

WEPNSS: Your Guide to Successful Weight Loss with Bariatric Surgery

Know the keys to successful weight loss. Use your weapons (WEPNSS) to effectively fight obesity!

Water

Hydration helps control hunger!

- Drink consistently throughout the day.
- Minimum of 64 ounces (8 cups/4 bottles)
- Keep beverages under 10 calories/8oz. Avoid juice, milk, soda, sweet tea, lemonade, coffee drinks, smoothies, alcohol
- Avoid caffeine for 3 months. Decaf is OK.
- Avoid alcohol for 1 year.
- Avoid carbonation long-term.
- Do not drink and eat at the same time. Stop drinking before your first bite and wait **1 hour** after meals to resume drinking.

Exercise

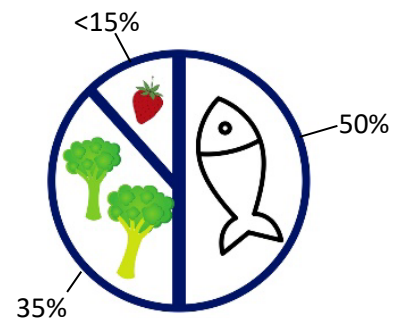
To lose weight, keep it off, and maintain muscle, you need to exercise.

- 150 minutes/week, plus strength training 3 days/week.
- Texas Physical Therapy Specialists can help you put together a safe & effective plan to burn fat with exercise.
- Increased muscle mass increases your metabolism.

Protein

Follow a high protein, moderate healthy fat, low carb diet.

- See Healthy Plate Guide *
- 50-70% of each meal should be **protein**: 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
- 30-50% non-starchy **vegetables** (avoid corn, peas, potatoes)
- < 15% (less than 1/3 cup) healthful carbohydrates such as starchy vegetable, dairy, or whole fruit.
- Avoid sweets and processed carbohydrates as they will interfere with your weight loss. Avoid juice, soda, sweet tea, candy, cookies, breads, tortillas, rice, pasta, crackers, chips, oatmeal, cereal, etc.
- Take your time to eat. Be mindful of taking small bites and chew food well.



🕒 No Snacking or Grazing

Fasting between meals promotes fat burning.

- Eat 2 to 3 times/day. No more. *Protein shakes/bars are considered a meal.
- Any calories between meals is SNACKING. It is the saboteur of your surgery. It doesn't matter if the calories are liquid or solid, good for you or bad for you, don't snack in between meals.
- If you snack, you won't lose as much weight as you could have, and you will likely regain it.
- Meals should be 15-30 minutes long.
- Space meals \geq 3 hours apart and avoid eating 2 hours before bedtime. Fast \geq 12 hours overnight.
- It's ok to be hungry and looking forward to your next meal. Water may help you avoid snacking.
- Ask for a referral to the Bariatric Counseling Center if you find yourself snacking due to stress, boredom, or social situations.
- An extra 100 calories/day \rightarrow 10 pound weight gain in a year!

📖 Supplements

Bariatric vitamins are critical and should be taken for life.

- Every patient will need bariatric multivitamins and calcium citrate.
- Use **bariatric-specific vitamins**. They are created to deliver the quantity, type, and form of nutrients that are best absorbed after bariatric surgery. Standard over the counter vitamins are not adequate for bariatric patients.
- Other supplements may be recommended to prevent hair loss or for individual needs.

👉 Support

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

- Regular visits with your healthcare team (surgeon, doctor, nurse practitioner/ physician assistant, dietitian). If you experience more than 10 pounds of weight regain, please call the office to be evaluated and get back on track.
- Attend support groups. Schedule is under the Patient Support tab of the website.
- Receive newsletters.
- Follow us on Facebook and Instagram.
- Utilize our website, www.sagebariatric.com. Patient Support tab \rightarrow Patient Education

- 📺 Videos of classes
- 📖 Dietary Handbook
- 📖 Bariatric Handbook
- 📖 Recipes
- 📖 Meal Plans
- 📖 Baritastic or other tracking apps



Patient Support



Baritastic app

- For dietary support, reach out to our dietician, Heidi Jensen, MS, RDN, LD, at heidi@sagebariatric.com

A healthy weight is a lifelong journey. Take advantage of our team and our resources. We are here for you!