

# BARIATRICS NUTRITION QUIZ



## What are the Bariatric Lifestyle Habits?

Fill in the missing habits

1. Daily food records
2. \_\_\_\_\_
3. Take daily vitamins
4. Eat lean protein first
5. \_\_\_\_\_
6. \_\_\_\_\_
7. Establishing meal and snack times
8. Meal planning
9. \_\_\_\_\_
10. \_\_\_\_\_
11. Healthy sleep and stress management

List the 3 macronutrients and a food example of each:

Macronutrient	Food Example

**Keeping a food record is not a requirement to move forward to surgery.**

**True/False** (please circle)

**Name 3 things you need track when tracking your food intake:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Name the 4 ways to weigh and measure food:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Which vitamins do you need to take after surgery?**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Name one reason why vitamins are so important after surgery:**

1. \_\_\_\_\_

**I will need to be on bariatric vitamins for the rest of my life.**

**True/False** (please circle)

**Name 2 reasons why protein is so important after surgery:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Circle high protein snack ideas:**

Avocado

Low fat string cheese

Low fat Greek yogurt

Cottage cheese

Nuts

Quinoa

Hard boiled eggs

Tuna in a pouch

**Eating protein first will ensures I'm meeting my protein goals.**

**True/False (please circle)**

**What are the recommendations for daily grams of protein, once you are on a regular diet after surgery?**

- A. 60 grams
- B. 80 grams
- C. 90 grams
- D. 100 grams

**How many grams of protein can your body utilize at one meal?**

\_\_\_\_\_ grams of protein

Premier Protein has 30 grams of protein for every 11 oz. If you consumed 1/3 of the protein shake during the full liquid diet stage, how many grams of protein did you consume? \_\_\_\_\_grams

It's not necessary to read food labels.  
True/False (please circle)

Fill in the blank:

When reading a food label, look for at least \_\_\_\_\_ grams of protein for every \_\_\_\_\_ calories, less than \_\_\_\_\_ grams of total fat, and less than \_\_\_\_\_ grams of sugar, and at least \_\_\_\_\_ grams of total fiber per serving

What are the recommendations for a Bariatric friendly shake?

Protein: \_\_\_\_\_

Total Calories: \_\_\_\_\_

Total Sugar: \_\_\_\_\_

Collagen is considered a high protein source.  
True/False (please circle)

How many ounces of fluids are recommended per day?

- A. 64 oz
- B. 100 grams
- C. 32 grams
- D. 120 grams

Why is it important to separate fluids from your meals and wait 30 minutes after your meals before you drink your fluids again?

List the beverages to wean off from prior to surgery:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are the reasons drinking alcohol is not advised after surgery?

- A. Causes stomach distress
- B. Dumping syndrome
- C. 1 alcoholic beverage equals 3 alcoholic beverages
- D. Higher risk for transfer addiction
- E. When drinking alcohol, most people consume foods that are higher in fat and sugar
- F. All the above

Name 3 Benefits of Establishing a Regular Meal and Snack Time:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Fill in the blank

Aim to eat within \_\_\_\_ hours of waking up

Eat every \_\_\_\_ hours after your first meal

Stop eating \_\_\_\_ hours before bedtime

I need to eat 5-6 times per day after surgery to meet my nutrition goals.  
True/False (please circle)

What is considered a healthy meal and a healthy snack?

1. Meal: \_\_\_\_\_

2. Snack: \_\_\_\_\_

Meal planning is:

- A. Good idea
- B. Necessary to ensure you are eating bariatric friendly meals and snacks and to help meet your nutrition needs
- C. Too time consuming
- D. Unimportant

Keto diet and the bariatric diet are the same.  
True/False (please circle)

Name 3 benefits to Mindful Eating:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name 3 Mindful Eating Habits:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**These factors might affect your eating habits:**

- A. Hunger and fullness
- B. Feelings and moods: happy, sad, mad, bored
- C. Dining companions: friends, family, co-workers
- D. Location: work, desk, car, sofa, table
- E. All the above

**Fill in the blank:**

When following the Hunger and Fullness Scale, you want to be at number \_\_\_\_\_, which means your satisfied, neither hungry nor full or number \_\_\_\_\_, which means you're slightly full/pleasantly full. You never want to be at number 1, which is \_\_\_\_\_ or number 10, which is \_\_\_\_\_

**Exercise is a key habit for long term weight management after bariatric surgery. True/False (please circle)**

**Name the 3 Types of Exercise:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Fill in the blank:**

**Pres-surgery exercise target goal:**

\_\_\_\_\_ minutes total per week, which is \_\_\_\_\_ minutes, \_\_\_\_\_ days per week

**After surgery exercise target goal:**

\_\_\_\_\_ minutes total per week, which \_\_\_\_\_ minutes, \_\_\_\_\_ days per week

**The best exercise is:**

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**Name 3 Sleep Hygiene Strategies:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Name 3 Stress Management Strategies:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Describe the 4 members of your Support Team:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# *Congratulations!*

## **NEXT STEPS**

1. Follow up with the bariatric dietitian
2. Continue with your medical work up & care coordination calls with your bariatric nurse
3. Continue with any additional recommendations by our bariatric psychologist, Dr. Ng

