



Bariatric Nutrition Guide

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AIWeightLossCenter



Alabama Surgical Associates

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What to Expect After Surgery

Fluid Intake: 60-80 oz/day

- Consuming the proper amount of fluid keeps you hydrated, reduces risk of kidney stones, and helps with weight loss.

Vitamins and Minerals: Daily dose of a quality bariatric multivitamin and a calcium citrate.

- After surgery, you will need to take a quality bariatric multivitamin and calcium.
- Taking your bariatric vitamins and calcium is a lifetime commitment.
- Vitamins not only promote good health, they help with weight loss. Win, win!

Vitamin D-Low vitamin D can lead to your body holding on to your fat stores. Sources of Vit D include fortified milk, and fatty fish such as salmon, tuna, and mackerel.

B-12- Vitamin B-12 is essential to cell growth and reproduction. Your nervous system is dependent on B-12, which is mainly found in meats and dairy foods. Although the body stores B-12, this type of deficiency has been well documented in the post-gastric bypass patient.

Calcium- In order to maintain bone strength and avoid osteoporosis, it is necessary to take a calcium supplement. Calcium citrate appears to be more readily absorbed after gastric bypass/vertical sleeve surgery. Calcium citrate is less dependent on stomach acid for absorption.

Iron- Without sufficient iron, your body cannot manufacture enough red blood cells that transport oxygen to all parts of the body. A deficiency in iron results in anemia, which can include symptoms such as light-headedness, weakness, and dizziness. Liquids such as coffee and tea can hinder absorption of iron, while vitamin C-rich foods improve absorption.

Protein Intake: 70-80 g/day for women; 80-100 g/day for men

- After surgery, your protein needs increase, but your ability to eat decreases. A high-quality whey protein isolate protein powder will help you meet these increased needs until you are able to consume more food.
- Consuming adequate protein helps with your energy level, leads to a greater loss of fat versus muscle, helps minimize hair loss, and overall, makes you feel better.

Fullness Cue:

- You will experience a cue that you are full. It might be a runny nose, a burp, a sneeze, a hiccup or a pressure or gurgle in your stomach.
- Once you know what your cue is, learn to stop eating before you experience it. You will learn your fullness cue by eating slowly and being mindful. It takes time, but you will learn to stop eating one bite before your cue appears.
- Stopping before your fullness cue appears ensures that you don't over eat. Over eating can lead to nausea and vomiting. You can also stretch out your pouch or esophagus which will allow you to eat more and lead to weight gain over time.

30-minute Rule:

- After surgery, you'll need to stop drinking 30 minutes before you eat, not drink while you eat and wait 30 minutes after eating to resume drinking.
- Not following the 30-minute rule affects your weight loss by allowing you to eat more at a time; blunting your fullness cue; increasing your hunger, and reducing absorption of nutrients.

Dumping Syndrome:

- Dumping syndrome occurs when food is dumped faster than normal from the stomach in to the small intestine. It can include any combination of severe cramps, diarrhea, sweating, nausea, light-headedness, and heart palpitations (rapid heart rate).
- Dumping syndrome is more common with gastric bypass, but can occur with the sleeve.
- Eating and drinking at the same time, eating too fast, and eating or drinking foods high in sugar/fat can cause dumping syndrome.

Foods and drinks high in sugar include:

*sweets	*instant oatmeal	*jam/jelly
*granola	*kid cereal	*soda
*Ensure/Boost/Slimfast	*sports drinks	*coffee creamer
*chocolate milk	*sweet tea	*flavored yogurts

Foods and drinks high in fat include:

*fried foods	*whole milk	*full-fat cheese
*bacon	*sausage	*hot dogs
*many types of crackers	*chips/snack foods	*biscuits
*most fast foods	*many protein bars	*peanut butter

Limit foods that contain sugar alcohols (i.e. sorbitol, mannitol). Also, remember that many sugar-free foods (cookies, ice cream, etc.) are not calorie-free, and typically take the place of more beneficial foods in your diet. They also may have a laxative effect.

Carbonated Drinks:

- It is best to permanently eliminate carbonated drinks.
- For many people, the carbonation leads to extreme discomfort. One person took a sip of soda and was in pain for 4 hours.
- Even if you aren't lucky enough to experience discomfort with carbonated drinks, it is recommended to avoid them. To quote a patient, "I wish I hadn't had that first sip of soda. Once I allowed myself this, I started eating other unhealthy foods that I used to eat."

Changes Following Bariatric Surgery

Rewarding Changes:

1. Increases in energy and mobility
2. Improvement in health status
3. Improvement in occupational status
4. Improvement in self-confidence
5. Increase in social activities
6. Increased involvement with family and friends
7. Improved relationships with family and friends
8. Increased options for clothing

Emotional Changes:

1. Food can no longer be used to deal with stress, anger, fatigue or other issues
2. Changes in relationships with friends
3. Increased feeling of vulnerability
4. Extent to which weight determines self and perception of self
5. New issues related to excess skin
6. Marital/relational dynamics
7. Conflicting emotions regarding new reactions from others
8. Concern about weight regain

People who successfully deal with these psychological changes after weight loss are motivated to continue with dietary and behavioral modification.

Sometimes we can't anticipate how we will react to these changes. For this reason, it is often helpful to speak with a psychologist before and/or after surgery. We can recommend one to you.

Emotional Eating

“What will I do once my coping mechanism of choice, food, is removed?”

~A difficult day at work, a fight with a friend or family member, a stressful event, boredom...these are just some of the issues that can make us turn to food. When we do so, we are attempting to balance out an unpleasant experience with a pleasurable one-*eating*.

~After surgery, this reaction will not be available as your stomach can't hold much food.

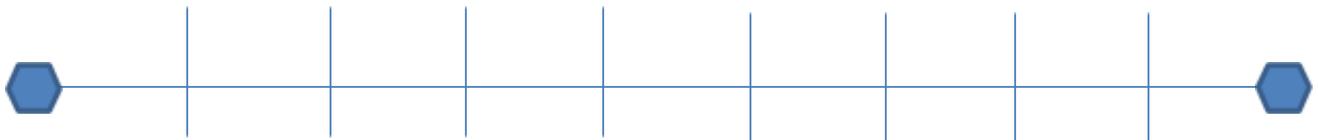
Practice now finding alternative ways of coping. Here are some ideas:

- Put on a favorite shirt or pajamas or wrap up in a soft blanket
- Read
- Listen to music or a book on tape
- Watch a movie or favorite TV show
- Engage in a hobby (sewing, coloring, drawing, etc.)
- Reach out to people (volunteer, join a church group, join a support group, call a friend, etc.)
- Start a project (plan a vacation; organize a drawer or cabinet, etc.)
- Walk your dog
- Pamper yourself with a massage, mani-pedi, new outfit, bath, etc.
- Play with your children

A recent study also revealed that changing the image in your brain can remove your desire for that food. Changing your scenery by going outside or to another room can help. You can also, in your mind's eye, picture a pleasant scene such as the lake or beach.

Hunger/Fullness Scale

1 2 3 4 5 6 7 8 9 10



- Focus on staying between 5 and 6. Avoid the extremes.
- Divide your food into 4 sections. After you eat 1 section, stop and assign a number to your hunger/fullness level. Continue in the same manner until you reach a '5' on the scale.
- Stop at several points while eating and assign a number to your hunger/fullness level. When you reach a 5, take one more small bite. You will be using your internal cues for fullness instead of how much food is left on your plate.
- Tips & Tricks:
 - Eat slowly
 - Take bites the size of your thumbnail
 - Chew each bite until it is mush before swallowing
 - Lay down utensils between each bite

Meal Planning Worksheet

Protein :

Beef	Tofu	Turkey	Egg	Greek Yogurt (<80cal)
Chicken	Pork	Venison	Cottage Cheese	Yogurt (<80 cal)
Fish	Seafood	Low-fat Cheese	Skim or 1% Milk	

- 1 oz of meat = 7 grams of protein (1 oz. of meat =4 dice; 3 oz. meat=deck of cards)
- ½ cup yogurt and cottage cheese contain about 12 grams of protein
- With red meat and pork, the words “loin” and “round” indicate a leaner cut.
- Ground meat should be 90% lean or higher (Ex. Ground turkey, chicken, beef or deer)
- Limit processed meats to 3 times a week (hot dogs, fast food meats, packaged lunch meat, etc.)

- Choose deli meats that are low sodium and less processed (meat sliced for you by the deli dept.)

- **100%** whey protein isolate is the best source of powdered protein

Non-Starchy Vegetables such as:

Asparagus	Broccoli	Cabbage	Cauliflower	Celery
Cucumber	Lettuce	Mushroom	Pepper	Spinach
Summer Squash	Tomato	Turnip	Greens	Beets
Carrot	Onion	Radish	Green Beans	Zucchini
Spaghetti squash	Acorn squash	Butternut squash	Zucchini Noodles	

❖ Some people can't tolerate raw vegetables for the first 2 months after bariatric surgery.

Fats (5 grams of fat per serving)

Olive Oil (1 tsp)	Lowfat mayo (1 Tbsp)	5 pecans/ cashews	1 Tbsp peanuts
9 almonds			
Canola Oil (1 tsp)	Avocado (1/8)	14 unshelled pistachios	3 Tbsp shelled pistachios

❖ Fats are high in calories. Avoid peanut butter and other nut butters

Healthy Carbohydrates: Fruits and Starches

Fruits such as:

Apple	Watermelon	Cantaloupe	Grapefruit	Canned fruit in water
Grapes	Honeydew	Orange	Peach	Pear
Plum	Berries	Banana	Cherries	

Starches

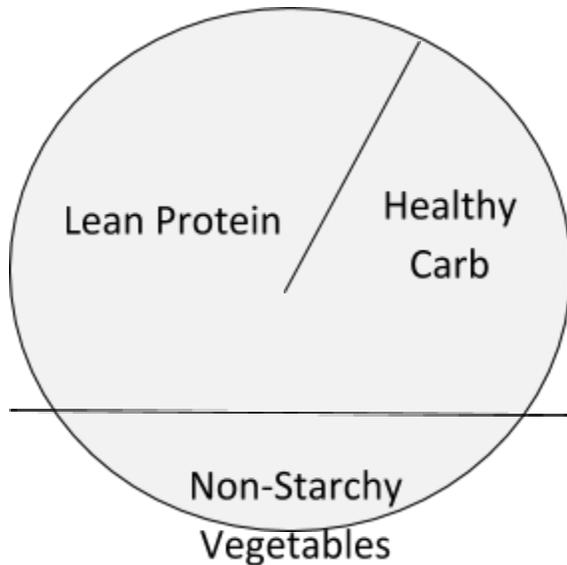
Peas	Pinto/lima/kidney beans	Plain Oatmeal
Sweet Potato/Yam	Brown Rice	100%Whole-wheat Pasta
100% Whole-wheat Bread		

❖ Unhealthy sources of starch include: fried foods, chips, crackers, sweets, mashed potatoes, white pasta, macaroni and cheese, sugary cereals, granola and protein bars that are really candy bars in disguise, soda, sweet tea, and other sweetened beverages, alcohol

Please email us with questions or concerns: troberts@lapbariatrics.com and tara@lapbariatrics.com

Perfect Plate

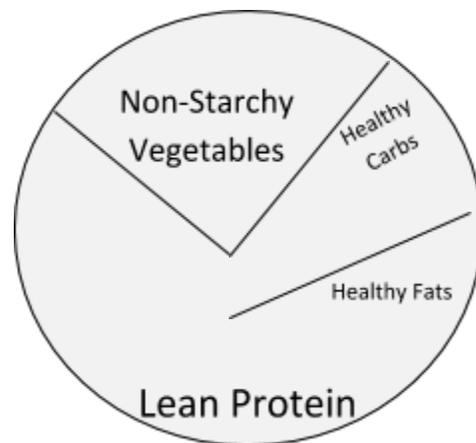
Before Surgery



- 4-6 oz. Lean Protein
- $\frac{1}{2}$ Plate Non-Starchy Veggies
- $\frac{1}{3}$ to $\frac{1}{2}$ Cup Healthy Carb (fruits and starches on meal planning worksheet)
- Use small plates and bowls to help with portion control!

After Surgery

- Your biggest portion should be from lean protein.
- The next biggest will be non-starchy vegetables.
- Use the 3:1 rule of taking 3 bites protein to 1 bite non-starchy veggie.
- Cook food in a healthy fat or include a source with your meal.
- Healthy carbs, which include fruit and non-processed starches, can be eaten in condiment-size amounts.
- TIP: Make sure carb sources are not taking place of protein.



Support Groups

Decatur Support Group: Parkway Medical Center, 1874 Beltline Rd. SW. Decatur, AL. 35601

- This support group meets the 2nd Monday of every month starting at 6pm.
- Location: The Conference Room at Parkway Medical Center.
- Contact: Mrs. Vicki Ford 256-874-4234, if you have any questions.

Florence Support Group: Cross Point Church of Christ, 1350 Cox Creek Pkwy. Florence, AL. 35633

- This support group usually meets the 1st Monday of every month, times vary.
- Location: The Adult Center of the church building. (Directly across from the playground, the building in the middle.)
- Contact: Emily Stutts 256-577-2294, if you have any questions.

Huntsville Support Group: Crestwood Medical Center, 1 Hospital Dr. SW. Huntsville, AL. 35801

- This support group meets the 1st Thursday of every month starting at 6pm.
- Location: Crestwood Medical Center.

Huntsville Support Group: Huntsville Hospital, multiple locations

- There is a meeting on the 1st Thursday of the month starting at 6pm at Corporate University on the corner of Gallatin and Governor's, Huntsville, AL 35801
- There is also a meeting on the 3rd Wednesday of the month starting at 10am at the HH Wellness Center, 1963 Memorial Parkway, Huntsville, AL 35801

Athens Support Group: Athens Limestone Public Library, 603 S. Jefferson St. Athens, AL. 35611

- This support group meets the 1st Tuesday of every month starting at 6 pm.
- Location: Athens Limestone Public Library, 603 S. Jefferson St. Athens, AL. 35611
- Contact: Sandra Lovell 256-771-7600, if you have any questions.

Patient Initiated Support Groups:

- Ask us.

*Supportive groups can be supportive, but can also be sources of inaccurate information. If you have a question about something you hear or see, please contact us for verification.