

BARIATRICS

NUTRITION CLASS #2



PROTEIN

Importance of Protein

- Due to drastic weight loss and muscle loss, you will need more protein than usual to help preserve muscle mass
- Eating a high protein diet will help heal your surgical area faster, keep you strong and healthy, and protect against excessive hair loss and fatigue

Protein Snack Ideas:

1. _____
2. _____
3. _____
4. _____
5. _____

Eat Protein First

- Protein is the cornerstone of the bariatric diet.
- Always eat protein first, at every meal & snack.
- Building a habit of eating protein first will keep you full for longer periods of time, helping you resist the snacking/grazing temptation

How much protein do you need?

- 0.8 grams protein per kg
- Goal:
 - 3-4 oz with meals (20-30 grams of protein per meal)
 - 1-2 oz with snacks (10 grams of protein per snack)
 - After surgery, gradually increase to a goal of 80 grams

Methods to Count Grams of Protein in Your Food:

1. _____
2. _____
3. _____

Label Reading Guidelines

Protein: high protein, low calories

- The 10% rule for protein is: _____
- **Total Fat:** less than _____ grams of total fat per serving
- **Total Sugar:** less than _____ grams of total sugar per serving
- **Fiber:** at least _____ grams of fiber per serving

Protein Supplements Guidelines

Protein should come from whey, milk, soy, egg white or plant-based foods.

Label reading guidelines for choosing a protein shakes or powders

- Less than _____ calories per serving
- At least _____ grams of protein per serving
- Less than _____ grams of total sugar per serving

Examples: _____

Protein Waters

Protein waters are helpful when you're trying to increase your protein and fluid intake. They should NEVER replace your protein shakes

Label reading guidelines for choosing a protein bar

- Less than _____ calories per serving
- At least _____ grams of protein per serving
- Less than _____ grams of total sugar per serving

Examples: _____

FLUIDS

The goal is to drink at least 64oz of fluids per day; preferably water

Strategies to reach daily recommended fluids:

1. _____
2. _____
3. _____
4. _____

The reason sipping fluids is important after surgery is_____.

After surgery you will need to **separate your fluids from meals/snacks** and wait at least _____ minutes after meals to resume drinking.

Strategies to help separate fluids from meals/snacks:

1. _____
2. _____
3. _____

The potential problems with drinking with your meals after surgery are:

- Not allowing body to digest and absorb food especially protein
- Fluids will get you fuller faster causing low protein intake
- Fluids can push your food through causing stomach distress or can cause you to become hungrier soon, which can lead to potential weight gain

Caffeine

- **Must be completely off caffeine before advancing to pre op consult.**
- Continue to avoid caffeine for another 2 months after surgery
- Beverages includes coffee, green tea, black tea, decaf coffee, decaf green tea, decaf black, some flavors of Mio drops, Crystal Light, and protein shakes (read the labels)
- Try Dandy Herbal Blend Tea, Ticino, or Pero for coffee substitute
- The only tea that is allowed is herbal tea
- After 2 months, you may reintroduce up to 8 oz of caffeine and decaf in your eating plan
- This is for healing purposes. The teas and coffee are too acidic which may put you at a higher risk for an ulcer after surgery

Alcohol

- Higher risk for alcohol abuse
- When you're drinking, are you making the best food choices?
- Alcohol loves fat-harder to lose weight
- Disrupts your sleep causing other issues

Recommended fluids to eliminate from your daily life forever:

1. _____
2. _____

You will need eliminate all these fluids from your eating plan before we can schedule you for preop.

HOMEWORK

- Create a daily menu or meal plan that totals 80 grams of protein spread over 3 meals and 2 snacks (bring the meal plan to class)
- Follow a Full Liquid Diet for 3 days (see handout)
- Bring 2 products that meet the protein guideline for label reading
- List 7-10 lean protein sources that you eat as well as the number of grams of protein it provides (for example: 3 oz chicken = 21 grams protein; 3 oz red meat = 21 grams protein)
- Track your fluids and aim for 64oz fluids per day
- Get a documented weight at your local KP clinic
- Name a success and a challenge you experienced since your last class

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 |