



Nutrition With Bariatric Surgery

Sleeve Gastrectomy • Gastric Bypass • Duodenal Switch

Nutrition Class 3: Post-Op





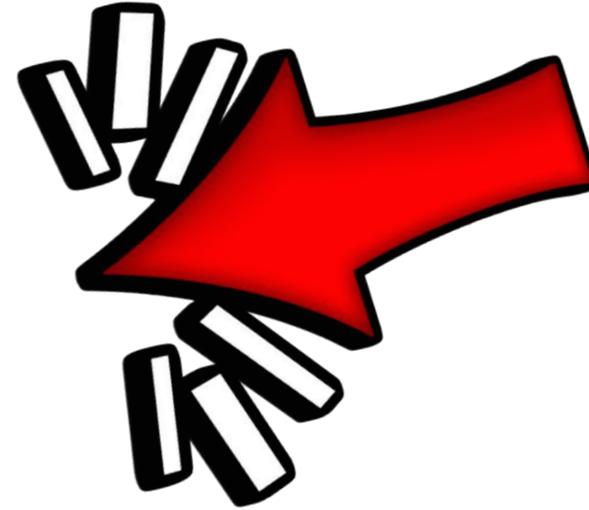
What We'll Cover Today

- **Diet Progression**
- **Vitamin Program**
- **Vitamin Order**



Remember the WEPNSS

- W- Water
 - E- Exercise
 - P- Protein
 - N- No snacking or grazing/FASTING
 - S- Supplements (vitamins and minerals)
 - S- Support
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- Bariatric Surgery is a highly effective tool for weight loss but there are important principles to use your tool optimally.
 - We know these work! Learn them. Live by them.
 - Use them as your daily checklist!





Advancing Your Diet

Today is the day 😊

- First and foremost keep up with your FLUIDS--aim for 64 fluid ounces daily.
 - Helps with healing
 - Flushes waste from the body
- Drink consistently through the day
 - Keep fluids an arms length away
 - Use an app to track and remind you to drink
- Beverages should be less than 10 calories per 8 ounces (Do not break your fast)
- Remember to stop drinking with your first bite and wait 1 hour after the meal to resume drinking.





Exercise

- Use those muscles to keep them!
- Start early to maintain resting metabolic rate and look more toned as you lose weight.
- Most important habit to maintain weight loss long-term
- Cardiovascular + Resistance (weights/bands)
Upper body & lower body

Minimum Goals:

	Cardio: 5x/week
	Strength/Resistance: 3-5x/week

- Break down the barriers to exercise and develop this new healthy habit!
Time, Pain, “I don’t know what to do”

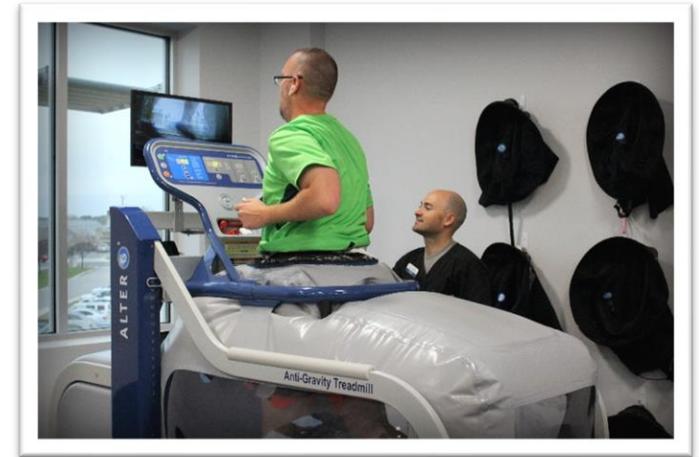


TEXAS PHYSICAL THERAPY SPECIALISTS

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.





Advancing Your Diet

- Your stomach is a muscle and it is still healing! Be gentle on it at first.
- Eating will be like an experiment
 - Start with soft proteins first
 - Try one new food at a time. Gradually add in new foods and increase the consistency as you know that you tolerate them.
- Eat 2 - 3 times per day.
 - Work on the habit of PURPOSEFUL FASTING.



Advancing Your Diet

Process of eating is as important to tolerance as the food choices.

- Take small bites...think the size of a pea/tip of your pinkie finger
 - Use toddler silverware to train you to take smaller bites
- Chew food well
- Eat slowly
 - Pause between bites...1-4 minutes at the beginning
 - Think of the process of mindful eating and letting the food go down into the stomach
 - Stop eating when you are **satisfied, not full!**
 - Even a couple of extra bites can make you feel uncomfortable and can train your sleeve/pouch to tolerate more food over time.
- Meals should take at least 15 minutes but no longer than 30 minutes
 - Do not sip on a protein shake all morning long. Learn to keep to your meal times.

Stage 2: Soft Protein Foods

What do I start with?

Remember the stomach is healing. Think of the anatomy like a funnel. Keep consistency to what would go through a funnel to minimize stomach contraction and help with healing during the early phases.

Step 1 Choices: Soft, Mushy Proteins

- **Protein Shake**
 - May use for 1 meal per day the first couple of months
- **Milk**—fat-free Mootopia or Fairlife (limit to 8 ounces/day in a protein shake or cooking)
 - Regular milk is high in a simple sugar called lactose increasing the sugar and carbohydrate content
- **Beans/Soybeans**—whole (boiled, steamed & mashed), refried, hummus
- **Eggs or egg substitute**—scrambled/mashed well with a fork
- **Cheese**—cottage, ricotta, 2% shredded, goat, part skim string
- **Yogurt**—Greek (look for ones higher in protein and lower in carbohydrates)
- Healthwise soups, Healthwise oatmeal (these are sold in the office)





Stage 2: Soft Protein Foods

BE SURE TO CHOOSE PROTEIN FOODS FIRST.

Work towards your goal of 60-80 grams of protein by choosing protein first when you are hungry and sit down to eat your 2-3 meals per day.

- Start one new food and gradually combine as you tolerate.
- Eat to the point you feel satisfied as long as you are focusing on protein first/keep carbs lower, not eating more than 3 times per day, keep meals less than 30 minutes
 - Everyone's volume may be different.
- Most will be on a combination of step 1 soft, mushy proteins for 7-10 days.
 - Advance as tolerated

Stage 2: Soft Protein Foods

Once you are comfortable tolerating the step 1 foods, you are able to advance. Anywhere from 5 days to a few weeks.

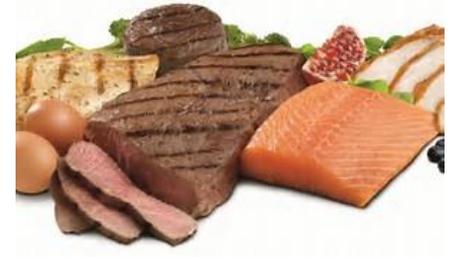
Step 2 Choices: Textured Proteins

- **Eggs****—whole, whites, substitute; hard-boiled or prepared with minimal added fat
- **Canned meats****—chicken, tuna, salmon, crab
- **Fish**—baked/broiled/steamed (no breading)
- **Crab**—boiled/steamed
- **Deli Meats**—lean 96% fat-free (such as chicken, turkey, roast beef, ham)—shaved
- **Tofu/Soy**
- **Healthwise meals**
- **beef, chicken, turkey**
 - ground at least 90% lean
 - ***moisten with Greek yogurt, low fat mayo or mustard if needed*
 - *Moist cooking methods- braise, slow cooker, pressure cooker*
 - *Meat should be easy to chew and shredded finely*



Stage 3: Solid Foods

- Begin once you are comfortably tolerating Stage 2, step 2 foods. Typically week 5 (about 29 days) to week 8 after your surgery.
- This will transition into the maintenance stage that you will follow the **rest of your life**.
- Remember the basics!
 - focus on protein first, working up to the goal of 60-80 grams of protein daily.
 - practice the mindful eating guidelines of eating slowly, small bites, and chewing food well.
 - Do NOT eat more than 3 times per day! PURPOSEFUL FASTING.
 - drink plenty of sugar free fluids as recommended but do not drink while you eat or for an hour after.
- It is important to advance the diet to solid lean proteins (and non-starchy vegetables) as the stomach heals and is ready to tolerate. Solid foods and not drinking with meals create more “tension” on the walls of the stomach to signal the brain that you feel full or satisfied.
 - Soft, mushy proteins may “slip” through your anatomy more quickly allowing you to eat more and get hungry again sooner.





Stage 3: Solid Foods

Solid Proteins (Primary Choices)

- **Beef/Game (lean)**—USDA Select or Choice grades trimmed of fat, such as tenderloin; roast (rib, chuck, rump); steak (T-Bone, cubed, flank, porterhouse, sirloin, round); at least 90% lean ground
- **Deli/processed meats**—lean, 96% fat-free deli meats, e.g., turkey, roast beef, ham, chicken; low-fat turkey/beef hot dogs or sausage
- **Lamb/Veal (lean)**—Roast, chop, or leg
- **Pork**—Lean pork, such as fresh ham; Canadian bacon; tenderloin, center loin chop
- **Poultry**—Skinless chicken or turkey
- **Shellfish**—Clams, crabs, lobster, scallops, shrimp

Softer Proteins (Secondary Choices)

- **Beans**—Garbanzo, pinto, kidney, white, split, black, black-eyed
- **Dairy**—Milk: Mootopia/Fairlife, unsweetened soy/coconut/almond milk (≤ 8 ounces per day in shakes or cooking) Cheese (≤ 3 g. fat/ounce): Sliced cheese (2% milk); string cheese; hard and shredded cheese; non-fat/low-fat cottage cheese Yogurt: light, low-fat Greek 100 (<10 g. sugar per serving)
- **Eggs**—Whole eggs, egg whites, egg substitutes
- **Fish**—Cod, flounder, haddock, halibut, tilapia, trout, tuna, herring, salmon, catfish, oysters, sardines
- **Soy**—Edamame/soybeans, tofu



Stage 3: Solid Foods

Non-Starchy Vegetables – Begin when you are tolerating 2-3 ounces of solid lean proteins.

(think the amount of 2-3 fingers)

- High in fiber, low calories
 - Important part of weight management long-term
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- Watch the use of high fat or high calorie condiments such as salad dressing or butter.





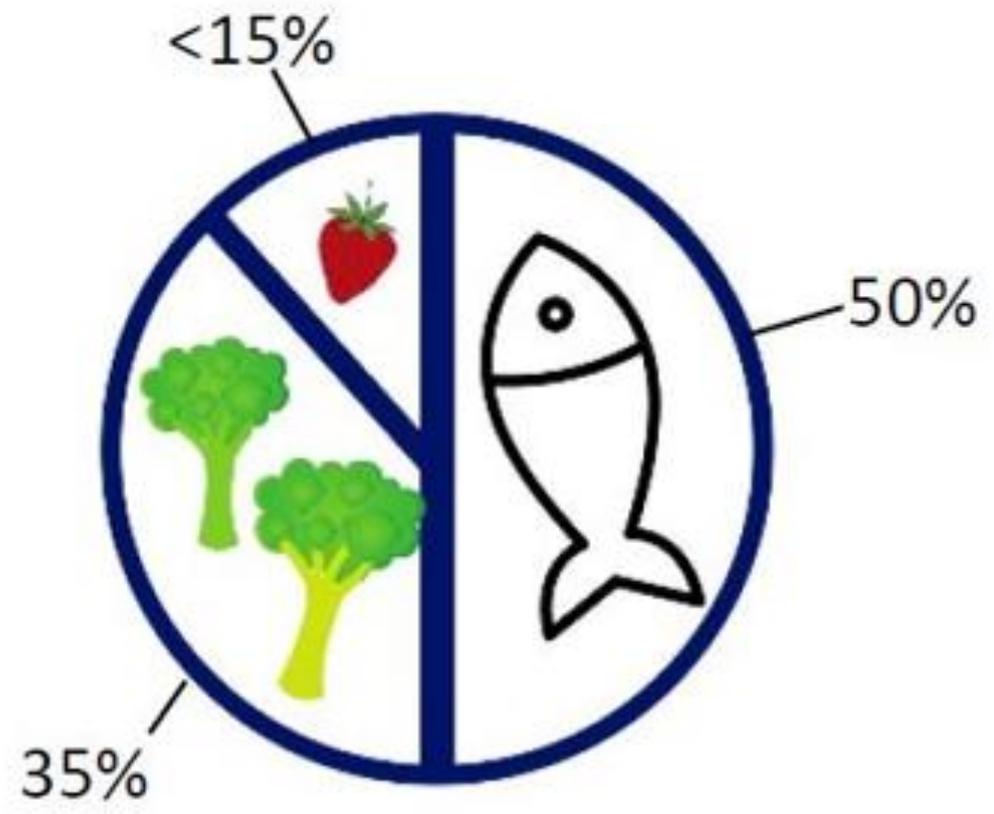
Non-starchy Vegetables

- Artichoke
- Artichoke hearts
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions/scallions
- Greens (collard, kale, turnip)
- Lettuce/Salad
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Sauerkraut
- Spinach
- Sugar snap/snow peas
- Summer squash
- Tomato
- Turnips
- Water chestnuts
- Zucchini

*corn, peas, potatoes, sweet potatoes are a carbohydrate



Meal Composition



Carbohydrates

- Remember that we are looking to deplete your carbohydrate tank to promote fat burning.
- Focus on lean proteins and non-starchy vegetables to control cravings.
- Avoid all processed and refined carbohydrates
 - Bread, cereal, rice, pasta, tortillas, crackers, granola bars, chips, crackers, oatmeal, candy, sweets, fruit juice, sweet tea, lemonade, soda
- Complex carbohydrates will be used when you are ready to maintain your weight.
 - dairy products, starchy vegetables, fruit.
 - $\leq 1/3$ cup or the size of a golf ball only at meals





Poorly Tolerated Foods the first 6-12 Weeks

It takes 3-4 week for external healing and 6-12 weeks for internal healing. Remember to take it easy on your new anatomy!

- Spicy foods (such as curry, salsa, chili peppers)
- Acidic foods (such as tomato sauce or citrus fruits)
 - No tomato juice/tomato soup
- Rice, pasta, bread, and other sticky or doughy foods
 - Not only are they carbs but they can “swell” in your stomach making you uncomfortable
- Stringy and fibrous foods (such as coconut, corn, popcorn, whole beans, seeds, nuts)
- Stringy vegetables (such as celery or asparagus stalks)
- Bran cereals
- Dried fruits, seeds, skins of fruit
- Dry meats (may need to moisten with broth)
- Sugary foods including fruit juice, cookies, candy, sweets, sauces and condiments that contain added sweeteners--these foods should also be avoided for the long term.
- ADD NEW FOODS SLOWLY!



Foods To Avoid



- CAFFEINE....Avoid for 3-4 months
 - Delays healing and increases risk of stomach ulcers
 - Decaf is OK
 - Watch the things you use in decaf coffee as they can quickly break your fast
 - No high sugar, high fat liquid coffee creamers
 - Use small amounts of half and half, Mootopia, unsweetened almond/coconut/cashew milks, sugar free syrups
 - Remember less than 10 calories per 8 ounces
- ALCOHOL...Avoid for the first year
 - Delays healing
 - 1 drink per week can halt weight loss
 - Increased absorption 1 drink=4 drinks....increased toxicity
- CARBONATION...Avoid as much as possible. Can reduce the feeling of restriction close to meals.
- Limit Artificial Sweeteners/Sugar Substitutes
 - Can effect metabolism in a variety of ways
 - May increase appetite or cravings for sweets
 - Keep to less than 4 artificially sweetened products per day



SUPPLEMENTS

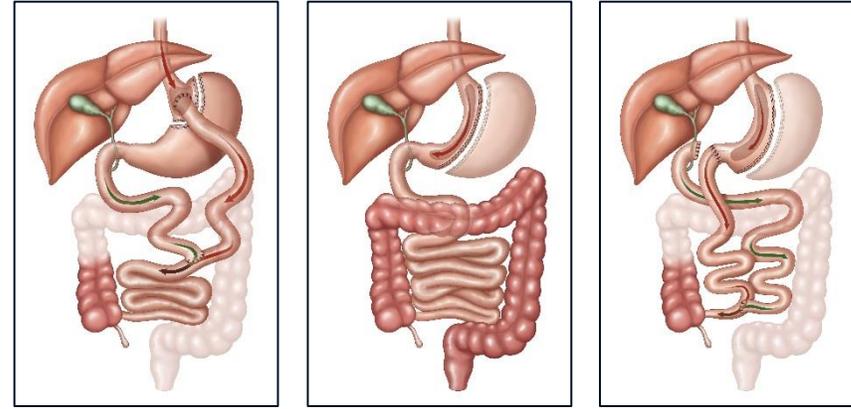
You WILL need VITAMIN-MINERAL SUPPLEMENTS for the rest of your life, no matter how great you feel!



Why Will I Need Vitamins?

- Deficiencies develop slowly and you may not notice them until they are severe and possibly irreversible!
- To protect your health it is important to:
 1. Be compliant with supplement program.
 2. Get your vitamin profiles checked at the recommended schedule.

Why bariatric-specific vitamins?



- We recommend bariatric-specific vitamins ongoing because your new anatomy changes the way you absorb important vitamins.
 - They are **specifically designed** for your new anatomy.
 - Avoid coated tablets. Avoid gummy type vitamins. Avoid patches.
- Significantly improved vitamin profiles in patients taking bariatric vitamins
- You may not absorb all of the vitamins in a regular vitamin.



Bariatric Specific Vitamins

- We will review the vitamins we recommend today.
- You will have a chance to sample and put together an order to take home with you.

Ways to purchase:

- In the office
- E-store on www.sagebariatric.com,
- Automatic Reorder Program via Bariatric Advantage
 - No contracts, can change order at any time
 - Sign up via our e-store on the website
 - Validation code is **SBI**

INVEST in your new healthy lifestyle!

- Cost
 - Bariatric Vitamins typically cost \$40-70 per month for all of the recommended nutrients depending on the type or form that you choose to take.
 - Compared to increased quantity of over-the-counter supplements as well as the cost of vitamin deficiency complications, you will likely save money with bariatric vitamins.



Can You Afford Bariatric Vitamins?



2 sodas /day =
\$60/month



3 coffees/week =
\$72/month



Fast food 3/week =
\$100/month

Bariatric Vitamins =
~\$55/month



Invest in YOU and your health!

SageBariatric™



Which supplements will I need?

- **Bariatric Specific Multi-Vitamin (vitamin B12, vitamin D)**
 - Those with previous iron deficiency should use a supplement *with iron*.
 - Others start *without iron* for first 30 days to minimize stress on digestion.
FOLLOW UP WITH YOUR PROVIDER TO REVIEW LABWORK AND DETERMINE IF YOU NEED ADDITIONAL IRON
- **Calcium Citrate**
 - 1500 mg per day in 3 - 500 mg dosages
 - Remember to separate iron if included in multi from calcium by at least 2 hours!
- **Come up with a schedule that works for you!**
 - Multi (best if taken right before a meal) and later in the day



Supportive Nutrients

- Probiotics
 - Support healthy digestive and immune function
 - Studies are showing a statistically significant greater weight loss in post bypass patients as well as improved vitamin profiles
 - Some strains may reduce sugar cravings
 - Other strains help to reduce waist circumference and control abdominal fat
- Anti-inflammatory
 - Curcumin (Thorne Meriva)
 - Safe anti-inflammatory for joint pain
 - Omega 3 fatty acids...1000 mg per day
 - Detoxifier
 - Provides EFA (essential fatty acids) with low fat diet
- Amino Complex
 - Predigested protein; Helps to increase protein intake without breaking fast
 - Promotes and maintains lean muscle mass
 - Help to get in essential amino acids (building blocks of protein)
- Biotin
 - Collagen for healthy hair, skin and nails



Support

- Support Group
 - Prior to surgery and after
 - 3rd Thursday of the Month
 - Virtual through gotomeeting
 - Link on website under Patient Support
- 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

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

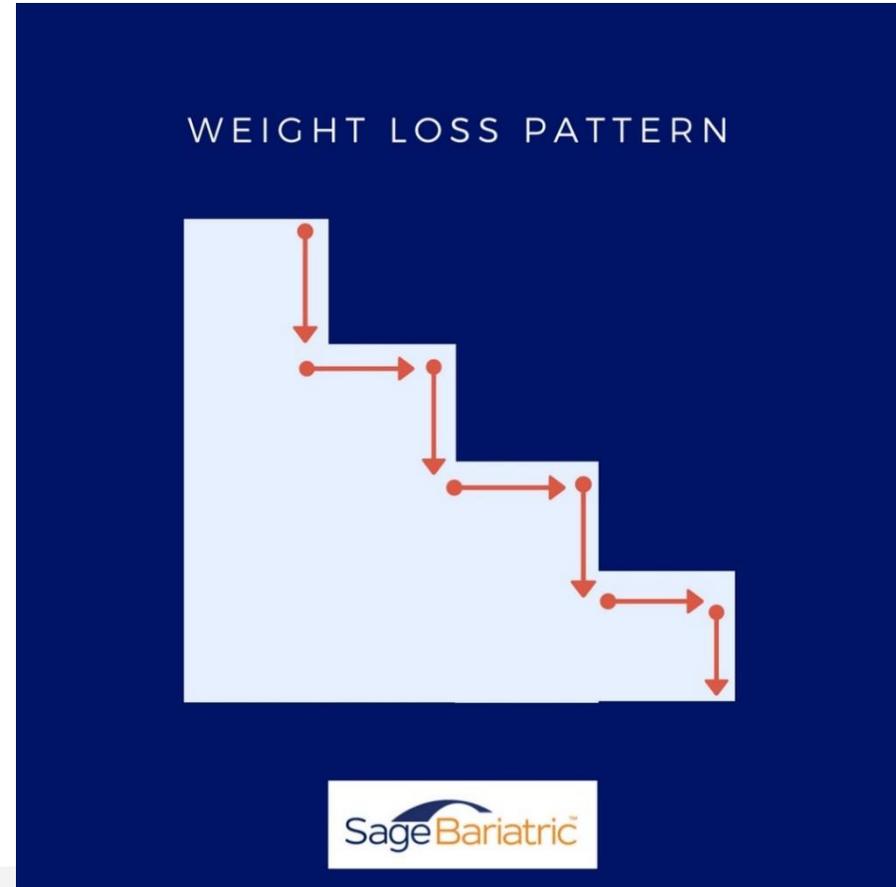
(210) 634-2300





Weight Loss

- There is a chance you will hit a plateau as you advance your diet. “3 week stall”
 - DO NOT PANIC
 - Variety of physiologic reasons related to shifts in body composition not reflected by the number on the scale.
 - Remember first and foremost your body is healing from a major surgery!
- Document your journey
 - Make a photo journal
 - Track non-scale victories!
 - Normal for your weight loss to look like a staircase





Critical Symptoms

CALL YOUR SURGEON IMMEDIATELY IF:

- Fever over 100.5 or the chills
- Abdominal pain and absence of passing gas or bowel movements
- Vomiting water or persistent nausea
- Incision Infection (redness, pus, fever, odor, swelling, and drainage)
- Chest pain or Shortness of Breath — Call 911 or Go to the ER!!!



Remember your WEPNSS.

Focus on hydration first and then protein!

Advance your diet as tolerated starting with step 1 soft, mushy proteins and gradually increase from there.

Eat slowly, small bites, chew well.

Start your vitamins as you advance your diet.

Schedule an appointment with your dietitian as needed.



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