



Nutrition With Bariatric Surgery

Sleeve Gastrectomy • Gastric Bypass • Duodenal Switch

Nutrition Class 1

How to use your new tool successfully





Guidelines for Successful Weight Loss with Bariatric Surgery

- Bariatric Surgery is a highly effective tool for weight loss but there are some important principles to use your tool optimally to **maximize & maintain your results.**
- Practice these guidelines NOW to ease your transition into surgery.



WEPNSS



Water



Exercise



Protein



No Snacking or Grazing



Supplements



Support



(WEPNSS) Water

- ✓ Drink Consistently
- ✓ Goal 64 fluid ounces
 - ✓ Less than 10 calories/8 oz.
 - ✓ Avoid juice, milk, soda, sweet tea, lemonade, coffee drinks, alcohol
 - ✓ Decaf only for 3 months after surgery
 - ✓ Then 1/day and does not count towards water
 - ✓ Avoid carbonation ongoing
 - ✓ Reduces restriction
 - ✓ No alcohol for 1 year



Separate Fluid and Meals



- Stop drinking at the first bite. Wait 1 hour after meals to resume drinking.
 - Feels better
 - Helps control portions and hunger
- Eat slowly, take small bites, chew food well



(WEPNSS) Exercise

- ✓ Be active from Day 1
 - ✓ Helps to preserve lean muscle mass
 - ✓ Maintain resting metabolic rate
 - ✓ Minimize loose skin
 - ✓ Maintain weight loss long-term
- ✓ Develop habit of movement prior to surgery
- ✓ Increase daily purposeful movement
 - ✓ Wear a pedometer, take the stairs, park further away
 - ✓ Include cardiovascular and resistance training



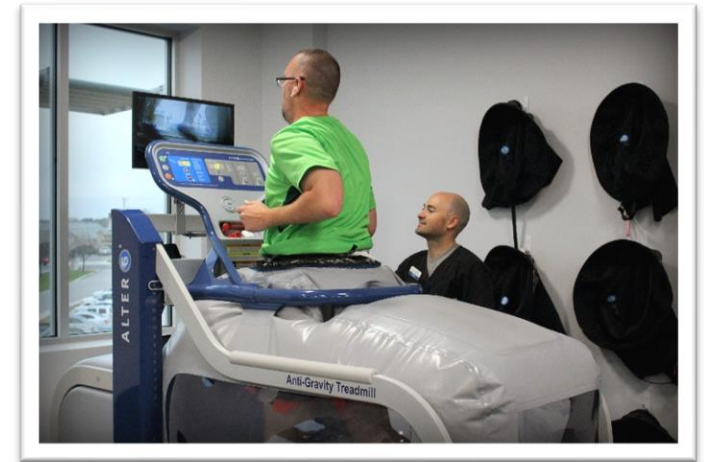


TEXAS PHYSICAL THERAPY SPECIALISTS

Learn to exercise *smarter, not harder* to optimize your results.

Stop by and visit their clinic right next door to us in Suite 219.

Benefits prior to or after surgery.



(WEPNSS) Protein

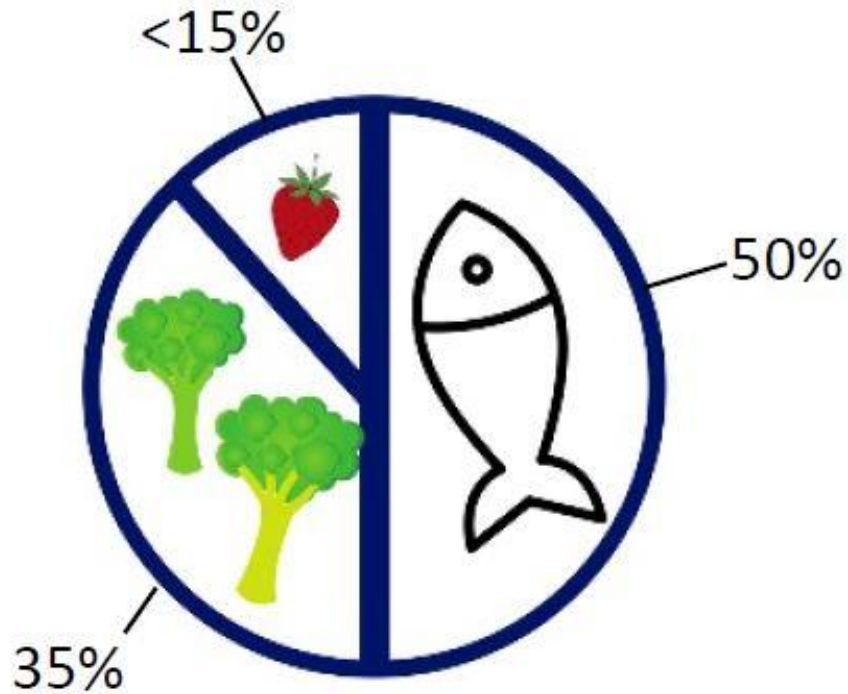
CHOOSE PROTEIN FIRST

- Promotes healing
- Helps to maintain lean muscle mass
- Increases satiety
- Balances metabolic hormones





Healthy Plate Balance



50-70% lean proteins

30-50% non-starchy vegetables (anything other than corn, peas, or potatoes)

Less than 15% (1/3 cup or size of a golf ball) healthy carbohydrates such as fruit, dairy, or starchy vegetables.

Avoid sweets and processed carbohydrates as they increase hunger and will interfere with metabolic hormones to promote weight loss (juice, soda, sweet tea, candy, baked goods, breads, cereals, rice, pasta, tortillas, crackers, chips, oatmeal, etc).

Meal Replacements/Protein Shakes

- Use as part of 1-week preoperative diet or as a convenient meal options
- Experiment to find one that works best for you

Must meet nutritional guidelines

- Calorie-Controlled: 100-200 calories
- High protein: 15-35g (whey protein isolate may be the easiest to digest and absorb)
- Low carbohydrate: $\leq 20g$
- Low fat: $\leq 7g$



(WEPNSS) No Snacking or Grazing

MOST IMPORTANT GUIDELINE LONG-TERM


- Emotional eating: social/tired/bored/stressed
 - Look for alternatives
 - Bariatric Counseling Center of San Antonio (upstairs)
- Extra 100 calories per day=10 pounds in 1 year
 - 8 nuts, 1 cup sweet tea, small chocolate bar, 1 string cheese, 1 fruit
- Snacks are habit-forming and can inhibit weight loss

No Snacking or Grazing/PURPOSEFUL FASTING



- Resets metabolic hormones
- Reduces inflammation
- Pushes the body into fat burning mode

- Eat at least 2 times per day but no more than 3 times.
- Keep meals less than 30 minutes
- Stop eating 2-3 hours before bedtime



(WEPNSS) Supplements

You WILL need vitamins for the rest of your life, no matter how great you feel!

- Weight loss surgery can contribute to deficiencies because of:
 - Smaller quantity and variety of foods in the early phases
 - Decreased absorption of certain nutrients long-term
- To protect your health it is important to:
 1. Be compliant with a supplement program.
 2. Get your vitamin profiles checked EVERY year. (Remember your PCP will not check all of these levels. Please get labs done with us at least once a year.)
- Deficiencies are easy to correct if found early
- Severe nutrient deficiencies can be dangerous or irreversible



Bariatric Specific Vitamins

- Take a bariatric-specific vitamins ONGOING
 - Dosage of nutrients needed with your new anatomy
 - Formulated so your anatomy can absorb and utilize them
- **We see improved vitamin profiles in patients taking bariatric vitamins that meet the recommended levels of nutrients.**
- Bariatric vitamins are professional grade.
- More info in post-op class (7-10 days after surgery)



What vitamins do I need?

AFTER SURGERY:

- **Bariatric Multivitamin** (chewable or capsule) with Vitamin B12/Vitamin D
 - Will MONITOR iron levels and your provider will make recommendations
- **Calcium Citrate** (chewable/liquid)
 - 1500 mg daily (in three 500mg doses)
- Optional supportive nutrients: biotin, EFA/Omegas, probiotics, amino acids

BEFORE SURGERY:

- **Daily multivitamin**
 - OTC is fine prior to surgery but switch to bariatric after
 - Stop 1 week prior to surgery
- **Biotin** (5,000 mcg) if concerned with hair loss/shedding
- **Probiotic**...such as Endomune for digestive health
- Vitamin D if deficient



(WEPNSS) Support

- Support Group
 - Prior to surgery and after
 - 3rd Thursday of the Month
 - Schedule on website
 - Virtual option
 - Monthly Email Newsletter
 - Follow us!
 - Facebook
 - Instagram
 - SageBariatric.com
 - Patient Education
 - Bariatric Surgery Handbook
 - Nutrition Guide
 - Educational videos
 - Recipes, meal plans and more
 - E-store
- **Review the resources available to you****

Bariatric Counseling Center of San Antonio

Post-Surgical "Rehab", just like physical rehab after a knee replacement.

Support with:

Relationship with food

Coping mechanisms for emotional eating

Cooking education

Mindful eating

Movement program

3rd Floor of our building

(210) 634-2300





What do I do from here?

- **Memorize** these “weapons”/WEPNSS, they are the keys to success after surgery!
- Pick out the items that may be a change for you and begin practicing them NOW.



What do I do from here?

- Complete the items on your task list
- Visit Texas PT and BCC to see how they can help you reach your goals!

Classes

- Nutrition Class 2: Jump Start class typically takes place week prior to surgery prior to seeing surgeon for pre-op appointment.
- Nutrition Class 3: Post-op class (diet progression/vitamins) takes place the week following surgery prior to seeing surgeon for post-op appointment.

Medically-Supervised Weight Loss (MSW) patients will meet regularly to document weight, review intakes/activity, and set goals based on these guidelines.



SageBariatric.com

210-651-0303

Heidi Jensen MS, RD, LD

heidi@sagebariatric.com