

BARIATRICS

NUTRITION CLASS 1



Building a Foundation for Optimal Health

Bariatric Team Appointments

- Treat all bariatric appointments as if you're in the clinic
- Be in a quiet location
- Come prepared with any questions
- We need your undivided attention
 - Do not be in your car (driver or passenger) during your appointment
 - We will need to reschedule your appointment if you're in a car, in a place with loud background noise, at work or in a location that is distracting you from our appointment
- If you no-show or cancel an appointment or nutrition class, you will need to contact the scheduling department to reschedule.
 - Scheduling Department: 1-800-206-0445
 - Bariatric Team Department: 425-502-3454, option 3

Nutrition Expectations

- Attend and participate in 4 nutrition classes
- Complete and submit homework for each class
- Meet surgeon's pre-surgery weight loss goal
- Documented weights in your medical chart; monthly if possible
- During every class, bring a water bottle to practice sipping

Bariatric Lifestyle Habits for Long Term Success

Habit 1	Daily Food Records
Habit 2	Weighing and Measuring
Habit 3	Take Daily Vitamins
Habit 4	Eat Protein First
Habit 5	Label Reading
Habit 6	Fluids
Habit 7	Establishing Meal and Snack Times
Habit 8	Meal Planning
Habit 9	Mindful Eating
Habit 10	Exercise
Habit 11	Sleep and Stress Management

The Bariatric Lifestyle Requirements to Advance to Surgery

Check List

- Daily food records
- Fluids
 - Drink at least _____ oz of non- caloric fluids a day
 - Eliminate:
 - _____
 - _____
 - _____
 - _____
- Take daily vitamins:
 - Multivitamin-over the counter (no gummies)
 - Calcium Citrate with Vitamin D: 1200-1500 mg per day
 - Vitamin D: 3000 IU
 - Iron: 45 mg
- Non-habit goal: meet pre-surgery weight loss goal
- Attend 4 nutrition classes and meet with the bariatric dietitian twice
- Attend at least one Kaiser (online) support group
- Take a knowledge assessment test

Basic Nutrition

What is good nutrition?

Nutrition is how your food nourishes your body. Food and drink provide the energy and nutrients you need for your body and mind to thrive. Healthy nutrition is the cornerstone of living a long, healthy life.

Nutrition helps our bodies:

- Energy & stamina
- Grow - both body & brain
- Physical strength & endurance
- Repair and restore
- Reduce risk of health problems, such as diabetes, cancer, and heart disease

The Three Macronutrients: Protein, Carbohydrates and Fat

Protein

Role in the body

- Tissue structure (part of organ tissues, muscle, bones, skin, hair, nails, tendons, ligaments, and blood plasma)
- Part of cell plasma membranes
- Involved in metabolic, transport, and hormone systems
- Make up enzymes that regulate metabolism
- Involved in acid/base balance to maintain a homeostasis in our bodies

1 gram of protein = _____ calories

Food examples of lean protein:

Food examples of not so healthy protein:

Recommended daily grams after surgery: _____

Carbohydrates

Role in the body

- Fuels your body, especially during exercise
- Spares protein, preserves muscle mass during exercise
- Fuels the central nervous system (your brain, eyes, lungs, heart & other organs)

1 gram of carbohydrate = _____ calories

Healthy food examples:

Not so healthy food examples:

Fats

Role in the body

- Part of every cell in your body
- Absorbs and transports fat soluble vitamins
- Helps regulate hormones
- Protects vital organs
- Helps with joint & muscle health
- Insulation & energy reserve
- Satiety

1 gram of fat = _____ calories

Healthy food examples:

Not so healthy food examples:

Food Records

Benefits of Food Records

- Increase awareness
- Be more mindful of what you're eating
- Helps with accountability
- Helps you learn what foods work best for you and your lifestyle
- People who track their food intake lose twice as much weight as those who don't
- After surgery

Document any symptoms associated with your eating plan like nausea, pain, vomiting and report to the bariatric care team

- Continue to keep food records to ensure you're meeting your protein goals and foods that are intolerable

Essential components of keeping a food record:

Additional components to record:

Types of food records:

Helpful Tips:

Find a method that works for you

Set an alarm of your phone throughout the day as a reminder to update your records

Try "pre-loading" the day's meals and snacks into your records as you prep them for the day

Vitamins

Start taking the following daily vitamins:

- Over the counter multivitamin (i.e Centrum, One a Day)
- Vitamin D3 - 3000 IU
- Calcium citrate with Vitamin D, 1200-1500 mg a day (2-3 servings, depending on serving size)
- Iron - 45 mg
- Note: separate the calcium citrate from iron (or multivitamin with iron) by 2 hours for maximum absorption

Required daily post-op bariatric vitamins:

- Bariatric Multivitamin: 1 serving per day
- Calcium Citrate with Vitamin D: 1200-1500 mg per day

Recommended post-op bariatric supplement:

- Probiotic: 1 serving per day



**TAKE YOUR
DAILY BARIATRIC
VITAMINS TO
PREVENT
NUTRITIONAL
DEFICIENCIES**

Benefits of Weighing & Measuring Proteins

- Increase awareness with the amount of protein grams eaten with every meal and snack
- Helps prevent from overeating or under eating
- Helps determine if you are meeting your nutritional needs especially protein grams and fluids
- Helps you learn about appropriate portion size

Different ways to weigh/measure foods:

Homework

- 2 weeks of food records
- Patient to send My Chart message to RD with at least 7-days worth of food records 1-2 days before RD initial appointment (Note: My Fitness Pal, Baritastic and a picture of your food journal are the easiest ways to send them)
- Bring 2 food labels
- Bring any of protein shake or protein powder
- Documented weight at a KP clinic
- Name a success and a challenge you experienced while working on the bariatric habits

Resources

How to Share Food Records using My Fitness Pal:

****Make sure you are logging in from the website and not the app****

- Login into My Fitness Pal from the My Fitness Pal website
- Go to “My Home”
- Go to “Settings”
- Under “Account Settings” go to “Diary Settings”
- Scroll to the bottom page until you get to “Diary Sharing”
- Under “Diary Sharing”, click on “Locked with a key”. Then enter a key code or password
- Under “Change Diary Sharing” (right of “Diary Sharing”), copy the link that is provided
- Log out
- Go to Kaiser Permanente Washington and login into “My Chart”, which is your online Kaiser account
- Go to “Message Center” and click on “Contact Your Care Team”
- Click on “New Medical Question”

- Click on “Choose a Recipient” and choose the dietitian you've been working with: “Fionna Marave, RD OR Lisa Stariha, RD”
- Click on “Select a Subject”-choose any subject you like
- “Paste” the link you copied from My Fitness Pal, type in the key code/password you created.
- It's optional if you want to include an additional message
- Click “Send” and Sign Out

How to Share Food Records using Baritastic:

- Click on the main menu in your app.
- Scroll down and click on My Reports.
- Choose the report you would like.
- Confirm your email address (check this closely).
- You'll receive an email with a link to open your report. Copy and paste the link to a new message in your KP account and send it to your dietitian.