – Bariatric Surgery

### **Pre-Op Diet (At least 2 weeks prior to surgery)**

The Pre-Op Diet is intended to jumpstart weight loss prior to surgery. With quick weight loss, fatty tissue around the liver will shrink, making surgery easier and safer. Blood glucose levels can normalize during this time, which will support healing following surgery. For some, there may be a different Pre-Op diet duration related to insurance required BMI. Discuss with your dietitian.

### **Stage 1 – Clear Liquids (During hospitalization)**

The clear liquid stage is intended to rehydrate you after surgery. Liquids should be clear, sugar-free, caffeine-free, and carbonation-free. You must sip these liquids, NO GULPING. It is important to drink slowly so you do not harm your incision line after surgery.

### **Stage 2 – Low-Fat Full Liquid (at least 2 weeks post-surgery)**

Full liquids are started when you return home after surgery. You will have some swelling from the procedure, and will not be able to hold much volume. Continue to drink in small sips. This stage can include anything that is liquid in texture, low-fat, low-sugar, caffeine and carbonation-free. If you do not tolerate these types of liquids right away, you can stay on Stage 1 a little longer. **DO NOT ADVANCE TO THE NEXT PHASE EARLY.** You should NOT consume any liquids that have pulp, lumps, bumps, chunks, or pieces.

### **Stage 3 – Soft/Pureed (will last for at least 2 weeks)**

Soft/pureed foods are smooth in texture and can be easily smashed with a fork. These foods should require minimal, if any, chewing. You may puree or blend foods to create a soft texture, or add sauces/condiments to help make them easier to chew. Solid foods will spend more time in your stomach, keeping you full longer. Reach for high-protein foods first to help meet your protein goal. **DO NOT OVERTREAT. STOP WHEN YOU ARE FULL.** Your incision is still healing at this phase. **DO NOT ADVANCE TO THE NEXT STAGE EARLY.**

### **Stage 4 – Regular Low-Fat/Low-Sugar (after week 4, until goal weight)**

Regular textures may be started no earlier than week 4. This stage continues until you reach goal weight. This stage allows you to introduce regular fruits, vegetables, and protein foods, one at a time. **NO BREADS, PASTAS, RICES, OR GRAINS OF ANY KIND SHOULD BE EATEN AT THIS TIME.** Grains are not well tolerated this soon after surgery. Go slow and listen to your body to determine when you are getting full.

### **Stage 5 – Long-Term Healthy Lifestyle (weight management)**

This stage will be the last one. You will continue on this stage for life. You may add grains and starchy vegetables into your diet as tolerated. Be careful. These foods will slow and/or stop your weight loss, and can potentially reverse it. Choose whole grains, avoiding processed or refined grains. Choose low-fat and low-sugar foods regularly for your healthy lifestyle. All other foods from previous stages can be continued. When you are ready to start this stage, contact your dietitian for weight management education.

# Preventing Vitamin & Mineral Deficiencies

Complete this questionnaire to determine if you are at risk for a vitamin/mineral deficiency:

1. Are you taking your Multivitamin and Calcium + Vitamin D daily?

Yes  No

2. Do you know what vitamins to take after surgery?

Yes  No

3. Do you consume fruits and vegetables daily?

Yes  No

4. Are you exceeding your protein goal daily?

Yes  No

5. Are you eating at least 1,000 calories daily?

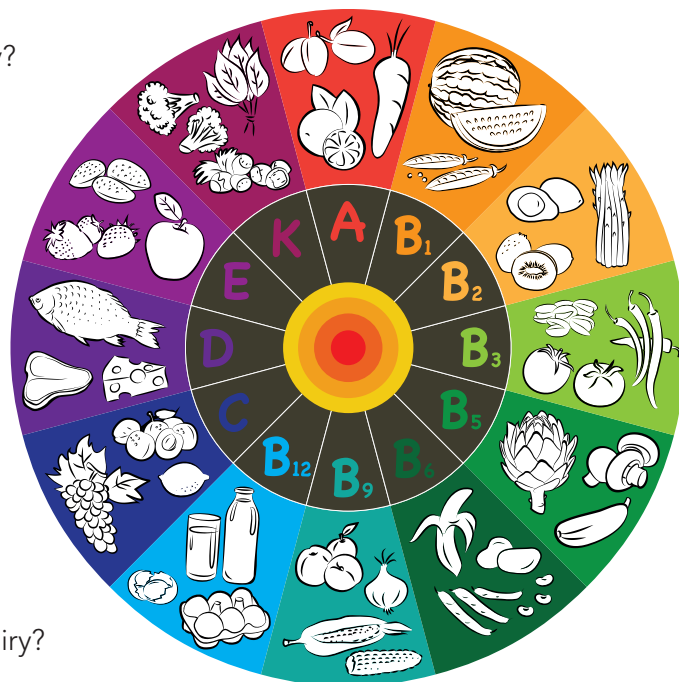
Yes  No

6. Are you exceeding your fluid goal daily?

Yes  No

7. Are you staying under 10 grams of sugar per serving, except when choosing whole fruit or dairy?

Yes  No



If you answered NO to any of these questions, you may be at risk for a nutrient deficiency after surgery. While there are many ways a nutrient deficiency can occur, it is important to do your best to prevent them.

1. Follow a well-balanced diet: Choose from each of the five food groups on a daily basis. Aim for variety!
2. Take your recommended vitamin and mineral supplements – talk with your dietitian or surgeon if you feel you need additional supplementation. Make sure they are on the approved list.
3. Meet and exceed your minimum daily protein, and fluid goals. Work your way up to at least 1000 calories per day.
4. Avoid foods that only provide additional calories and little to no nutrients, mainly foods high in added fat or sugar. Increase nutrient-dense foods in your diet!
5. Speak with all providers you may see about your surgery – signs and symptoms of nutrient deficiencies may not be obvious without that information.

# Choosing Foods After Surgery

Eating after surgery is about eating healthy. Protein becomes one of your top priorities, but it is important to not forget about a balanced diet. Follow these simple rules now to help build healthy lifestyle habits for after surgery:

1. Always have a lean or low-fat/fat-free protein source with meals and snacks – think lean meats, fat-free dairy, nuts and seeds, beans or tofu, etc.
2. Read food labels!
3. Always choose foods with less than 10 grams of sugar per serving!
4. Eat often! Small frequent meals will help you lose weight and get in necessary nutrients since you are not able to hold a large volume of food. Remember, less is not always more with weight loss.
5. Eat more fruits and vegetables!
6. Have meals at home, and away from distraction. Bring your family, or yourself, back to the dining table.
7. Build new habits – changes are not made overnight. It takes time (sometimes a lot of time) to adopt new routines into your life.
8. Eat! Fewer calories do not always mean more weight loss. A minimum of 1,000-1,500 calories may be recommended by your dietitian before surgery. After surgery, you should aim to consume at least 1,000 calories.
9. Plan ahead! Always keeping snacks handy, having your kitchen stocked before starting the week, or even looking ahead to each meal can help you be more successful. Be prepared for situations or surprises that will make eating well after surgery more difficult: Eating out, vacations, busy schedules, etc. Life does not change after surgery – you do.





# Behavioral Health

The behavioral health component of your surgical weight loss journey is vital to your post-operative weight loss success, and to maintaining weight loss over the long term. Often, the psychological aspect of weight loss surgery can be the most challenging. In this behavioral health section, you will learn about the behavioral aspects of weight and start practicing lifestyle changes now that are necessary for a successful outcome.

## How your body's hormones affect appetite

Eating in response to feelings is not hunger. It is both a learned behavior and a chemical reaction in the brain. If you have always turned to food for comfort or pleasure, when you face similar circumstances, such as stress or boredom, your brain recalls this and craves food.

It's important to learn how to recognize whether your hunger is emotional or physical. Emotional hunger can be controlled by learning and practicing new behaviors that produce the same pleasure chemicals (serotonin and dopamine) that food released. Other ways to stimulate serotonin and dopamine include:

**Get Out in the Sun:** Natural sunlight helps in the production of serotonin. Early morning sunlight converts to melatonin, which is needed for good sleep. Getting outside for a 20-minute walk in the early morning sun can boost your mood and improve your sleep.

**Reduce Your Stress:** Prolonged physical or emotional stress causes overproduction of the stress hormone cortisol. This interferes with serotonin production and increases belly fat. You can reduce stress by rethinking your daily routine. Don't try to cram everything into a short period of time. Shift your lifestyle and increase the amount of time you set aside to relax. Poor stress management is one of the primary reasons for weight gain.

**Exercise:** Physical activity produces serotonin, dopamine, endorphins and other "feel good" chemicals. Physical activity also causes the body to use up and excrete the stress hormone cortisol. When you exercise, you are better able

to control your appetite, your stress cravings lessen, pain improves and belly fat is reduced. Most people want immediate gratification from exercise and get discouraged if their weight does not change immediately. Weight reduction will come in time, just be patient and remember everything else that is benefiting from your physical activity. Try and be physically active 30 minutes a day and remember it is not necessary to perform hard core exercises to benefit.

**Have a Plan/Take up a Hobby:** Make a list of things that you enjoy doing that can serve as a distraction when food cravings come. Put the list on your refrigerator and look at it instead of the contents of the fridge. Activities that keep your hands busy and give a sense of fulfillment will help.

**Change your Attitude:** Studies show that negative thinking and constant feelings of unhappiness are closely related to low levels of serotonin. Your attitude is within your control. Think optimistically and try to see the positive side of things more often.

**Meditation:** Research has proven that meditation also replenishes serotonin levels. Close your eyes, relax and take slow breaths through your nose and exhale through your mouth. For additional relaxation, play music or burn a candle. For more options, Google relaxation techniques or look online for YouTube videos.

## Hormones that can affect your willpower

**Galanin:** When a diet is filled with high-fat and high-sugar foods, the galanin hormone is activated and the desire for these foods will continue. When a decrease of fat and sugar occurs, over a two to three-week period, there is a reverse of the hormone and temptation lessens. During this adjustment period, avoid having these tempting foods in the home or office and/or keep them up and out of sight. Remember: Out of sight ... out of mind!

**Ghrelin:** This is your hunger hormone. When you are having true hunger, the stomach releases ghrelin to seek out food. When you starve yourself, ghrelin levels rise, triggering an irresistible urge to eat. As a result, you eat too much and rarely feel satisfied. Rules to achieve ghrelin balance:

- Never go more than four to five hours without eating
- Avoid very low calorie days (less than 1,000 calories)
- Avoid fast food and processed foods, which are full of the flavor enhancer MSG, which tricks your hunger hormone
- Get 7 to 9 hours of sleep daily

**Leptin:** This your internal appetite suppressant. When full, your fat cells release leptin. Rules to achieve leptin balance include:

- Eat a high-protein breakfast
- Do not eliminate carbohydrates, but decrease the amounts
- Eat three smaller meals a day and stop before getting full
- Do not eat less than three to four hours before bedtime
- Get 7 to 9 hours of sleep daily



## Psychological and learned behaviors

**Portion sizes:** Most of us who have grown up in this area equate portion size with value. The larger the portion size, the greater the value. It is difficult to not eat large portions for this reason.

To be successful with weight loss, we must learn new portion sizes and make this a part of our new lives.

To begin this process, change your plate size. If you've always eaten from a dinner plate, switch to a salad plate. After surgery, find a child's plate or even a saucer for a tea cup and eat from that. If you return to the larger dinner plate, it will not seem like enough and your portion sizes will increase.

**Cleaning our plates:** Again, most of us from this area were taught as children to "clean your plate" so as to not waste food or money. This is a learned behavior that must be changed and practiced before surgery. To assist with breaking this habit, leave the last bite on your plate for every meal.

**Avoid grazing/mindless eating:** We tend to graze, snack when cooking, mindlessly walk by the refrigerator and look, eat our children's leftovers, etc. When we don't pay attention to everything that goes into our mouths, we're not aware of how many calories we're actually consuming. A good rule of thumb.... "You bite it, you write it."

**Don't eat while watching TV, in the car, or upon waking at night:** Eating at these times is usually related to boredom, relaxation or habit. Brush your teeth after your last meal as a message to your subconscious that you are done eating for the day.

## Learning new behaviors

**Educate yourself:** Learn to read food labels and know what foods provide the most protein. Protein is essential for good weight loss and to make you feel fuller for a longer period of time. Learn to eat meals, protein first, before you get too full. Salad last instead of first!

**Eat more slowly:** Fast eating leads to increased calories and weight gain. Your brain takes 20 minutes to receive the message from your stomach that you are full. If you inhale your meal in 10 minutes, the brain does not know you're full and you still think you're hungry. This leads to second and sometimes third helpings. Use a clock to time your meals. If you are a fast eater, setting a clock will assist you in learning to slow down. Change your usual eating habits. Sit at the table, not in front of the TV, use smaller utensils such as toddler spoons and shrimp forks, count how many times you chew, shooting toward 20 times. Get up during your meal and go do something. Return and start again.

**Always eat breakfast** and every three to five hours afterward. Include protein in your breakfast. Dopamine, which enhances concentration and alertness, is released when you eat protein. Do not skip meals. Always eat breakfast within one to two hours of waking to prevent your body from going into starvation and storing calories. Remember, when you skip meals, your blood sugar levels go abnormally low, causing intense food cravings. Teach yourself to eat small portions several times a day. This will help keep you full and give you a satisfied feeling. Eating several times a day also helps to increase metabolism so calories can be burned more effectively. Make a schedule or use a timer to remind you to eat throughout the day.

**Plan meals and snacks in advance:** Don't be caught at home, work or on the road without appropriate food choices. Be ready for a quick snack or you may be tempted to eat from the vending machine or other "fast alternatives."

**Be prepared when going out to eat:** Having weight-loss surgery does not eliminate food from your life. Social eating is part of our culture. When planning to go out, remember to think of the event as a social event and not an "eating event." Focus on the socialization, not the "where are we going, and what am I going to eat?" Go online and research the restaurant's menu so you have a food plan in advance.

**Fast food is not the best option:** Although there will be times you have no choice but to choose fast food, do not make fast food dining a regular occurrence. Many of us are stuck in a routine of "grab and go." You must think differently and change this habit to achieve long-term success with weight loss surgery.



# Ways to ensure long-term weight loss success

On the average, weight regain begins 18 to 24 months after surgery. This is usually because the individual becomes comfortable with their weight loss and begins to feel as though the hard work is over. Physical hunger has returned and it is easy to slip back into old eating habits. This can be avoided by keeping yourself accountable.

**For Bypass and Sleeve Patients:** It is important that you understand your stomach will never be smaller than it was in your first year after weight loss surgery. You have to take responsibility to make the right choices so that your weight loss is successful.

**Weigh yourself weekly for the rest of your life:** You must stay accountable for your weight. However, it is important to not obsess over the scale. Weekly weights will help you understand your previous week and the calories you consumed. With this information, you will have a better understanding of how you are doing. Do not weigh yourself every day. Do not place a lot of pressure on yourself. Don't obsess over the number on the scale. Use non-scale victories to measure your weight loss success, i.e., clothes fitting better, medical problems resolving, the number of medications decreasing, activity and energy levels increasing.

**Keep scheduled appointments** with your surgeon so they can keep track of your progress and make sure your vitamin requirements are being met. Follow-up appointments with your surgeon will be for a lifetime. Those who return for all of their annual follow-up visits lost significantly more weight than those patients who did not return.



**Find good support.** Include the surgical weight loss staff, persons from support group or someone who has had weight loss surgery and been successful with keeping their weight off. Find someone you can be accountable to. Research shows persons who attend a support group on a regular basis are more successful with long-term weight loss.

- Our support group meets in the Center for Healthy Living lobby
- Meetings are held every other month, even months (February, April, June, August, October and December)
- Meetings are always 6 p.m. on the 2nd Thursday.
- Keep up with our Support Group meetings through our Facebook page, KDMC Surgical Weight Loss





# Impact of Weight Loss on Relationships

## Spouses/partners/significant others

Prior to surgery there is usually a sense of normalcy within a relationship. Things change following surgery and this is often difficult for spouses. They have also had to make changes they often feel they shouldn't have had to make. After all, "this was not my surgery."

In searching for that old normalcy, spouses may sabotage your diet and exercise with comments when you exercise or try and entice you with your favorite comfort or junk foods. Additionally, the patient may sometimes plant the idea that they will "get skinny" and leave the spouse. These comments can initiate insecurities and mood changes in your mate.

If both partners have weight struggles this commonality may have helped to protect the marriage's security. Shared weight problems can keep a couple secure in their connectedness. When this connection changes or is threatened, there is often fear on the part of the spouse that they will be "left behind" or found to be unattractive. This naturally results in feelings of jealousy and insecurity.

If the marriage was poor before, weight loss surgery will not make it better. The stress of and changes following surgery often strain the relationship further. However, if you have a good marriage pre-operatively, weight loss can make it better. It takes a spouse secure in themselves and the relationship to overcome the newfound confidence and physical changes that weight loss brings. It is important to provide support to your spouse or significant other throughout this process.

The divorce rate is higher than average with weight loss patients. If you have chosen weight loss surgery because you think it will cure relationship issues, you've chosen surgery for the WRONG reason.

## Children Ages 4-7 / children within the autism spectrum:

Children often do not like the change they see with rapid weight loss in a parent. "Normal" has changed. Because you look different, they may be afraid that you will be different. It is important to speak honestly about the changes they will notice and emphasize the positive things that will change in their lives because of your weight loss.

**Teenage Daughters with Mom:** Teenage daughters who also have weight struggles sometimes do not like that mom no longer has this in common with her. Daughters may become angry and non-supportive. Be sure to include her in your new eating and exercise behaviors.

**Boys with Mom:** For the most part, boys do not like moms to change. They usually respond with "why are you doing that?" They sometimes seem uninterested or annoyed that you are pursuing a surgery for weight loss. Boys are likely having some fear and do not want to express this. They usually adjust fine but become concerned when meals/portion sizes change so drastically.





**The Nurturing Family Member:** If you have a “nurturing” person in your life, they may have problems with not taking care of you with food. Additionally, they will probably struggle with seeing your portion sizes significantly change. Education is the best thing to do for these individuals. Share a graphic with them that shows the size of your new stomach.

**Women and Sisters:** If your sister also has a struggle with her weight, she may start to feel alone in her struggle because everyone is talking about your weight loss. You may start to see non-support or other negative behaviors and/or comments about your weight loss. “Skinny” sisters sometimes do not like that you are losing weight because being thin has always been their identity. Sisters usually adjust and things fall into a new normal.

**Women and their Friends:** Sometimes friends who also have weight struggles may experience the same reaction as sisters. Some friends are fearful you will lose weight and leave the friendship, so they pull away first. If friends become negative, remember they are probably responding to their own feelings about their weight.

We never know how people will respond. Your weight loss may be perceived by others, especially if they are obese, as a form of betrayal. Obesity among family members or friends can mean “sameness or connectedness.” Your decision to have surgery for weight loss and to pursue a healthier lifestyle may be perceived as you now being “different.”

## Post-surgery problematic areas to be aware of

**Self Esteem:** If you struggle with low self-esteem and do not work on and address your negative self-image before surgery, the weight loss will never be enough and the number on the scale will never satisfy. It is extremely important that you work on changing your thoughts and self-talk to something positive. Focus on your strengths and attributes and remember your weight is only a small portion of the whole you. Weight loss alone will not make you like yourself, so start the work now and change your thinking.

The most effective thing you can do to support your weight loss goals after surgery is to develop compassion toward yourself as you go through the weight loss process. Bullying yourself will only increase the challenges you face throughout your journey.

**Body Image Distortion:** Most of the time, when you lose weight, you are unable to see the actual weight loss in the mirror and do not believe you are a different size.

Because weight loss will be rapid, don’t spend a lot of money on clothing until you get close to your goal weight. Instead, buy a few pieces of clothing that are flexible and forgiving and will shrink with you as you lose. Check out what you have in your own closet, shop at consignments, second hand or Goodwill.

Plan to shop when you have time and try clothes on. Remember, when you hold clothes up to see if they will fit, you are probably not seeing your actual size.

Do not be afraid to let your clothes fit tighter but don't get so caught up in your smaller size that you try to fit into something too small. When clothes are too tight, they make you look larger.

**Depression:** Depressive feelings following weight loss surgery are possible, especially if you have pain or complications. You may also find that these feelings surface because of lifestyle changes, loss of friendships, or loss of identity in relation to weight loss.

If your depression is related to your weight struggles alone, then you should notice a better mood once you start to lose weight and gain a sense of control over your weight.

If you have a history of depression and your symptom history is not only related to your weight problems, keep in mind that stopping treatment or experiencing obstacles can impact your mental health and success. Your emotions may keep you from following up with your surgeon or making good food choices. Anyone who has been depressed knows that unless you feel well emotionally you don't care about your physical needs.

**Transferring of addictions:** Be mindful of the possibility of transferring from one type of

unhealthy behavior (excessive consumption of food) to other forms of unhealthy behavior after weight loss surgery. Foods that are high in sugar, fat and salt are highly addictive because of the endorphins that activate the pleasure centers throughout our body. If you no longer eat high amounts of these foods, then compulsive/addictive behavior may lead to other forms of pleasure, such as excessive use of alcohol, sexual promiscuity, uncontrolled spending, drug use, smoking or compulsive gambling. Addiction is a system of urges and thoughts you can manage with creativity instead of shame, if you understand how to channel it and think differently.

Research tells us that if you have a history of addiction you have a higher risk of relapse two to five years following surgery. Recent literature supports an increased risk of developing alcohol abuse, especially following gastric bypass. This is mostly due to a change in how alcohol is absorbed by the body. The best rule is not to start.

**Remember:** Weight loss surgery alters your body but it does not change how your mind responds to food. Success will only occur when you change your way of thinking.







# Pre-Op Nutrition Education

## Objectives:

1. Nutrient Needs
2. Pre-Op Diet
3. Post-Op Stages 1-5 (Stage 5 will be discussed with your dietitian at Follow-ups after surgery)
4. Food Intolerances and Complications

## Checklist:

Check these off as you complete them prior to surgery:

- NO Nicotine use!
- Stock your kitchen with foods needed for each phase after surgery
- Purchase and stock up on protein shakes for pre-op and post-op diet
  - Less than 10 gm of sugar
  - Less than 5 gm of fat
  - Up to 30 gm of protein
- Stop all caffeine AND carbonation for life!
- Drink at least 64 ounces of total FLUID
- Eat enough protein: (70+ grams for women; 80+ grams for men)
- Remember to take your multivitamin and calcium supplement EVERY SINGLE DAY
- Wait 30 minutes before and after meals to drink – NO STRAWS!
- Eat on a regular schedule. You should eat every 3 to 5 hours. Anticipate becoming full sooner.
- Exercise! Don't wait to start/get out of your current routine.
- Practice stopping eating when you are full. Take your time with meals, and chew foods really well.

Appointment with surgeon: \_\_\_/\_\_\_/\_\_\_

I will start my Pre-Op Diet on: \_\_\_/\_\_\_/\_\_\_

Please contact your dietitian with any questions you may have regarding your pre-op or post-op diets. It is very important that you follow these instructions completely to avoid any complications post-surgery. Contact information for all members of the Center for Healthy Living team are found in the directory at the front of your book.

## Preventing Deficiencies after Surgery

You, as the patient, are the only connection of care between your doctors, surgeons, urgent care, etc. Not all providers will be looking for deficiencies. Please let all providers you may see know that you have had weight loss surgery, and may be at risk for nutrient deficiencies.

YOU MUST TAKE YOUR VITAMIN AND MINERAL SUPPLEMENTS DAILY. This is the only way to prevent nutrient deficiencies. Please see **Page 9** for our supplement recommendations.

# Preventing Deficiencies after Surgery

Nutrient	Where It Is Found	Symptoms and Complications of Deficiency
<b>Vitamin A (Beta-Carotene)</b>	Milk, egg yolks, liver, butter, whole milk, egg yolks. (Darkly colored orange/green vegetables – carrots, sweet potatoes, pumpkin, broccoli, and spinach; orange fruits – cantaloupe, apricots, peaches, papayas, and mangos)	Night blindness, immune function, zinc deficiency, fatigue
<b>Biotin</b>	Liver, Brewer's yeast, egg yolks, fish, nuts (peanuts, hazelnuts), oatmeal, beans, peas, cauliflower, mushrooms, chicken, milk	Depression, hair and skin problems
<b>Vitamin B1 (Thiamin)</b>	Meat (mainly pork), whole grains, wheat germ, oats, fish, and nuts (pecans, pistachios)	Anorexia, numbness in the legs, cognitive decline, irritability
<b>Vitamin B2 (Riboflavin)</b>	Meat, dairy, whole grains, nuts (almonds), scallops, pink canned salmon, spinach, wheat germ, eggs, oats	Anemia, poor thyroid function, Vitamin B6 deficiency, fatigue
<b>Vitamin B3 (Niacin)</b>	Meat, fish, whole grains, peanuts, bran, veal, wheat germ, kidney beans	Cracking and scaling skin, confusion
<b>Vitamin B6 (Pyridoxine)</b>	Meat, fish, eggs, milk, whole grains, bananas, beans, seeds and nuts, spinach, wheat germ, wheat bran, avocado, soybeans, raisins	Depression, sleep problems, skin problems
<b>Vitamin B12 (Cobalamin)</b>	Liver, fish, eggs, dairy, tempeh, miso	Anemia, fatigue, constipation, loss of appetite/weight
<b>Vitamin C</b>	Fruits (guavas, orange juice, papaya, lemons, strawberries, kiwi, oranges, cantaloupe, mangos, grapefruit, honeydew melon, raspberries, tangerines, pineapple); vegetables (red pepper (raw), kohlrabi, green pepper, broccoli (boiled), kale, Brussels sprouts (boiled), cauliflower (boiled), cabbage (boiled))	Weakness, swollen gums, nosebleeds, scurvy
<b>Calcium</b>	Milk products (yogurt, cheese, milk), canned salmon, sardines, tofu, figs, baked beans, kale, broccoli, blanched almonds. Do not take calcium at the same time you take iron. These minerals interfere with each other, making it impossible for your body to adequately absorb either.	Osteoporosis, osteoarthritis, muscle/leg cramps
<b>Chromium</b>	Fruits (guavas, orange juice, papaya, lemons, strawberries, kiwi, oranges, cantaloupe, mangos, grapefruit, honeydew melon, raspberries, tangerines, pineapple); vegetables (red pepper (raw), kohlrabi, green pepper, broccoli (boiled), kale, Brussels sprouts (boiled), cauliflower (boiled), cabbage (boiled))	Metabolic syndrome, insulin resistance
<b>Copper – competes for absorption with zinc and iron</b>	Seafood, meat, whole grains, some nuts and seeds. Also leached into water and foods via water pipes and cookware	Anemia, resembles B12 deficiency, fatigue, hair loss

<b>Vitamin D</b>	Fortified milk, oily fish, liver, egg yolks, shitake mushrooms, dried milk, fortified cereals, Sunlight – synthesized by the skin when exposed to direct sunlight	Osteoporosis, poor calcium absorption, bone pain, muscle weakness
<b>Vitamin E</b>	Wheat germ, nuts and seeds (hazelnuts, peanuts, sunflower seeds), soybeans, whole grains, egg yolks, leafy greens (spinach (cooked), broccoli, Brussels sprouts), vegetable oils (safflower, canola, corn, soybean, olive), avocados, grapes, canned tomato sauce, peaches	Skin issues, anemia, bruising, poor wound healing, muscle weakness
<b>Folate (Folic Acid)</b>	Liver, dark green leafy vegetables (spinach, turnip greens), liver, black eyed peas, lentils, navy and kidney beans, peanuts, avocado, peas, asparagus	Anemia, fatigue, heart disease, diarrhea
<b>Iodine</b>	Vegetables grown in iodine rich soil (content will vary by location), iodized salt, seafood, milk	Fatigue, increased sensitivity to cold, constipation, dry skin, weight gain, muscle weakness, pain or stiffness in muscles/ joint, slowed heart rate, thinning hair, poor memory
<b>Iron</b>	Meat, whole grains, dark green leafy vegetables (spinach), liver, apricots, chickpeas, oysters, salmon, oats, beef, almonds, tuna, lamb. Also, leached into water and foods via water pipes and cookware	Anemia, fatigue, pica, learning difficulty, irritability, rapid heart rate
<b>Vitamin K</b>	Green leafy vegetables (broccoli, spinach, turnip greens, lettuce, cabbage), some dairy products, avocado, pistachios, soybean oil, plums, canola oil, kiwi, cauliflower, carrots, sweet peppers, peanut butter, potatoes with skin	Easy bruising, bleeding of the gums, nose bleeds, heavy menstrual symptoms (women)
<b>Magnesium</b>	Whole grains, wheat bran, nuts (almonds), green vegetables	Poor appetite, nausea, vomiting, fatigue
<b>Potassium</b>	Fruits (prunes, orange juice, melon, apricots, bananas), vegetables (beet greens, avocados, potatoes, lima beans, green peas, spinach, tomatoes), whole grains, peanuts, pistachios	Weakness, tiredness or cramping in arm/ leg muscles, tingling or numbness, nausea, constipation, palpitations, fainting
<b>Zinc</b>	Seafood, meat, whole grains, mixed nuts, oats, lentils	Dermatitis/rash, hair loss, diarrhea, loss of appetite, fatigue



## Diabetes and Surgery

Pre- and Post-Operative Nutrition phases are often very low in carbohydrates. As you are adapting to these phases, please discuss your Diabetes Plan of Care with your surgeon, primary care provider and/or endocrinologist.

If you are taking insulin, you will need to discuss a plan with your providers for potential hypoglycemia (low blood sugar).

### If you have a low blood sugar while on the PRE-OPERATIVE Diet:

1. Prevention is key. Eat regular meals. DO NOT SKIP MEALS. Consume appropriate snacks in between meals to prevent low blood sugars.
2. If you have a low blood sugar: Treat with 15 grams of concentrated carbohydrate. Avoid candy, sodas and sources of protein such as peanut butter, cheese, milk. Instead, choose:
  - Glucose tablets or gels (preferred)
  - ½ cup of fruit juice
  - ½ banana, ½ cup chopped fruit, small apple or orange (baseball size)
3. Wait 15 minutes, recheck blood sugar. If you are still low, repeat steps 2 and 3 as needed.

### If you have a low blood sugar, POST-SURGERY:

1. Prevention is key. Eat regular meals. DO NOT SKIP MEALS.
2. If you have a low blood sugar: Treat with 15 grams of concentrated carbohydrate in the form of glucose tablets or gels only.
  - Due to restriction of stomach capacity, you may not be able to hold 15 grams of carbohydrate in the form of food.
  - Keep glucose tablets/gels on hand at all times while you are taking medications that lower blood sugar levels.
  - Avoid candy, sodas and sources of protein such as peanut butter, cheese, milk, etc.
3. Wait 15 minutes, recheck blood sugar. If you are still low, repeat Steps 2 and 3 as needed.



# Pre-Op Diet

The Pre-Op Diet will help prepare you for surgery. WEIGHT LOSS is expected. This will help shrink the fat around your liver and lower blood glucose levels to improve safety during surgery. It is very important that you follow this diet strictly for AT LEAST 2 WEEKS. You should be meeting your protein goal during this time (70+grams daily for women; 80+grams daily for men). The Pre-Op Diet is a two-step process.

## STEP 1:

Meal 1: Protein Shake

Meal 2: Protein Shake

Meal 3: Healthy Low-Fat / Low-Sugar meal

Snacks: LIQUIDS. Choose up to three single servings:

- Sugar-Free Jell-O
- Sugar-Free Pudding
- Soup bases (cream or broth)

### Tips for Building a Healthy Pre-Op Meal

This is the time to eat like you will be eating after surgery. Make the healthiest choices possible, eliminate breads/starches, and choose high-protein foods. Experiment with new recipes!

1. Start with a lean or fat-free/low-fat source of protein
  - Lean meats, beans, eggs (egg whites), poultry (skinless, boneless)
2. Choose 2 sides from 2 of the food groups:
  - Vegetables – peppers, broccoli, spinach, tomatoes, onions, mushrooms, salads, medleys
  - Dairy – yogurt, cheese
  - Grains – oatmeal, cream of wheat
  - Fruit – apples, oranges, bananas, grapes, strawberries, etc.
3. Limit added fats and sugars. Hold condiments, or opt for healthier options
4. Plan ahead! This is the time to start practicing! Avoid roadblocks that will make sticking to the Pre-Op Diet difficult!

## STEP 2:

**Last two days** prior to surgery. Follow this strictly!

**THREE SHAKES AND SUGAR-FREE/CAFFEINE-FREE LIQUIDS** during the last 48 hours of the Pre-Op diet. You will consume ONLY LIQUIDS in the form of protein shakes, sugar-free Jell-O, sugar-free pudding, soup bases (cream or broth).



# After Surgery

## Stage 1: Clear Liquids

During hospitalization, your tray will be brought to your room after surgery with the appropriate diet. While at the hospital you should stay on this stage. This stage can be extended once you have returned home if you do not tolerate the next stage items. Intolerance symptoms include nausea, vomiting, diarrhea, stomach cramping, difficulty swallowing, etc.

### Liquids Allowed:

- Water
- Fruit infused water
- Decaf coffee/tea
- Broth – chicken, beef, bouillon, consommés
- Sugar-Free Jell-O
- Diluted 100% fruit juice (No Added Sugar) (40% juice / 60% water) -
- Sugar-Free water flavors
- Sugar-Free Kool-Aid or lemonade
- Sugar-Free popsicles
- Vitamin Water Zero
- Propel
- G2 Low-Calorie Gatorade or PowerAde Zero
- Any see-through, sugar-free, caffeine-free, carbonation-free liquid

### Things to Remember:

1. It is very important to stay hydrated! Drink fluids! Your goal is 64 ounces MINIMUM each day.
2. Sip slowly. Fluids should be poured into a small medicine cup to prevent you from gulping. 1-2 ounces should be taken in every 15 minutes. (See Fluid Chart below)
3. NO straws
4. NO caffeine or carbonation
5. No milk, protein powders/shakes, creamy soups, pudding, yogurt, etc.
6. You must drink at least 30 ounces your last day at the hospital. You will NOT be discharged if you are unable to tolerate fluids. Wake up for your breakfast tray and start drinking!

Day 1							
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
Day 2							
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
Day 3							
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.
2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.

## Stage 2: Low-Fat Full Liquids

Start this stage when you return home from the hospital. THIS STAGE LASTS FOR **AT LEAST 2 WEEKS**. IT IS NOT OK TO MOVE ON FROM THIS STAGE EARLY. Introduce these foods one at a time – wean on to the harder to chew textures as tolerated. (Stage duration may vary depending on type of procedure.)

### Milk/ Milk Products

- Skim or 1% milk\*
- Soy milk\*
- Low-fat buttermilk\*
- Nonfat dry milk\*
- Low-Sugar Yogurt. NO FRUIT PIECES\*
- Sugar-Free pudding\*
- Lactaid milk\*

### Protein

- Protein supplements – Check guidelines \*
- Tofu (can be added to shakes) \*
- Blended low-fat cottage cheese\*
- Low-fat cream soup bases\*

### NO MEATS during this stage.

### Vegetables

- Stage 1 baby food vegetables
- **Pureed and thinned cooked vegetables – avoid those with pieces like broccoli florets**
- Vegetable juice

### Fruits

- Stage 1 baby food fruits
- Pureed and thinned cooked fruits **NO PULP** - avoid pineapple/ citrus fruits at this time (typically leave pulp)
- Diluted 100% Fruit juices – 60% water / 40% juice

### Beverages

- Water (plain or infused)
- Decaf coffee/ tea – artificially sweetened or unsweetened
- Sugar-free Kool-Aid, lemonade, flavored waters

### Bread/ Starch NONE

### Fat NONE, including PEANUT BUTTER (powdered is OK)

### Other

- Sugar-Free popsicles
- Sugar-Free Jell-O/Gelatin
- Sugar-Free Fudgesicles (Blue Bunny has 4 gm protein) \*
- Cream Soup Bases – STRAIN OUT ALL PIECES\*
- Clear soup broth
- Avoid spices – some may irritate the stomach

### Things to Remember:

1. These fluids will keep you full longer because of the protein. Continue to sip in small amounts of 1 to 2 ounces. DO NOT gulp or force liquids if you feel full.
2. Have at least three liquid meals each day. Choose protein-rich liquids for these meals; no more than 30 g at one sitting. These meals may take longer to consume since you will feel fuller. You may divide shakes into smaller meals at this time.
3. It is very important to stay hydrated! Drink fluids! Your goal is 64 ounces MINIMUM each day.
4. If you experience any abdominal cramping, vomiting, diarrhea, etc., GO BACK TO STAGE 1 FOR 24 HOURS.
5. Aim for your protein goal – 70 grams or more for women; 80 grams or more for men. You may not reach your protein goal at this time. Continue to drink fluids and reach that goal first!
6. Start post-op vitamins once you are tolerating liquids well. Do not take on an empty stomach.

\* indicates protein sources

## Stage 3: Soft/ Pureed Solids

Start this stage two weeks after you return home from the hospital. THIS STAGE **LASTS FOR AT LEAST 2 WEEKS**. IT IS NOT OK TO MOVE ON FROM THIS STAGE EARLY. You may continue foods from Stages 1 & 2. Introduce these foods one at a time. Advance in texture as tolerated.

### Milk/ Milk Products

- Skim or 1% milk\*
- Soy milk\*
- Low-fat buttermilk\*
- Nonfat dry milk\*
- Low-Sugar Yogurt\*
- Sugar-Free pudding\*
- Lactaid milk\*

### Protein

- Scrambled, poached, soft/hard boiled eggs
- Protein supplements – Check guidelines \*
- Tofu (silken tofu can be added to shakes) \*
- Low-fat cottage cheese\*
- Low-fat cream soup bases\*
- Baby foods meats or PUREED/GROUND meats (may add light mayo or sauces to soften)
- Beans – cooked, low-fat refried, mashed
- Broiled and soft seafood
- Low-fat cheese

### Vegetables

- Stage 1 or 2 baby food vegetables
- Mashed or over cooked vegetables – Fork mashable texture
- Vegetable juice
- NO RAW VEGETABLES
- NO STARCHY VEGETABLES, SUCH AS PEAS, CORN, POTATOES

### Fruits

- Stage 1 or 2 baby food fruits
- Mashed or over-cooked fruits peeled – Fork mashable texture
- Diluted 100% Fruit juices – 60% water / 40% juice

### Beverages

- Water (plain or infused)
- Decaf coffee/ tea – artificially sweetened or unsweet
- Sugar-free Kool-Aid, lemonade, flavored waters

### Bread/ Starch

- Regular plain oatmeal\*
- Cream of wheat
- Grits – low-fat

### Fat

- Light butter – Smart Balance, Promise, Light Blue Bonnet
- Low-fat mayo or Miracle Whip or cream cheese
- Low-fat peanut butter

### Other

- Sugar-Free popsicles
- Sugar-Free Jell-O/Gelatin
- Sugar-Free Fudgesicles (Blue Bunny has 4 gm protein) \*
- Soups – NO NOODLES, RICE, STARCHY VEGETABLES – be aware of chewy meats

\* Indicates protein sources. Increase protein by adding milk to blended foods, oatmeal, and mashed vegetables.

### Things to Remember:

1. Aim for your protein goal: 70 grams or more for women; 80 grams or more for men.
2. It is very important to stay hydrated! Drink fluids! Your goal is 64 ounces minimum each day.
3. If you experience any abdominal cramping, vomiting, diarrhea, etc. – GO BACK TO STAGE 1 FOR 24 HOURS.
4. Absolutely NO BREADS, PASTAS, RICES, PANCAKES, CRACKERS, ETC.



## Stage 4: Low-fat/ Low-Sugar Solids

**This stage lasts until goal weight.** You may continue foods from Stage 1, 2 & 3. You may begin to introduce **soft**, whole foods at this time. Start with cooked vegetables and fruits, soft meats such as fish and marinated chicken and gradually work up. Introduce these foods one at a time; slowly work your way into harder to chew textures as tolerated.

### During this Stage:

1. Introduce new foods ONE AT A TIME.  
You will need to determine which foods you can tolerate. If you introduce multiple foods and experience problems, you won't be able to tell which food(s) caused the problem.
2. Do NOT skip meals. Schedule meal times.  
You will not be able to meet your protein goal if you miss a meal. Foods will sit on your stomach longer now than with any other stage. It is easy to forget to eat because you may not experience hunger pains or symptoms. It is important to remember to eat, and to eat often.
3. Do NOT overeat. Everyone can hold slightly different amounts of foods – do not try strive to eat a certain quantity. Stop eating when you start to feel full, not after. Learn to recognize the sensation of being full before it hits. If you overeat you will stretch out your pouch and it will not return to the smaller size.
4. Chew foods well! Food intolerances often come from eating too quickly, taking bites that are too large, and not chewing foods well enough. Your stomach is still healing at the beginning of this stage, and it needs help with digestion. Chew, chew, chew!
5. Choose healthy foods for meals and snacks. Choosing the wrong types of foods (high-fat/high-sugar) can slow or reverse your weight loss. Fill up on lean proteins, fruits and vegetables, and low-fat/fat-free dairy products.



### Things to Remember:

1. Aim for your protein goal: 70 grams or more for women; 80 grams or more for men.
2. It is very important to stay hydrated! Drink fluids! Your goal is 64 ounces MINIMUM each day.
3. If you experience any abdominal cramping, vomiting, diarrhea, etc., GO BACK TO STAGE 1 FOR 24 HOURS
4. Absolutely NO BREADS, PASTAS, RICES, PANCAKES, CRACKERS, ETC.
5. Take your multivitamin, calcium, and any other recommended supplements EVERY DAY for the rest of your life.
6. If you have questions about how your diet is progressing after surgery call your dietitian.



# Complications and Food Intolerances

## If vomiting or nausea occurs:

- It is never OK to stop drinking all together. Dehydration is very dangerous! If you are unable to tolerate even clear liquids, seek medical attention. Some nausea is normal after surgery. However, it is important to drink fluids even when nausea is present. Try flavored liquids like sugar-free Kool-Aid, soup broths, or sugar-free popsicles
- Go back to STAGE 1/CLEAR LIQUIDS for at least 24 hours. This will allow your stomach to rest and not become more swollen or irritated.

## If food gets stuck:

- This can feel like a tight knot, or strong pain between the shoulder blades
- Note the cause. Was it a food you did not tolerate? Did you take too large of a bite? Chew well?
- Stay calm. Muscles in the abdomen and esophagus contract when you are nervous, making the problem worse.
- Try warm liquids or a warm bath to help relax the muscles and help food pass through.
- If these tactics do not help, you may need to seek medical attention.

## Constipation

- Can occur as a result of pain medications, decreased activity and mobility, dehydration, decreased fiber intake, indigestion, etc.
- Make sure you drink! Maintain a minimum of 64 ounces of fluid daily.
- Increase solid foods when able. As your diet advances through the stages, it is important to reach for solid food only when it is safe. Shakes should be limited to once daily. Protein and other nutrients are best found in solid foods. Don't forget fiber. Reach for fruits and vegetables!
- If symptoms do not resolve, speak with your surgeon or dietitian.

## Stretching

- Stretching can occur when the stomach is overfilled with air, fluid, or food. **THIS CANNOT BE REVERSED.** Over time, a stretched-out pouch can lead to failed weight loss and weight gain.
- **STOP** eating when full. Do not attempt to "stuff" your stomach. When you notice signs of fullness stop eating. Signs of fullness include pressure around the stomach area, nausea, decreased taste, dry mouth.
- If at any time you feel pain while eating **STOP.** This is a sign you have gone too far, or a food is caught. **DO NOT CONTINUE TO EAT.**

## Weight loss plateaus stops or you gain

- You may be eating the wrong types of foods
- You may be eating too few calories or protein – aim for a minimum of 1,000 calories.
- Keep a food journal. Being aware of what you are doing is the first step to identifying problems and fixing them.
- If you are unable to restart your weight loss on your own, see your dietitian for extra support.

## Food Intolerances

Your ability to tolerate foods will depend primarily on how well you chew your foods. Remember, if the food is tough to chew, it will be tough to digest. Keep a Tolerance Journal throughout your stages. Record foods you have trouble with, how they were prepared, time eaten, other foods consumed at the same time and symptoms.

You may be able to tolerate some foods in a different form. Some food intolerances will resolve themselves over time. Wait a few months and try to re-incorporate these foods into your diet again.

PROBLEM FOOD	SOLUTION
<b>Shredded coconut</b> <b>Persimmons</b>	Difficult to digest and can form into a ball. This can block the stomach opening and lead to nausea /vomiting. <b>AVOID.</b>
<b>Nuts and seeds</b>	Wait at least 3 months after surgery before adding these into your diet. The hard, sharp pieces are difficult to digest. This includes chunky peanut /nut butters.
<b>Tough meats</b>	Things like steak can be very hard to break down in the stomach. Try ground meats, marinate solid meats, or use a tenderizer.
<b>Membranes of citrus fruits</b>	Try fresh squeezed or peeled versions of these fruits (for example, mandarin oranges). Combine at first, then transition to the fibrous textures.
<b>Skins of fruits and vegetables</b>	Peel prior to eating or try them cooked. <u>If issues persist</u> , wait 6 months out from surgery.
<b>Fibrous vegetables</b>	Use a blender and strainer to remove some of the indigestible fiber, or wait 6 months out from surgery if issues persist.
<b>Bread</b>	<b>WAIT UNTIL YOU MEET YOUR GOAL WEIGHT.</b> When you reach your goal weight you can try toasted whole wheat bread to improve tolerance.
<b>Fried or spicy foods</b>	Try baked, broiled, or grilled. Use less seasoning or other herbs/spices.
<b>Milk</b>	Try a milk alternative: soy, almond, coconut, rice. Soy milk is the only alternative with a protein content similar to cow's milk. You may also try Dairy-ease or Lactaid milk.

## Stage 5: Long-Term Healthy Lifestyle

### Weight Management

Remember, the team at King's Daughters Center for Healthy Living is available to you after surgery, too.

Seeing your surgeon and the dietitian on a regular basis following your surgery is an essential part of your success. Your follow-up appointments should be scheduled as follows:

SURGEON	DIETITIAN
2 weeks post surgery	1 month post surgery
3 months post surgery	3 months post surgery
6 months post surgery	6 months post surgery
12 months post surgery	12 months post surgery
Annually thereafter	Annually thereafter

Your first follow-up visit with your surgeon will be scheduled while you are in the hospital. Depending upon your progress, you may be scheduled to see the surgeon earlier or more frequently. The surgeon follow-up schedule is a guideline only. Always follow the schedule/instructions provided by your surgeon.

You must call the Center for Healthy Living at (606) 408-1540 to schedule your one-month follow-up visit with the dietitian. **This visit will not be automatically scheduled by the hospital.** We strongly recommend you set up your dietitian appointment during the first week after your surgery. This will help keep you on schedule and ensure that any questions or challenges are addressed quickly and successfully!

Stage 5 marks the point in your weight loss journey where weight loss slows, and your diet adapts into a more "normal" way of eating. At this point, you are able to add whole grains and starchy vegetables back into your diet as tolerated. Avoid processed grains, and continue to choose low-fat and low-sugar foods on a regular basis.

Weight management is very different than weight loss. This is a great time to seek help from your dietitian to ensure the changes you have made will stick with you throughout the rest of your life.

Working together, we can make this a journey that results in a new, healthier and happier life for the rest of your life.



## Your New Body

At some point during your weight loss journey, you will undoubtedly begin to think about having excess skin removed and tightening up certain areas of your body. Plastic/reconstructive surgeons are the specialists who provide this type of surgical care.

Plastic/reconstructive surgeons perform an array of skin removal and body contouring procedures, including removal of skin folds on the arms, legs, torso and buttocks. Women often consider a breast reduction and/or breast lift. Just like every weight loss journey is different, plastic surgery is highly individualized, too. But one thing is true: Plastic surgery can help you dramatically improve your self-confidence, comfort and the way your clothing fits. It can make it easier to exercise and maintain the success you've achieved.

Many patients want to know when they can start thinking about this surgery. We recommend you start having this discussion with your plastic surgeon about 18 months after your initial weight loss surgery – this is about the time you will have achieved your goal weight. Some plastic surgeons recommend you wait another six months after goal weight to ensure your weight loss is stable. Surgical candidates need to be in overall good health and be able to take several weeks off work to allow their bodies to recover.

Although plastic surgery can make a big difference, having realistic expectations is important. Plastic surgery cannot give you a perfect body. But it can give you a more proportionate, natural and pleasing shape. Your plastic surgeon will talk to you about what can be achieved and design a plan to address your areas of greatest concern.

### King's Daughters Plastic & Reconstructive Surgery

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# Sleeve Gastrectomy Pre-Op Education

Sleeve gastrectomy is the most commonly performed surgical weight loss procedure. These pre-op instructions are for patients having a Sleeve Gastrectomy.

## MEDICATION

- Non-steroidal anti-inflammatories (NSAIDs) should be avoided for 1 week before surgery, and at least 6 weeks after surgery to avoid ulcers and increased risk of bleeding. Includes:
  - Products containing aspirin, such as Excedrin
  - Products containing ibuprofen, such as Motrin, Advil
  - Products containing naproxen sodium, such as Aleve, Naprosyn
  - Other medications containing NSAIDs, such as Celebrex, Mobic and many arthritis medications
  - If you are currently taking these medications, talk with your family doctor and surgeon before surgery
- You may take regular or extra-strength Tylenol and other medications containing acetaminophen, as directed on the package.
- You may use topical NSAID medications.
- After surgery, prescription and over-the-counter tablets/capsules must be no larger than the size of an extra strength Tylenol, unless they can be broken or crushed. Ask your pharmacist about specific medications.
- Birth control medications and some replacement hormones need to be stopped for two weeks prior to surgery. These are usually restarted 1 month post-op, after receiving approval from the surgeon. (These medications increase the risk of developing a blood clot.)
- Long-acting and extended release medications can still be taken.
- Steroids will need to be discontinued for a minimum of 30 days before and after surgery to optimize adequate healing.
- You will continue to see your primary care physician/provider for your normal medications. The surgeon will not provide prescriptions for maintenance medications.

## PREGNANCY

- Avoid pregnancy for at least 12-18 months after surgery. During this time, you are experiencing the most rapid weight loss and working toward your goal weight.
- Birth control medications need to be stopped 2 weeks prior to surgery and can usually be restarted 1 month post op, after discussing with surgeon. This is due to increased risk of blood clots.
- Use double precautions for at least one year.

## POST-OP

- You will see your surgeon post-operatively at 2 weeks, 3 months, 6 months, 12 months, then yearly for lab work and evaluation.
- You may be on Prevacid or a similar medication for three months after surgery unless otherwise directed by your surgeon.
- Lab work will be ordered by surgeon as needed. You may be prescribed additional vitamins based on results.
- You may resume driving once you are completely off prescribed pain medication.
- Return to work is per surgeon's advice; but is generally within 2 weeks.
- Lifting restrictions: Nothing over 10lbs for 2 weeks, then nothing over 20lbs for an additional 2 weeks.

## EXPECTATIONS

- Generally, five to six incisions with a laparoscopic procedure. Additional incisions may be required depending on the visualization in the operating room. A laparoscopic procedure could lead to an OPEN procedure in an emergency situation.
- Wearing a heart monitor and a pulse oximeter to measure oxygen level after surgery is routine.
- WALK! WALK! WALK!
- You will have feelings of pain and discomfort.

- Gas pain is very common after abdominal surgery. You may take over-the-counter medication such as Gas-X or Mylicon. Walking helps more than anything!
- You will be asked to rate your pain on a scale of 0-10, 0 being no pain and 10 being the worst possible pain.
- Diarrhea is common in first 2 weeks while on a liquid diet; your main focus is HYDRATION. You may take Imodium. Contact your surgeon immediately if you develop bright red or black/tarry stools.
- Constipation is extremely common after the first 2 weeks. May use stool softeners such as Colace, Senokot, Miralax, Metamucil, liquid fiber, etc.
  - *Make sure to keep hydrated and exercise for regularity.*
- Metallic Taste in your Mouth - due to ketosis, a rapid breakdown of fat, this is temporary.

## SLEEP APNEA

Obstructive sleep apnea has been linked to

- Premature death, traffic accidents, hypertension, ischemic heart disease, and stroke
- Increased incidence of sudden death from cardiac causes, nocturnal cardiac arrhythmias, and adverse cardiovascular events
- Increased rate of 30-day mortality, blood clots, need for re-intervention, and a longer hospital stay

*Importance of CPAP:*

- Helps minimize pulmonary complications after surgery
- Improves sleep quality
- Reduces daytime sleepiness
- Improves oxygen saturation

## POINTS TO REMEMBER

- Patients are strongly encouraged to accept treatment preoperatively and to use it postoperatively until clinical evaluation proves resolution of sleep apnea. Do not stop using your CPAP without being re-tested!!
- Patients should bring their own CPAP mask with them to the hospital for use after surgery (this ensures the equipment fits and is readily available). Please also know your settings.
- Patients will be monitored with pulse oximetry after surgery.
- In addition to night-time use, patients may need to use CPAP through the day due to sedation from pain medications.

## Complications

### PNEUMONIA

- Good air movement in your lungs is the goal. Breathing exercises expand the lungs.
- Practice pursed lip breathing (deep breath in, breathe out like through a straw).
- Incentive spirometer: Respiratory therapy or nursing staff will instruct you how to use. Use this at least 10 times hourly while awake.
- Coughing and deep breathing at least every 2 hours (use a pillow to splint abdomen) Do this about 30 minutes after taking pain medication.
- WALK! WALK! WALK!
- It's important to continue this process for 2 weeks after surgery.
- Symptoms of pneumonia may include fever, cough, congestion, or shortness of breath. Seek immediate medical attention!

### BLOOD CLOTS

- WALK! WALK! WALK! The importance of walking cannot be stressed enough. When traveling, stop every hour to walk.
- You will be expected to get up and walk soon after surgery.

- You will be expected to walk at least once an hour while awake.
- Do not cross your ankles or legs. Crossing your legs or ankles impairs circulation and increases your risk of forming a blood clot.
- TED hose (compression stockings) with SCD's (inflatable boots).
- Lovenox injections: Depending on doctor's orders, you may receive this prior to surgery and every 24 hours while hospitalized. Lovenox is a form of heparin, a blood thinner.
- Symptoms of a blood clot may include redness, warmth, swelling, or pain, usually in the leg. If the blood clot travels to the lung (pulmonary embolism) you may also have chest pain, difficulty breathing or shortness of breath. You must seek IMMEDIATE medical attention!

### RISK FOR INFECTION

- Practice good hand washing: Several times throughout the day and immediately prior to and after incisional care.
- Keep incisions clean and dry. Notify surgeon of redness or drainage, or if skin edges are not healing together. Do not use ointments or lotions unless directed by your surgeon to do so.
- Keep incisions away from animal contact. Do not let pets sleep in the bed with you.
- Practice daily hygiene. Shower daily with anti-bacterial soap and water, and then pat incisions dry.
- Maintain normal blood sugar control.
- Do not smoke.
- Maintain a clean household environment.
- Avoid close contact with others who are ill.
- Linens, such as towels and washcloths, should be used only once. Clean sheets on the bed for arrival home from surgery.
- Cover your mouth and nose if coughing or sneezing. Use tissues or the bend in your elbow.



## MONITOR FOR A LEAK

- An upper scope (EGD) may be performed during surgery to test for a leak from the stomach pouch (at surgeon's discretion).
- At the surgeon's discretion, a clear, plastic drain may be inserted in the upper left abdominal area. The drain may be removed the day of discharge or at a 1 week follow-up appointment.
- An upper GI may be performed after surgery, if the surgeon deems necessary.
- You may be started on clear liquids the evening of surgery. In the meantime, swabs to moisten your mouth will be available.
- Compliance and follow-up is very important. Do not advance diet phases quicker than instructed because the incision on the stomach pouch has to have time for adequate healing. You can cause a leak!
- Symptoms of a leak may include fever, sudden onset abdominal pain, rapid breathing, rapid heart rate without exertion, lethargy or weakness, or feelings of impending doom (gut instinct). You must seek immediate medical attention!

## NAUSEA & VOMITING

- Nausea/vomiting/reflux may be more significant due to less stomach; usually improves over time
- Common Causes:
  - *Eating too much food*
  - *Eating too fast: Meals must be planned and time allotted to eat*
  - *Too dry (pouch or food): This typically occurs when you are further out. Be careful with foods that are high in sodium*
  - *Eating foods from the next stage before you should*
- Be diligent with getting 64 ounces of fluids daily. If unable to tolerate fluids, contact your surgeon's office.

## POTENTIAL PROBLEMS

- Vitamin deficiency: May develop with persistent vomiting or poor nutritional intake; please notify your surgeon of any numbness or tingling in your arms or legs, difficulty walking, mental or visual changes, (signs of Thiamin deficiency). Vitamin deficiencies can have irreversible effects.
- Ulcers: Smoking, caffeine, and NSAIDS may all lead to ulcer formation and should be avoided (avoid NSAIDS at least 6 weeks post-op).
- Gall Stone Formation: Gallstones are common with rapid weight loss; please report concerns to surgeon (common symptoms include abdominal pain and/or nausea).
- Dizziness: Check blood pressure and blood sugar. Do not skip meals. Increase fluids/protein. Rise slowly from a sitting position.

## WHEN TO CALL YOUR SURGEON:

- Intense or sharp abdominal pain (leak)
- Lethargy or increasing weakness (leak, dehydration)
- Feelings of "impending doom" – anxious or panicky without reason (leak)
- Numbness or tingling in arms or legs (vitamin deficiency)
- Temperature greater than 101° (wound infection, pneumonia, leak)
- Pain, redness, swelling or drainage from abdominal incisions (wound infection)
- Coughing, congestion or fever (pneumonia)
- Pain, warmth, redness or swelling in leg (blood clot)
- Persistent vomiting, diarrhea or nausea
- Increased shortness of breath (leak or pulmonary embolism)
- Feeling that something is "not right" (leak or pulmonary embolism)

## IMPORTANT PHONE NUMBERS

During regular business hours (8 a.m. to 4:30 p.m. Monday – Friday), notify the surgeon's office FIRST by calling (606) 408-8503.

*Phones will be answered after normal office hours by an answering service, which is staffed with a nurse.*

If no response from the surgeon's office you may call KDMC Center for Healthy Living at (606) 408-1541 during normal business hours.

**Seek immediate medical attention (call 911 or go to the Emergency Room) for chest pain, vomiting blood, sudden onset of sharp abdominal pain, shortness of breath or any unusual symptoms.**

## SUPPORT GROUPS

- Statistically, patients who attend support groups lose the most weight and keep it off long-term.
- Peer Support
- Addressing health problems and concerns
- Promote behavior modification
- Maintain weight loss
- The Center for Healthy Living Support Group meets at 6 p.m. on the second Thursday of every even month (February, April, June, August, October and December).

## REMEMBER

- Exercise begins with walking right after surgery.
- Make exercise a part of your daily routine. Exercise improves weight loss, prevents loss of muscle mass, increases immunity, and reduces appetite. Recommendation is to work up to 30 minutes 5 days/week.
- Protein: Helps to enhance wound healing, prevents or minimizes swelling, and minimizes hair loss

## DURING YOUR STAY

- 5th floor of the Heart and Vascular Center 5K
- Toiletry items are available on the unit, you may bring your own if you prefer.
- Gown will be provided, as well as non-slip "footie" socks for safety.
- One adult is welcome to stay in the room with you overnight.

# Daily Food Journal

Date: \_\_\_\_\_

<b>BREAKFAST</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

<b>SNACK</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

<b>LUNCH</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

<b>SNACK</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

<b>DINNER</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

<b>SNACK</b>	Time: _____	calories _____	protein _____
_____	_____	_____	_____
_____	_____	_____	_____

DAILY TOTAL:

	_____	_____
--	-------	-------

<b>WORKOUT</b>	Time: _____	duration _____	calories burned _____
_____	_____	_____	_____
_____	_____	_____	_____

**WATER INTAKE** (8-12 glasses per day)

														
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**VITAMINS**

<input type="checkbox"/> Multivitamin with Iron	<input type="checkbox"/> AM	<input type="checkbox"/> PM
<input type="checkbox"/> Calcium with Vitamin D	<input type="checkbox"/> AM	<input type="checkbox"/> PM



## Protein Shakes

For the following recipes, **add a serving of your choice of protein powder**. When the flavor of the protein powder is not specified, you may choose either chocolate or vanilla. It is best to add the powder after liquid when using a blender or shaker bottle. You may substitute milk, soy milk, almond milk, rice milk, water, or any liquid of the same amount in each of these shakes.

*Note: Avoid shakes with nuts for 3 months post-op*

### Pretty in Pink

- splash of 100% cranberry juice
- handful of strawberries and raspberries (fresh or frozen)
- 8 oz of unsweetened, vanilla coconut, or almond milk + ice (optional)

### Banana & Berries

- 8 oz unsweetened almond milk
- 1 cup berries and ½ banana
- 1 scoop non-fat frozen yogurt, low-sugar sorbet or ice

### Lemon Lime Fresh

- ¼ cup lite coconut milk or unsweetened almond milk + ice
- ½ cup of water
- ½ a lemon or lime, peeled and sliced (may add a few rind shavings for zing or use 1-2 Tbsp fresh lemon/lime juice)

### Island Lime

- ½ peeled lime and ½ banana
- 1 bunch of spinach
- 8 oz water + ice

### Italian Melon

- 1 small orange + 1 cup cubed cantaloupe
- 3 basil leaves
- 8 oz water + ice

### Vanilla Chai

- 3 oz. unsweetened vanilla almond or coconut milk
- 1 cup brewed decaf chai tea + ice

## Chocolate Mocha Coffee

- use chocolate protein powder
- ½ cup decaf coffee, chilled
- 1 cup ice

## Chocolate Banana Bliss

- 8 oz unsweetened chocolate almond or coconut milk + ice
- 1 medium banana

## Black Forest

- 8 oz unsweetened chocolate almond milk
- pinch unsweetened cocoa nibs
- 1 tsp. unsweetened cocoa powder
- 1/3 cup dark cherries (not maraschino!)
- Water to thin as needed
- Ice

## Chocolate Spinach Crunch

- 9 oz water + ice
- 1½ - 2 handfuls of fresh spinach
- 6-8 hazelnuts

## Chunky Monkey

- ½ medium banana
- 1 Tbsp. almond butter
- 1 tsp. flax seed (ground)
- 8 oz water + ice

## Chocolate Vanilla Chai Shake

- 8 oz unsweetened, vanilla, or chocolate almond milk + ice (use the opposite flavor of your choice of protein powder)
- pumpkin pie spice

## Mocha Shake

- 8 oz unsweetened vanilla or chocolate almond or coconut milk + ice
- 1 Tbsp. Almond butter
- 1 tsp. instant decaf coffee crystals

## Carrot Cake

- use vanilla powder
- 1 cup cooked, chopped carrots
- 1 Tbsp. walnuts
- 1 tsp. pumpkin pie spice + cinnamon
- 1 cup of water + 1 cup almond milk + ice

## Cinnamon Toast Protein Shake

- 6 oz low fat/fat-free milk
- ½ tsp. cinnamon
- ¼ tsp. vanilla extract
- ½ cup ice

## Peanut Butter and “Jelly” Protein Shake

- 1 cup of ice
- 6 oz low-fat/fat-free milk
- 1/3 banana
- ½ cup mixed berries
- 1-2 Tbsp. peanut butter powder
- use vanilla powder





## Breakfast Recipes

### Baked Blueberry Banana Chia Seed Oatmeal

Servings per recipe: 6 (Eat ½ serving after surgery)

#### Ingredients

- 2 medium bananas, sliced in ½ inch pieces
- 2 cups fresh blueberries
- ¾ tsp. ground cinnamon
- 1 cup quick cooking rolled oats, uncooked
- ½ cup chopped walnuts or chopped pecans (remember nuts may not be tolerated well until at least 3 months following surgery)
- ½ tsp baking powder
- ½ cup chia seed
- 1 pinch salt
- 1 cup skim or 1% milk
- 1 tsp. vanilla extract
- ¼ cup honey

#### Instructions

Preheat oven to 375°F. Lightly spray a 9x9" ceramic dish with non-stick cooking spray. Arrange the banana slices in a single layer on the bottom of the baking dish. Sprinkle half of the blueberries (1 cup) and ¼ tsp of the cinnamon over the bananas and cover with foil. Bake 15 minutes at 375°F, until the bananas get soft.

In a medium bowl, combine the oats, half of the nuts (1/4 cup), baking powder, remaining cinnamon, chia seeds and salt; stir together. In a separate bowl, whisk together the honey, milk, and vanilla extract. Remove the bananas from the oven. Pour the oat mixture over the baked bananas and blueberries. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats. Sprinkle the remaining blueberries and walnuts over the top. Bake the oatmeal for about 30 minutes, or until the top is golden brown, and the oatmeal has set. Serve warm from the oven.

#### NUTRITION FACTS, PER SERVING:

Calories: 312 (272 w/o honey); Total Fat: 12 g; Total Carbohydrate: 46g (35 g w/out honey); Protein: 9 g; Sugar, 23 g (13 w/out honey)

### Yogurt Parfait

Servings per recipe: 1

#### Ingredients

- ¾ cup of low-fat plain yogurt
- ½ Tbsp. sugar/honey or calorie free sweetener to taste
- ½ cup of fruit, sliced (fresh or canned, no sugar added)
- ¼ cup of granola or cereal (look for high protein)

#### Instructions

Mix the yogurt with your chosen sweetener. Add the fruit, top with the granola (or cereal).

#### NUTRITION FACTS, PER SERVING:

Calories: 319; Total Fat: 10g; Total Carbohydrate: 40g; Protein: 15g.

## Side Dishes

### Skewered Veggies

Servings per recipe: 4, 2-ounce servings

#### Ingredients

- 1 zucchini
- 1 carrot
- 1 red pepper
- 1 cup large mushrooms or other vegetable, depending on your preference
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. teaspoon rosemary
- ¼ cup olive oil\*
- 4 wood skewers, soaked in water

#### Instructions

Wash and cut the vegetables into large chunks. Thread the vegetables alternately on skewers. In a small bowl, mix the olive oil and seasonings and brush over the vegetables. Bake the skewers in a 350°F oven for approximately 20 minutes, or cook on the grill.

#### NUTRITION FACTS, PER SERVING:

Calories: 128; Total Fat: 10g; Total Carbohydrate: 2g; Protein: 2g.

## Stuffed Tomato Salad

Servings Per recipe: 4

### Ingredients

- 1 cucumber, diced
- 4 large tomatoes
- ¼ cup onion, diced
- 12 ounces water-packed tuna, drained
- 2 Tbsp. light mayonnaise (5 g fat/tbsp)
- 1 tsp. lemon juice
- 2 Tbsp. fresh basil leaves, shaved (if fresh basil is unavailable, use 2 tsp dry basil)
- ½ tsp. salt
- ½ tsp. pepper
- 2 cups whole lettuce leaves

### Instructions

Slice the tops off the tomatoes. Using a spoon, scrape out the inside of the tomatoes. Chop and save the tomato pulp in a large bowl. Mix the rest of ingredients in the same bowl. Spoon mixture into hollowed-out tomatoes. Serve tomatoes on beds of lettuce; garnish with fresh parsley.

### NUTRITION FACTS, PER SERVING:

Calories: 238; Protein: 27g; Total Fat: 11g; Total Carbohydrate: 11g.

## Entrées

### Baked Fish and Veggies in one Wrap

Servings per recipe: 4

### Ingredients

- 4 4-ounce fish filets
- 1 medium broccoli head
- 1 medium carrot
- 1 medium zucchini
- 1 red pepper
- 2 Tbsp. olive oil
- 1 tsp. salt
- ½ tsp. lemon pepper seasoning
- cooking spray
- aluminum foil

### Instructions

Preheat oven to 350 degrees F. Remove skin from fish fillets and set aside. Cut broccoli florets and set aside. Peel and cut the carrots and zucchini in cubes. Clean the seeds from the red pepper and cube it too.

Cut aluminum foil into four 8.5-by-11-inch sheets. Lightly spray one side of each sheet. Place ¼ of the veggies, 1 fish fillet, ½ tbsp. olive oil, ¼ tsp. salt, 1/8 tsp lemon pepper seasoning and wrap tightly in the foil. Repeat with remaining filets. Place the foil packets on an aluminum-covered baking pan. Bake 7 to 10 minutes at 350 degrees. To check doneness, open packet and test fish with fork. Fish is done when it is white and flaky and falls apart easily.

### NUTRITION FACTS, PER SERVING:

Calories: 219; Total Fat: 11g; Total Carbohydrate: 10g; Protein; 23g.

## Spinach Frittata

Servings per recipe: 4

### Ingredients

- 2 eggs
- ¼ cup egg whites, Egg Beaters, or equivalent
- 1 cup baby spinach, chopped
- ¼ cup feta cheese
- 1 tomato, chopped
- ¼ Small onion, chopped
- basil to taste, chopped
- 1 tsp. salt
- black pepper to taste
- 2 Tbsp. olive oil

### Instructions

Mix spinach, basil, tomato, and onions together. Add salt and pepper. Blend egg whites with a fork in medium bowl. Add vegetable mixture. Heat olive oil in medium skillet, then add mixture. Cook at medium heat until bottom is golden. Flip to finish cooking the other side, 1-2 minutes.

### NUTRITION FACTS, PER SERVING:

Calories: 138; Total Fat: 11.4g; Total Carbohydrate: 2.7g; Protein: 6.6g.

## Cauliflower Pizza Crust

Servings per recipe: 4

### Ingredients

- 2 cups grated cauliflower (fresh or frozen)
- ½ tsp. each dried basil, oregano, and garlic powder
- 1 cup low-fat mozzarella cheese
- 1 egg, beaten

### Instructions

Preheat oven to 425F. Steam cauliflower about 4 minutes. Drain and mash cauliflower with a fork or hand mixer. Place into clean, dry towel and ring out excess moisture. Fluff with fork in bowl, add cheese, spices, and beaten egg, stir until well combined.

Press mixture onto lightly sprayed parchment paper on pizza pan or baking sheet. Bake 15 to 20 minutes, depending on thickness. Remove from oven, flip crust over. Add desired toppings (low-fat cheese, veggies, cooked chicken). Bake an additional 5 minutes. Let stand for 5 to 10 minutes after baking. Slice into 8 pieces.

### NUTRITION FACTS, PER SERVING:

Calories: 109; Protein: 4g; Total Fat: 7g; Total Carbohydrate: 3g.

## Tex Mex Crockpot Chicken

Servings per recipe: 4

### Ingredients

- 1 pound boneless, skinless chicken breast
- 1 packet taco seasoning
- 10-ounce salsa of choice
- 15-ounce black beans, rinsed
- freshly chopped cilantro
- reduced fat shredded cheddar cheese

### Instructions

Place a slow cooker liner bag in your slow cooker. Add all ingredients except cilantro and cheese. (You may omit the black beans if you need to reduce carbs for a pre-op weight loss goal.) Stir to combine. Cook on high for 6½ hours. Shred chicken with two forks and stir the meat mixture.

Use a slotted spoon to scoop chicken into bowl (this keeps liquid out of your solid meal, important for postop patients). Top with cilantro and cheese as desired.

### NUTRITION FACTS, PER SERVING:

Calories: 262; Protein: 26g; Total Fat: 10g; Total Carbohydrate: 8g.

## Slow Cooker Steak and Tomatoes

Servings per recipe: 6

### Ingredients

- 1½ pounds lean sirloin steak
- ½ cup steak sauce
- 1 onion, sliced
- 1 14-ounce can diced tomatoes, undrained
- salt & pepper to taste

### Instructions

Cut steak into 1 inch pieces. Put in the bottom of slow cooker. Add steak sauce and stir around to coat steak. Add diced tomatoes and onions; stir once more. Cook on low for 8 hours or high for 4 hours.

### NUTRITION FACTS, PER SERVING:

Calories: 179; Protein: 26g; Total Fat: 5g; Total Carbohydrate: 6g.

## Crockpot Cheese Steak & Peppers

Servings per recipe: 8

### Ingredients

- 1½-2 pounds lean chuck roast
- 2 green bell peppers, sliced
- 2 yellow onions, sliced
- ¼ cup soy sauce
- 1 cup beef broth
- 2 garlic cloves, pressed
- ½ cup low-fat cheddar cheese or provolone cheese

### Instructions

Place beef, broth, soy sauce, garlic, half the

peppers and half the onions in the bottom of a slow cooker. Cook on low for 7 hours. Add the remaining onions and peppers and cook another 30 minutes. Shred the beef with two forks. Serve into bowls and top with shredded low-fat cheddar (would also be great with provolone!). Microwave for 20 seconds to melt the cheese.

#### NUTRITION FACTS, PER SERVING:

Calories: 245; Protein: 34g; Total Fat: 9g;  
Total Carbohydrate: 3g.

## Chicken Enchilada Soup

Servings per recipe: 6

### Ingredients

- 1 pound boneless skinless chicken breasts
- 2 cups chicken broth
- 1 10 ounce can red enchilada sauce
- ½ can white kidney beans, rinsed (aka cannellini beans)
- 1 14-ounce can fire-roasted tomatoes
- 1 4-ounce can diced green chilies
- 2 cloves garlic, pressed/minced
- 1 white onion, chopped
- 1 tsp. cumin
- 1 tsp. salt
- garnishes as desired: cilantro, red onion, plain Greek yogurt

### Instructions

Add all the ingredients to the slow cooker (except garnishes). Cook on high for 3 to 4 hours or on low 7 to 8 hours. Using kitchen shears or two forks, shred the chicken in the slow cooker. Use a slotted spoon to serve to keep liquid separated from your serving. Use toppings as desired.

#### NUTRITION FACTS, PER SERVING:

Calories: 225; Protein: 26g; Total Fat: 4g;  
Total Carbohydrate: 32g.

## Crockpot Greek Chicken

Servings, per recipe: 4

### Ingredients

- 4 boneless, skinless chicken breast

- 3 Tbsp. Greek rub
- 2 cloves garlic, pressed or minced
- juice of 1 lemon
- 2 cups water
- 2 chicken bouillon cubes
- feta crumbles for topping

### Instructions

Place liner bag in your Crockpot and add the chicken. Add all other ingredients and cook on high for 3 hours or on low for 6 hours. Serve with crumbled feta and steamed carrots.

#### NUTRITION FACTS, PER SERVING:

Calories: 145; Protein: 30g; Total Fat: 5g;  
Total Carbohydrate: 2g.

## Leftover Thanksgiving Turkey Chili

Servings per recipe: 12

### Ingredients

- 1 cup onions, chopped
- 1 can diced green chilies
- 1 Tbsp. extra virgin olive oil
- 1 can diced tomatoes
- 1 can cannellini beans
- 1 can black beans
- 2 cups shredded turkey
- dash of cayenne pepper (optional)
- 2 tsp. cumin
- 1 tsp. chili powder

### Instructions

Heat a 2-quart pan with olive oil and sauté the onions and diced chilies. Once the onions soften, add the tomatoes with the liquid, as well as the two cans of beans with their liquid. Let the mixture simmer a few minutes, then add the shredded turkey. Add the spices, then allow the chili to simmer for 30 minutes.

#### NUTRITION FACTS, PER SERVING:

Calories: 89.7; Fat: 1.6g; Carbohydrates: 13.6g;  
Protein: 7.4g.

## Desserts

### Raspberry Yogurt & Gelatin Dessert

Servings per recipe: 4

#### Ingredients

- 6-ounces non-fat plain yogurt
- 1 package sugar free raspberry flavored gelatin (0.3 oz package)
- 1 cup fresh or frozen raspberries

#### Instructions

Prepare gelatin according to directions on package. Mix gelatin and plain yogurt in blender until completely mixed. Pour into 4 small bowls or glasses. Refrigerate for four hours or until firm. Add the fresh or frozen berries on top when ready to serve.

#### NUTRITION FACTS, PER SERVING:

Calories: 49; Protein: 4g; Total Fat: 0.2g; Total Carbohydrate: 7g.

### Crustless Pumpkin Pie

Servings per recipe: 8

#### Ingredients

- 1 15-ounce can solid pack pumpkin
- 1 12-ounce can fat-free evaporated milk
- ½ cup Egg Beaters
- 2 tsp. pumpkin pie spice
- ½ cup SLENDA (adjust to taste)
- 1 tsp. vanilla extract

(Add unflavored protein powder to boost protein benefit)

#### Instructions

Spray pie pan with cooking spray. Mix all the ingredients together and pour into pie plate.

Bake at 400 F. for 15 minutes. Reduce heat to 325 F. for another 45 minutes or until a knife comes out clean.

#### NUTRITION FACTS, PER SERVING:

Calories: 66.5; Fat: 0.3g; Carbohydrates: 12.2g; Protein: 5.8g

## Spice it Up!

### Lower-Sodium Seasoned Salt

Makes ¼ cup

- 2 tsp. salt
- 1 tsp. paprika
- 1 Tbsp. onion powder
- ½ tsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. cayenne pepper
- 1½ tsp. celery seed, well-ground
- ½ tsp. parsley flakes, well-ground

(Use these blends to marinate or season meat, add more flavor to vegetables, soups or dips)

#### NUTRITION FACTS, PER SERVING:

260 mg sodium per ¼ teaspoon, about 25 percent less than the leading store brand.

### Latino Blend

Makes 1¼ teaspoon

- ½ tsp. garlic powder
- ¼ tsp. cayenne
- ½ tsp. onion powder
- ½ tsp. chili powder
- ½ tsp. cumin
- 1/3 tsp. cilantro
- 1 tsp. coriander

### Salt Shaker Blend #2

Makes 3 tablespoons

- 2 tsp. thyme
- 2 tsp. basil
- 2 tsp. savory
- 1 Tbsp. marjoram
- 1 tsp. sage

### Herb Blend

Makes 3 tablespoons

- 1 Tbsp. thyme
- 2 tsp. rosemary
- 1 tsp. sage
- 1 Tbsp. marjoram



## Mediterranean Blend

Makes 4 teaspoons

- ½ tsp. garlic powder
- ¼ tsp. cayenne
- ½ tsp. onion powder
- 1 tsp. oregano
- ½ tsp. cumin
- ½ tsp. thyme
- 1 tsp. coriander

## Thai Blend

Makes about 1 tablespoon

- ½ tsp. garlic powder
- ¼ tsp. cayenne
- ½ tsp. onion powder
- ½ tsp. ginger
- ½ tsp. cumin
- 1/8 tsp. cinnamon
- 1 tsp. coriander

## Curry Blend

Makes ½ cup

- 2 Tbsp. cumin
- 2 Tbsp. turmeric
- 4 tsp. coriander
- 4 tsp. dry mustard
- 1 tsp. each allspice, cayenne, cinnamon and ginger

## Cooking Blend

Makes 2 ½ tablespoons

- 2 tsp. thyme
- 1 tsp. rosemary
- 1 Tbsp. oregano
- 2 tsp. dried minced onion

Use 1 teaspoon per each pound of lean animal protein. Add ½ teaspoon for each 2 quarts of soup.

## Traditional Seafood Blend

Makes ½ cup

- 2 Tbsp. allspice
- 1 Tbsp. ginger
- 4 tsp. celery seed, well-ground
- 2 tsp. salt
- ¾ tsp. cayenne
- 1 Tbsp. paprika
- 2 Tbsp. dry mustard

**Nutrition information:**

185 mg. sodium per teaspoon

## All-Purpose Blend

Makes 3 tablespoons

- 1 tsp. celery seed
- 1 Tbsp. basil
- 1 Tbsp. marjoram
- 1 tsp. onion powder
- 1 tsp. thyme

Use 1 tsp. per pound of protein; use ½ tsp. for 2 cups of vegetables

## Southern Blend

Makes 1/3 cup

- ¼ cup paprika
- 1 tsp. black pepper
- 2 Tbsp. oregano
- ½ tsp. cayenne
- 2 tsp. chili powder
- ½ tsp. dry mustard
- 1 tsp. garlic powder

Use 1½ to 2 tsp. to coat 1 pound of tofu, tempeh or lean animal protein

## Spice Rub Blend

Makes ½ cup

- 2 Tbsp. black pepper
- 1 Tbsp. garlic
- 2 Tbsp. onion powder
- 1 Tbsp. thyme
- 2 Tbsp. paprika
- 1 Tbsp. salt

**Nutrition information:**

255 mg. sodium per teaspoon

## Tandoori Blend

Makes ¼ cup

- 1 Tbsp. paprika
- 1 tsp. salt
- ½ tsp. cardamom
- ½ tsp. cinnamon
- 2 tsp. each garlic, cayenne, coriander, cumin and ginger

**Nutrition information:**

153 mg. sodium per teaspoon

## Salt Shaker Blend #1

Makes 2½ tablespoons

- 1 Tbsp. onion powder
- 1 ½ basil
- 1 ½ dry mustard
- ½ tsp. chili powder
- ½ tsp. ground celery seed
- ½ tsp. paprika



## Fruit-Infused Waters

Add desired fresh or frozen sliced fruits to a half gallon or whole gallon of water. For best flavor, allow the fruit to infuse in the refrigerator at least 4 hours or overnight.

The recipes below can be doubled (or halved) to taste. These are recipes that we've found to be satisfying ... but be brave.

Experiment with different flavor combinations and enjoy!

If you drink the water within the first day, you can add more filtered water and re-infuse to get a second use out of the fruits and herbs.



### Cucumber Mint

Thinly slice one cucumber. Add the sliced cucumbers to a ½-gallon glass jar, add 8 fresh mint leaves, muddled, and fill with filtered water. Stir gently.

### Pineapple Mint

Peel and thinly slice about one quarter of a pineapple. The more thinly sliced the pineapple, the more flavor it will infuse. Add to a ½-gallon size glass jar with 10 to 12 leaves of fresh mint, muddled. Add filtered water to fill and stir until well mixed.

### Citrus Blueberry

Slice two unpeeled oranges into thin slices. Add sliced oranges and 1 cup of blueberries to a gallon-size glass jar. Add filtered water and stir gently.

### Watermelon Basil

Add 2 cups of finely chopped fresh watermelon (without rind) to a gallon size glass jar. Add 15 leaves of muddled basil and filtered water to fill.

### Strawberry Lemon

Add 15 fresh strawberries, washed and finely sliced to a ½-gallon glass jar. Add one lemon, thinly sliced, rind on. Fill with water.

#### Online cooking resources:

- [Choosemyplate.gov](http://Choosemyplate.gov) - Search "2-week sample menu"
- [Kidseatright.org](http://Kidseatright.org)
- [Cookingmatters.org](http://Cookingmatters.org)
- [Bariatriceating.com](http://Bariatriceating.com)
- [Bariatricfoodie.com](http://Bariatricfoodie.com)
- [Bariatricchoice.com](http://Bariatricchoice.com)
- [Foodcoach.me/2015/10/01/25-bariatric-friendly-crockpot-recipes/](http://Foodcoach.me/2015/10/01/25-bariatric-friendly-crockpot-recipes/)



# Success!

Your success is important to us! We are here to help you throughout your journey. No matter how recent – or far in the past – your surgery was, making the right choices will help you meet your goals and maintain your weight loss for years to come. Remember... old habits have a way of creeping back unless we are always vigilant!

**KEEP TRACK OF YOUR INTAKE:** Patients who have the most success are those who track their daily food intake. Write down every food and beverage you consume in a 24-hour period. Be wary of your old snacking and mindless eating habits – those calories add up! Remember the average daily calorie intake for men is about 1,500; for women, it's 1,200. Depending on your activity level, your daily intake can be slightly more. Consuming less than 1,000 calories per day can cause lean muscle mass wasting. Daily protein intake for men is at least 80 grams; for women, it is 70 grams.

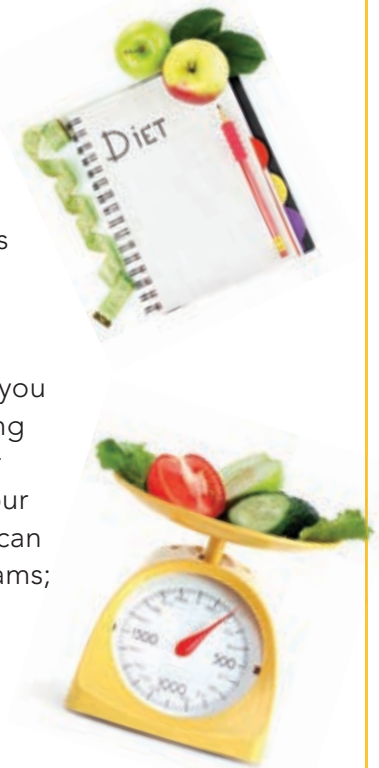
**READ FOOD LABELS:** Check food labels and don't consume anything that has more than 10 grams of sugar per serving. Be sure you know the serving size. You need to get out the measuring cup, spoons and scales and measure your portions so you know the exact amount of protein and calories you are consuming.

## KEEP YOUR DAILY FOODS HEALTHY:

Be sure to get two fruits, two to three non-starchy vegetables and two to three low- or no-fat dairy products daily. You should have all types of fruits as they supply natural sugars and many nutrients that help keep you healthy. Choose foods that are naturally low in fat and minimally processed.

## EAT YOUR PROTEIN FIRST:

It takes longer for protein to digest from the pouch, keeping you feeling full longer. Protein is the fuel for your body that makes your muscles move and burn calories. Don't be afraid of the calories in protein products. Having protein first thing in the morning can increase your energy level. You should feel full for at least two hours after consuming protein. Depending on the length of time since your surgery, you may need food instead of protein drinks to maintain the feeling of fullness.





**DO NOT DRINK WITH YOUR MEALS:** Drinking with meals can cause the food to wash through the pouch quicker. Also, be careful of hidden calories in coffee and dessert-type drinks.

**TAKE A GOOD LOOK AT YOUR PLATE BEFORE EATING:** Use a plate the size of a saucer. How much of your plate contains fried, food, white flour, or sugar. These types of food have no place on your plate. Eat slowly, at least 20 minutes, and wait at least 10 minutes before getting seconds. Then, ask yourself “Am I still hungry?”

**MAKE EXERCISE A PART OF YOUR DAILY ROUTINE:** At least 30 to 45 minutes of exercise every day can really boost your weight loss. A combination of cardio exercise (increasing your heart rate) and toning your muscles is the best regimen.

**ATTEND SUPPORT GROUPS:** This is one of the best ways to learn a healthy lifestyle. Meeting people with energy and focus for losing weight will help motivate you and keep you on track. There are always new products being introduced. Make your appointments for follow up with your surgical weight loss team and keep those appointments. Don't be afraid or ashamed if you gain weight. The weight loss journey can be hard. We are here to help you succeed. Your success is our success!

*Your success  
is our  
top priority!*







Journey toward a  
*Healthy Lifestyle*

It's not about what  
you need to lose

It's about what you  
have to GAIN

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