

Guidelines for Successful Weight Loss with Bariatric Surgery

Will I lose enough weight? Will I keep it off? These are the two biggest concerns most patients have about bariatric surgery. Your surgery is a highly-effective tool for weight loss, but there are some very important principles that you must understand in order to use your tool optimally. This guide will teach you how to give yourself the best shot at losing your excess weight and keeping it off. Remember, this tool is highly effective. It is unbelievably powerful. But it only works if you operate it properly. It is not magic. Your proper understanding and use of the tool may make it seem like magic, but it is not magic. Patients who are successful long-term follow these guidelines. Learn them and live by them. They are your “weapons” against obesity.

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Water

Hydration builds a solid foundation of success as it aids in healing and controlling hunger.

- Drink consistently throughout the day.
- Minimum of 64 ounces (8 cups/4 bottles)
- Keep beverages less than 10 calories per 8 ounces. Avoid juice, milk, soda, sweet tea, lemonade, coffee drinks, smoothies, alcohol
- Avoid caffeine for 3 months after surgery. Decaf is OK.
- Avoid alcohol for 1 year following surgery.
- Avoid carbonation long-term.
- Do not drink and eat at the same time. Stop drinking at your first bite and wait 1 hour after meal to resume drinking. May cause reflux, ability to eat more or more frequent hunger.

Exercise

Consistent purposeful movement not only will help you lose weight and keep it off, it also helps to maintain lean muscle mass during active weight loss.

- Goal is to work up to at least 30 minutes 5 times per week of aerobic activity such as walking and 15 minutes 3 times per week of a strength training activity.
- Texas Physical Therapy Specialists can help you put together a safe & effective plan to optimize your metabolic benefit.

Protein

Protein provides high-quality nutrition that promotes satisfaction and fullness while assisting in healing and maintaining muscle mass. AVOID carbohydrates. They can be addictive and cause weight regain.

- Work up to a goal of 60 grams per day for women and 80 gram per day for men. Choose protein first at each of your meals.
- Protein sources include lean meats (such as fish or tuna, skinless chicken or turkey, lean beef, pork loin), eggs, dairy (such as Greek yogurt, cottage cheese, low fat cheese), beans, or tofu.
- 50-70% of meals should be lean protein, 30-50% non-starchy vegetables (anything other than corn, peas, potatoes)
- Less than 15% (less than 1/3 cup) of your meal should be from healthy carbohydrates such as beans, starchy vegetable, dairy, or whole fruit. Avoid sweets and processed, refined carbohydrates as they will interfere with your weight loss...juice, soda, sweet tea, candy, cookies, breads, tortillas, rice, pasta, crackers, chips, oatmeal.
- Take your time to eat. Be mindful of taking small bites and chew food well. Meal times should take at least 15 minutes but no longer than 30 minutes.

🕒 No Snacking or Grazing

Bariatric surgery is a tool designed to restrict how much you can eat per meal. You are supposed to feel satisfied with a smaller portion of food at each meal. But if you have many small intakes of calories per day, whether you call it a meal, or a snack, or whatever, then you will defeat your tool. Again, the tool can only limit how much you get in per meal. If you take calories of any type in between the 3 meals a day that we recommend for you, then you won't lose as much weight as you could have lost, and you will likely regain weight.

- Eat 2 to 3 times per day. No more. No less. The rest of the time you should be fasting.
- We call taking calories of any type in-between meals SNACKING. This is the saboteur of your tool. It doesn't matter if the calories are liquid or solid, good for you or bad for you, don't snack in between meals.
- FASTING periods between meals leads to the greatest amount of fat burning...space meals at least 3-4 hours apart and avoid eating 2-3 hours before bedtime.
- It's ok to be hungry and looking forward to your next meal. Water intake between meals is recommended. Water has no calories and it may help you to avoid snacking.
- If you eat for reasons other than hunger (such as social, stress, boredom), work on finding other ways of coping with these habits rather than eating. Work with the Bariatric Counseling Center to implement new habits.
- It only takes an extra 100 calories per day to be equivalent to 10 pounds in a year.

📖 Supplements

Take your vitamin and mineral supplements every day for the rest of your life no matter how great you are feeling. This helps prevent nutritional deficiencies that may be caused by limited food intake and poor absorption of nutrients with the change in anatomy.

- Use **bariatric-specific vitamins**. They are created to deliver the quantity, type and form of nutrients that will be best absorbed after bariatric surgery. Standard over the counter (OTC) vitamin brands are formulated to meet the nutritional needs of the general population.
- Particular nutrients that you will need include a high potency, bariatric multivitamin that includes extra vitamin B12, vitamin D and possibly iron, as well as calcium in the form of calcium citrate or calcium lactate. Not all bariatric vitamins are created equally, make sure they meet the recommend micronutrient requirements.

👉 Support

Having a good support system helps to ensure accountability and can help improve long-term weight control and health management.

- Regular visits with your healthcare team (surgeon, doctor, nurse practitioner/ physician assistant, dietitian). If you start experience more than 10 pounds of weight regain, please call the office to be evaluated and get back on track.
- Attend support groups. Schedule on Patient Support tab of the website
- Receive newsletters
- Follow us on Facebook, Pinterest, and Twitter
- Utilize our website, www.sagebariatric.com. Under the Patient Support tab is the Patient Education section. Find Bariatric Surgery handbook, Nutrition Guide, educational videos, recipes, meal plans, more.
- Connect with us via the app HT CARE via code 6563. Track your progress, hydration, activity and intakes.

Protein Shakes and Meal Replacements

Patients undergoing weight loss surgery are asked to use a protein supplement or meal replacement as part of their preoperative diet. They can also be used as a convenient meal options after surgery.

- A protein supplement is simply a protein, sometimes sweetened or flavored, but without additional nutrients. Whey protein isolate is 99% lactose free and easy for the body to digest. Other options may be an egg or pea-based protein.
- A meal replacement is a product that is designed to nutritionally be exchangeable for a food-based meal that contains protein, carbohydrate, some fat as well as a specified quantity of vitamins and minerals. They may be found as powders, ready-to-drink liquids, or bars. Remember that bars cannot be used with the preoperative diet.
 - Protein shakes and meal replacements nutritional content should be **100-200 calories, 15-35 grams of protein, ≤ 15 grams of carbohydrate, ≤ 4 grams of sugar, ≤ 5 grams of fat**. Double check that the product you choose stays within the guidelines.
 - Protein bars must contain at least 15-20 grams of protein with no more than 20 grams of carbohydrate and 7 grams of fat. Try to keep protein higher than carbohydrate or a close together as possible.

Powders:

(must be mixed with water, unsweetened almond, cashew or coconut milk during preop diet)

- ❖ **Bariatric Advantage** - 27g pro/serving
- ❖ Unjury – 21g pro/1 scoop (24g)
- ❖ Quest– 21-24g pro
- ❖ EAS 100% Whey – 20g pro/scoop
- ❖ Isopure - 25g pro/scoop
- ❖ Premier Protein
- ❖ GNC Pro Performance 100% Whey – 20g pro/scoop
- ❖ Optimum Nutrition 100 Egg Protein – 24g pro/scoop

Note: Bariatric Advantage, Unjury, Healthwise can be purchased in the Sage office. Other products listed can be found at retailers such as HEB, Walmart, GNC, Sam's Club, Costco, or online retailers such as Amazon.



Ready Made:

- ❖ Premier Protein – 30g pro/11 oz
- ❖ Equate High Performance- 30 g pro
- ❖ Fairlife Core Power-26 g pro
- ❖ Ensure Max Protein- 30 g pro
- ❖ Boost Max- 30 g pro
- ❖ Quest – 30 g pro
- ❖ Muscle Milk Pro Series – 32g pro/11 oz
- ❖ Pure Protein 23-35g pro/11 oz
- ❖ Muscle Milk Light 100 calorie – 15 g pro/8.25 oz
- ❖ Coco Libre Protein – 20 g pro
- ❖ GNC Lean Shake 25 – 25g pro
Also comes in a vegan option
- ❖ Iconic – 20 g protein
- ❖ Unjury (plant based option)
- ❖ Owyn (plant based)

Non-Milky Drinks:

- ❖ Isopure Plus Zero Carb – 15g pro/8 oz
- ❖ Syntrex Nectar Protein – 23g/scoop

Bars: (not for use during preop diet)

- ❖ Quest Protein Bar ~20g pro/bar
- ❖ Oh Yeah One
- ❖ Pure Protein 18-20g pro/bar
- ❖ Premier Protein
- ❖ Healthwise Protein Bar 14-15g pro/bar

Bariatric Surgery Readiness Diet

The following is a guideline to help you integrate the dietary and lifestyle changes you will be expected to follow after bariatric surgery.

MEAL GUIDELINES

- **Eat 3 meals per day.** Find out when you are hungry and try to eat at those times. Avoid skipping meals or eating when you are not physically hungry!
- **Avoid snacking.** If you do get hungry between meals prior to surgery, choose a “freebie” food from your *Healthy Plate Balance* or go to a non-starchy vegetable or protein choice.
- **Choose proteins first at meals.** Use your *Healthy Plate Balance* to make good food choices and learn how to eat like you will after bariatric surgery: focus on proteins first, non-starchy vegetables next, with carbohydrate and fats last.
- Your total carbohydrate intake will be 60 grams per day or less. If on diabetes medications: check blood sugar levels daily and review this plan with your doctor to adjust your medication as needed.
- **Practice portion control:**
 - Eat from smaller plates
 - Split meals when eating out or order the smaller versions.
 - Measure portion sizes
- **Take 20 to 30 minute to eat a meal.** Practice setting your fork down and taking at least 30 seconds between bites. Focus on your meals and not eating while watching tv, driving, etc.
- **Avoid high fat and high sugar foods.** Try baking, broiling, grilling, roasting or steaming. Use non-stick sprays or a minimal amount of healthy fats.
- **Experiment with herbs and spices to add flavor to your foods.**

HYDRATION GUIDELINES

- Drink at least 64 ounce of fluid daily
- Fluids should be decaffeinated, noncarbonated and less than 10 calories per 8 ounces.
- Avoid any sugary beverages... fruit juice, soda, kool-aid, sweet tea, lemonade
- Avoid alcohol
- Separate fluids from meals... do not drink during the meal and for 1 hour after.
- If your diet has <100 grams of carbohydrate you may benefit from 1 electrolyte fortified drink or fat free broth/bouillon per day.

- Water...*may flavor with lemon, lime, herbs (e.g., mint, basil), or spices (e.g., cinnamon, ginger)*
- Flavored Waters
- Sugar-free Fruit-Flavored Drink Mixes (e.g., *Crystal Light, Hawaiian Punch, Kool- Aid, Mio*)
- Tea (decaf), including bottles and drink mixes (e.g., *Lipton Diet Decaf Lemon Iced Tea mix, bagged fruit and herbal teas from Bigelow, Celestial Seasonings, Lipton, Tazo and others*)
- Coffee (decaf)
- Popsicles (sugar-free)
- Broth/bouillon (e.g., *beef, chicken, vegetable*)
- Zero-Calorie Sports Drinks (e.g., *Propel, Powerade Zero, Gatorade Zero, Thorne Catalyte*)

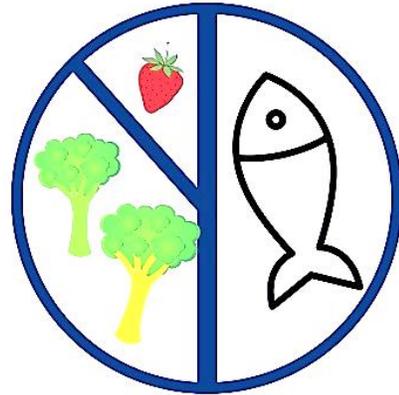
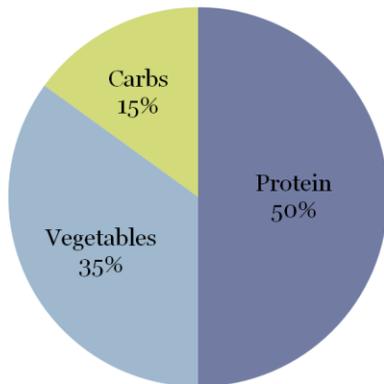
VITAMINS & MINERALS

- Multivitamin
- Biotin (hair)-5,000 mcg
- Probiotic optional

PHYSICAL ACTIVITY

Most days, be active and move your body for at least 30 minutes. Work up as tolerated.

Healthy Plate Balance



LEAN PROTEIN SOURCES (~50% OF MEAL or 2-5 oz)

<p>Beef ≥ 90% lean ground beef Roast (rib, chuck, rump) Steak (T-bone, cubed, flank, porterhouse, sirloin, round, sirloin, tenderloin)</p>	<p>Dairy sliced cheese string cheese hard cheese shredded cheese cottage cheese</p>	<p>Eggs 1 whole egg 2 egg whites 1/4 c egg substitute <i>Prepared anyway</i> Each of the above = 1 oz</p>
<p>Fish/Shellfish catfish, cod, clams, crab, flounder, haddock, halibut, lobster, salmon, sardines, scallops, shrimp, oysters, tilapia, trout, tuna</p>	<p>Game duck pheasant venison buffalo ostrich</p>	<p>Deli Meats/Processed Meat turkey, roast beef, ham, roasted chicken low-fat hot dogs turkey/chicken sausage & bacon beef/turkey jerky</p>
<p>Pork center loin chop pork tenderloin lean ham Canadian bacon</p>	<p>Poultry skinless turkey/chicken ≥ 90% lean ground turkey/chicken chicken/turkey sausage dark meats in moderation</p>	<p>Soy & Beans <i>(higher in starch - use in moderation)</i> beans (black, black-eyed peas, garbanzo, kidney, pinto, split, etc.) edamame, tofu</p>

NON-STARCHY VEGETABLES (~30-50% OF MEAL or 1/2 to 2 cups)

artichoke asparagus green Beans beets broccoli Brussels sprouts cabbage carrots cauliflower	celery collard greens cucumber eggplant greens jalapeños leeks lettuce mushrooms okra	onions peppers radishes salad greens snow peas spinach summer squash (yellow & zucchini) tomato (fresh or canned) turnips
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**starchy vegetables to avoid: potatoes, sweet potatoes, green peas, corn, butternut squash, acorn squash

HEART HEALTHY FATS (0-2 servings per meal)

avocado- 1/8 OR 1/4 cup oils (olive, canola, peanut, corn, safflower, soybean)- 1 tsp olives- 8 black, 10 green stuffed peanuts- 10 nuts peanut butter/almond butter- 2 tsp almonds- 6 nuts walnuts- 4 halves pecans- 4 halves pistachios- 16 nuts	butter (stick/tub) - 1 tsp mayo, regular- 1 tsp mayo, reduced fat- 1 tbsp pumpkin seeds- 1 tbsp sunflower seeds- 1 tbsp salad dressing, regular- 1 tbsp salad dressing, reduced fat- 2 tbsp hummus- 2 tbsp
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COMPLEX CARBOHYDRATES (<15% of meal or ≤ 1/3 cup per meal)

FRUIT	DAIRY	BEANS & LEGUMES
apple apricots banana blackberries blueberries cantaloupe cherries fruit cocktail (light syrup) grapefruit grapes honeydew melon kiwi	mango nectarine orange papaya peach pear pineapple plums raspberries strawberries tangerines watermelon Milk: cow, light soy, cashew almond, coconut or lactose-free Yogurt: Greek yogurt has more protein; keep carbohydrates <15g; regular fat (not low-fat) will improve satiety	black black-eyed peas garbanzo kidney navy pinto split white

**starchy vegetables

CONDIMENTS, HERBS, SPICES, FREEBIES

broth cacao (powder/nibs) flavored extracts garlic ginger herbs & spices, all, fresh or dried horseradish hot/pepper sauce	lemon and lime juice liquid amines miso mustard salsa (no sugar added) soy sauce vinegars, unsweetened	dill pickle* sugar free popsicles* sugar free jello* *limit to no more than 2 per day*
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