

BARIATRICS

NUTRITION CLASS #3



Establishing Meal and Snack Times

Benefits of Establishing Health Meal and Snack Pattern and Meal Prepping

- Many people skip meals, especially breakfast. This can lead to overeating at the next meal or making poor food choices due to hunger.
- Establishing regular meal and snack times will allow you to fuel your body, receive essential nutrients, and maintain smaller moderate portion size.
- After surgery, due to smaller size of your stomach, you will need eat smaller meals and more often throughout the day to be able to meet your protein and nutritional needs.
- Helps to lose weight steadily
- Practice healthy habits for long term weight management
- Eat balanced meals you enjoy without feeling deprived
- Save money on eating out and groceries (less waste & less waist)
- Helps with keeping food records
- Aids in creating a menu of quick, easy, and convenient bariatric friendly meals and snacks.
- Once your home is set for success, bring healthy options to work and have a supply in your car.

Healthy Eating Pattern for Bariatric Patients

1. Aim to eat within _____ hours of waking up
2. Eat every _____ hours after your first meal
3. Stop eating _____ hours before bedtime

Meal Planning

1. **A Healthy Meal Consist of:** Lean protein, _____, and healthy carbohydrates
2. **Examples of Healthy Carbohydrates:**

3. **A Healthy Snack Consist of:** Lean protein plus a healthy _____ or healthy _____

Things to Consider

- How many meals am I planning for? If you are new to planning, start with planning one meal (dinners for the week)
- Assess your schedule and determine what type of meals you need. (i.e., work late on Tuesday, crockpot recipe needed)
- Utilize your weekends to prep. Plan on Friday, shop on Saturday, prep on Sunday
- List your favorite recipes for easy referencing
- Look for “quick to assemble” meals – roasted chicken or cooked shrimp on pre-packaged salad mix

Helpful Tips

- It helps to divide your list into protein categories: poultry, beef, pork, fish, seafood, eggs, etc.
- Look for recipe ideas that are both bariatric *and* family friendly.
- Buy a bariatric cookbook & start discovering new favorite recipes.
- Find free meal planning templates & bariatric recipes online or on Pinterest.com
- Once you get the hang of it, start creating your own menu of bariatric friendly meals and snacks you can enjoy before and after surgery.

Create a Safe Environment

- Make home your “safe place” by keeping foods that tempt you out of the house.
- Ask family for support in keeping your tempting foods out of the house (or at least out of sight!)
- Stock with healthy options: load up on fruits, vegetables, lean proteins, and protein shakes you enjoy.
- Designate a cupboard & counter space just for your supplies.
- Research & try-out bariatric friendly recipes

Dining Out

- Minimize the frequency of eating out with meal planning
- Plan ahead: check websites or call ahead to find out if the restaurant accommodates special orders.
- Look for places that offer a variety of healthy choices.
- Focus on the basics: lean proteins, veggies, and limited starches. Stick to your usual at-home portions
- Ask for take-containers or share a meal

Healthy Meal Plan

Servings	Serving Sizes	Food	Food Examples
3	3-4 oz	Lean Proteins	Chicken, fish, low fat dairy, lean pork, and red meat
3 or more	1 cup	Non-starchy vegetables	Broccoli, cauliflower, carrots, green beans, cabbage, etc.
2 or more	1 cup or medium size fruit	Fruit	Apples berries melons nectarines etc.
3	1 cup non-starchy vegetables, 1/3 cup healthy grain	Healthy carbohydrates (veggies, fruit, whole grains, starchy vegetables)	Potatoes, corn, peas, brown rice, whole bread, whole pasta

Example Day of Meal Plan

- Breakfast: 2 egg bites with 1 cup berries
 - Snack: apple with 1 oz low-fat cheese stick
- Lunch: Left-overs Chicken Stir-Fry with extra veggies & grapes
 - Snack: caramel flavored protein shake
- Dinner: 4 oz grilled salmon, 3 cups mixed green salad with low-fat vinaigrette and 1 cup green beans
 - Snack: sliced apple with PB2

Meal and Snack Ideas

Breakfast	Lunch	Dinner	Snacks
Protein shake	Mixed green salad with chicken	Roasted chicken with sweet potato	Hardboiled eggs
Egg bites	Mini meatloaf & green beans	Baked salmon & asparagus	Apple & low-fat string cheese
Cottage cheese & strawberries	Turkey chili	Stuffed bell peppers	Beef or turkey jerky & fruit
Low/nonfat Greek yogurt & peaches	LF string cheese & deli ham dipped in gourmet mustard	Taco bowl	Veggies with high protein Ranch dip **
Veggie omelet or scramble	Vegetable beef barley soup	Spaghetti sauce over spaghetti squash or “zoodles”	Yogurt or cottage cheese & berries
Chicken sausage (fully cooked) & eggs	Turkey & veggies in a cheese “wrap” & grapes	Low calorie entrees with extra frozen veggies added	Protein bar (i.e., Quest, One, Premier)

3 Day Meal Plan Template

Day	Breakfast	Lunch	Dinner	Snack
Day 1				
Day 2				
Day 3				

Mindful Eating

Benefits of Mindful Eating

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

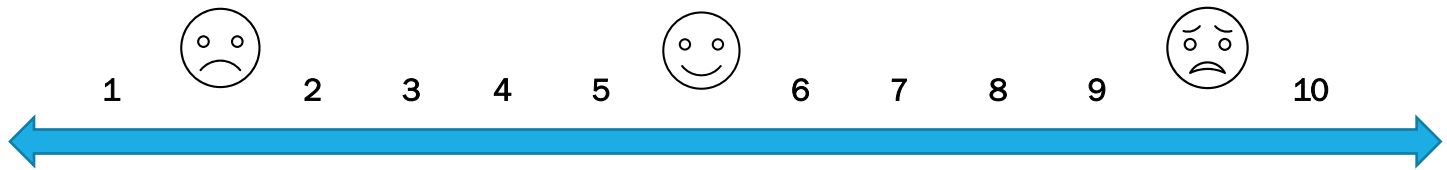
Bariatric Mindful Eating Habits

- **Take 20-30 minutes for meals. (Meals should be no longer than 30 minutes)**
- **Practice taking small, pea-sized bites**
- **Chew each bite 20-30 times; until the consistency of applesauce.**
- Eat at a table, away from distraction (e.g., computer, TV, driving, tablet)
- To help slow you down, hold your utensil with your non-dominant hand, use chop sticks or use small silverware. (show bariatric utensils)
- Listen to your body and learn the difference between feeling over full and eating the right amount of food.
- If you tell yourself, “I think I can handle one more bite” – it’s time to stop. You are look for your “last bite threshold”
- Savor your food, use all your senses, and enjoy every bite.

Food records help identify factor that affect your habits

- Hunger and fullness
- Feelings and moods: happy, sad, mad, bored
- Dining companions: family, coworkers, friends
- Location of your meal: work, desk, car, sofa, table
- **Goal:** Choose one meal a day and practice taking 20-30 minutes to eat. Take smaller bites to start and chew until the consistency of applesauce (chew 20-30 times)

The Hunger-Fullness Scale



1. starving, completely empty, feeling weak/dizzy, “hangry”
2. very hungry, irritable, low energy, stomach growling loudly
3. pretty hungry; stomach is beginning to growl.
4. beginning to feel hungry
5. satisfied, neither hungry nor full
6. slightly full/pleasantly full
7. slightly uncomfortable
8. feeling stuffed
9. very uncomfortable, stomach aches
10. so full you feel sick, nausea

Benefits of Exercise

- Weight maintenance
- Preserves and builds muscle
- Increases your strength, endurance, balance, and metabolism
- Keeps bone tissue dense and strong
- Helps your skin “bounce back”
- Improves energy and mood
- Helps minimize muscle loss after surgery

Types of Exercise

1. _____

Example:

2. _____

Example:

3. _____

Example:

Pre-surgery target goal: _____ total mins a week - 30 minutes, ____ days per week.

After surgery target goal: _____ total mins a week for 30-60 minutes, ____ days per week.

Homework

1. Complete the open book quiz
2. Create a 3 Day Meal plan
3. What tools or strategies are you using to eat mindfully?
4. What kind of exercise did you start?
5. Documented weight at KP clinic
6. Name a success and a challenge you experienced over the month