SMG Bariatric Nutrition 101

Sparrow

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"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." – Socrates

"Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong." – Mandy Hale

"One reason people resist change is because they focus on what they have to give up instead of what they have to gain." – Rick Godwin

"Progress is impossible without change, and those who cannot change their minds cannot change anything." – George Bernard Shaw

"It's not about perfect. It's about effort. And when you bring that effort every single day, that's were transformation happens. That's how change occurs." –Jillian Michaels

"A little progress each day adds up to big results." –Unknown

"A journey of a thousand miles begins with a single step." –Lao Tzo

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Beginning Your Journey to a Healthier You!

Obesity is a chronic disease and there are many factors that cause it. To be successful in your weight loss journey, you must be dedicated and maintain permanent lifestyle changes. While bariatric surgery is not a cure for obesity, it is a tool which will help you achieve a healthier weight and lifestyle.

Weight loss and optimal health is much more than diet and exercise; one must develop healthful habits and behaviors and integrate these into daily life.

The SMG Bariatric team is here to help guide you towards making these lifestyle changes in preparation for surgery and to ensure you are successful after your surgery. The sooner you start, the more prepared you will be for surgery, recovery, and for the rest of your life. Remember, healthy habits create a healthy body and a healthy life!

On the next page in this packet, you will find a Bariatric Surgery Checklist. This is a list of all the possible clearances that might be needed prior to your surgery. Once you complete your first nutrition class, our Nurse Practitioner will message you via MySparrow with your Bariatric Clearances. You may use the checklist in this packet to keep track of your progress.

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Bariatric Surgery Checklist

Initial Physical Appointment Date: _____
Insurance Regimen End Date: _____
Activate Sparrow MyChart portal account: _____
Insurance pre-op weight loss of 10 lbs: _____
Download your My Fitness Pal app on Phone: _____
Initial Labs ordered (fasting 12 hour labs): _____
Chest X-Ray: _____
Birth Control: _____
Cardiac Clearance: _____
Colonoscopy: _____
Coumadin/Blood Thinner: _____
Personal or Family History of DVT/Blood Clot/PE: _____
Endocrine (Thyroid or A1C): _____
H. Pylori Screening (ordered with fasting labs): _____
GI Clearance: _____
Hematology/Oncology Clearance: _____
Mammogram: _____
Medication Clearance: _____
MRSA: _____
Neurology: _____
Nicotine or THC testing (4 negative months required): _____
PAP exam: _____
Pulmonary: _____
Psychological Evaluation Appointment (must call to schedule): _____
Sleep Study: _____
CPAP Chip Check 30 day report: _____
Dietary/Exercise Clearance (Dietitian Brooke): _____
MAC classes (required to complete 4 before consult): _____
EKG (this MUST be updated within 90 days of operation date): _____

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What are your goals?

Goals are what take us forward in life. They are the first steps to every journey we take and are also our last.

What are 3 or more long-term goals you have for your bariatric surgery journey? These can be broad. For example, being able to play outside with your kids or your dogs.

1.

2.

3.

Now, let's get more specific. How are you going to achieve these goals? In order to do that, we use the SMART framework to set goals. SMART stands for:

S- pecific
M-easurable
A-chievable
R-esults Focused
T-ime Bound

For example, a SMART goal would be "I will be eating a minimum of 70 grams of protein by September 6th." Taking this further, you should write out steps for how you plan to get there. So, I will start preplanning my protein choices the night before to make sure I will be eating a minimum of 70 grams of protein.

Now it's your turn, come up with some SMART goals that help you achieve you "habits to start now" along with how you will achieve them (at least one way)

1.

2.

3.

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Food Journaling – Keeping Track for Success

In the SMG Bariatrics program, we recommend tracking your food intake on a daily basis. Your bariatric dietitian will assist in guiding you through this process.

Food journaling increases your awareness of your food habits and promotes accountability. By seeing your daily food habits, you will be able to identify goals to work on.

While it can be uncomfortable to write down "unhealthy" foods you have eaten, recognize that, by doing so, it will help you identify patterns in your behaviors. This allows you to develop strategies to improve these behaviors.

Keeping a food journal will also help your dietitian and bariatric team in their assessment of your diet. They will use your journals to make recommendations to help you meet your pre-surgery and post-surgery nutrition goals.

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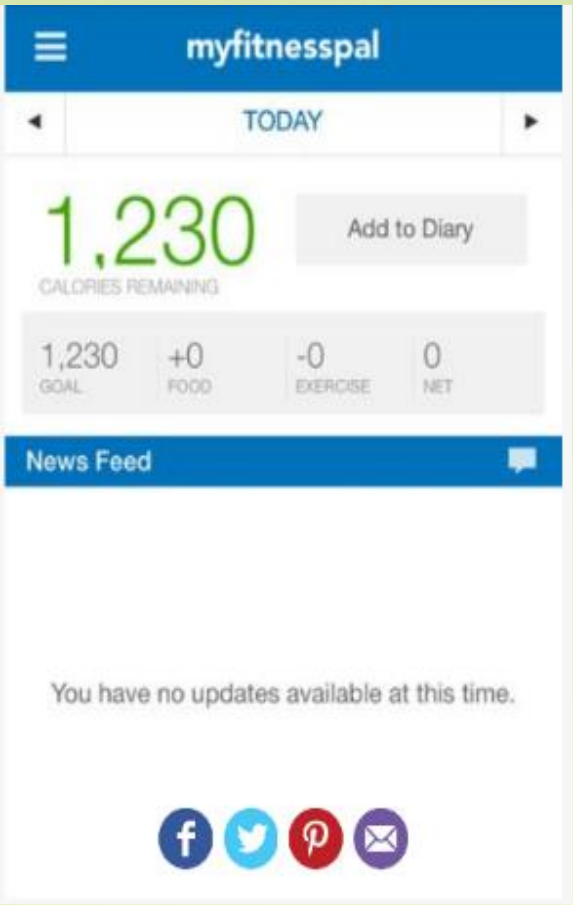
Setting up your MyFitnessPal Account: Step by Step

Before you start logging, we need to reset your calorie goals. Follow the below steps in order to do this.



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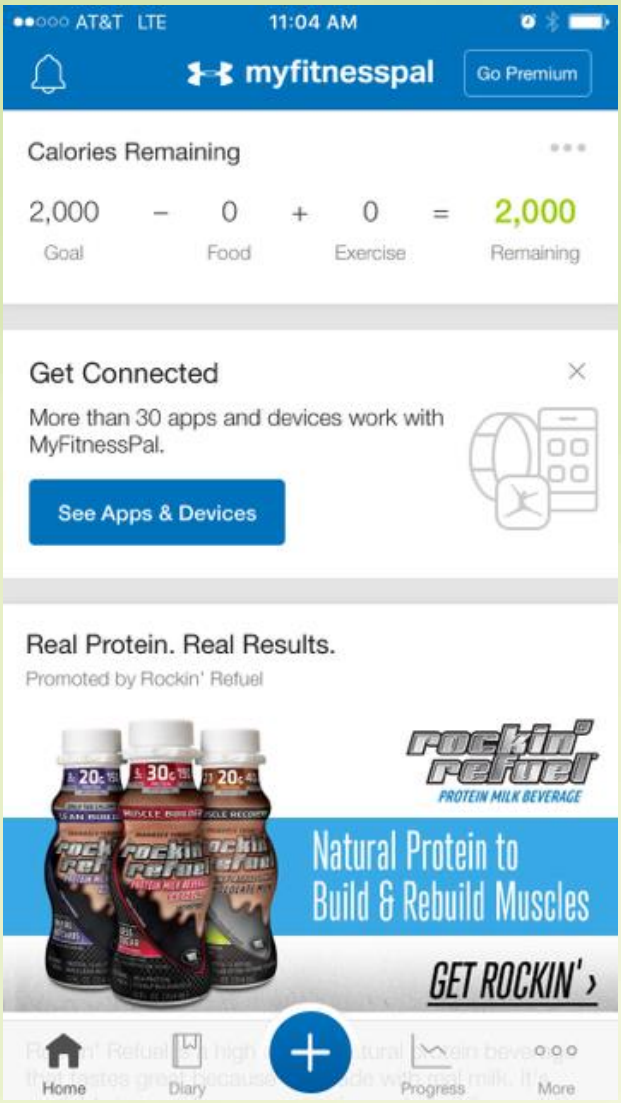
Step 1: Select **"More"** located in the bottom right corner for an iPhone or **three lines in the upper left hand corner** for all other phones.



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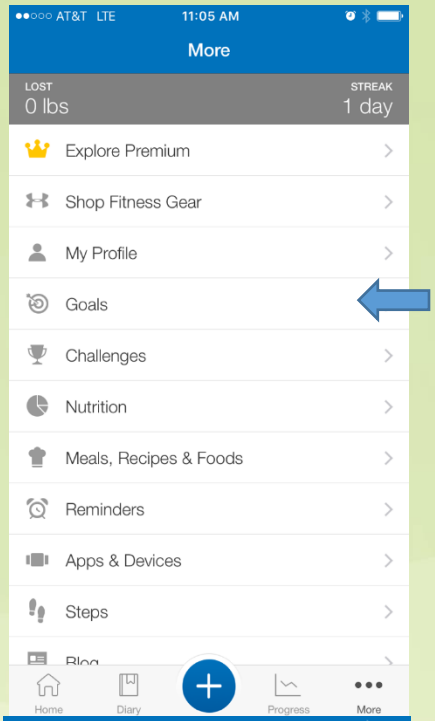
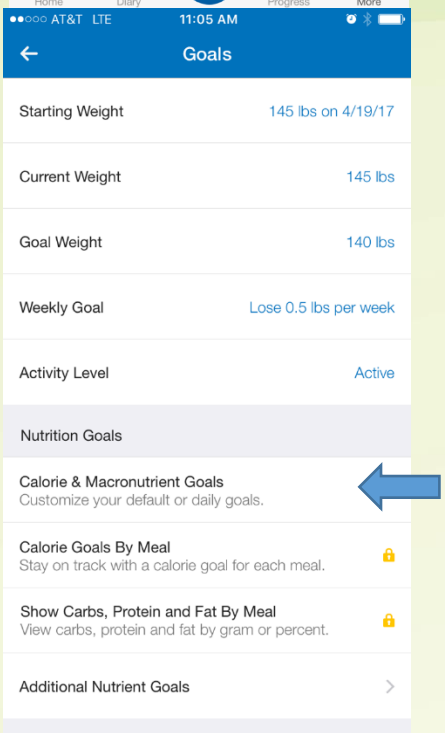
Step 2: Select **"Goals"** on the drop down list- it's located on the 4th line on the list.



Step 3: Select **"Calorie & Macronutrient Goals"** under "Nutrition Goals."



Step 4: Click on "Calories" and change to:

- Women: 1200 calories
- Men: 1500 calories

These goals are to promote a caloric deficit to result in weight loss. Be sure to click the "check mark" in the right corner or your new calorie goal will not be saved.

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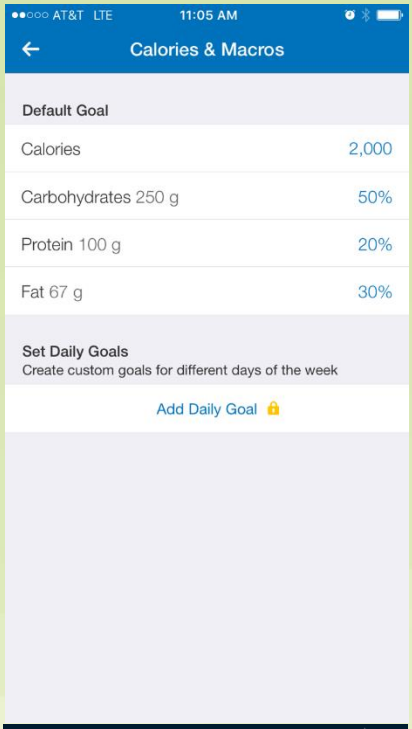
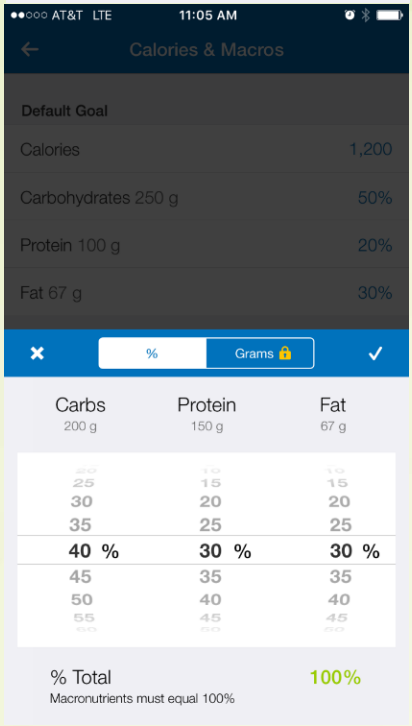


Step 5: Click on "Carbohydrates" and the screen below will pop up. Adjust macronutrient percentages to:

- Carbs: 40%
- Protein: 30%
- Fat: 30%



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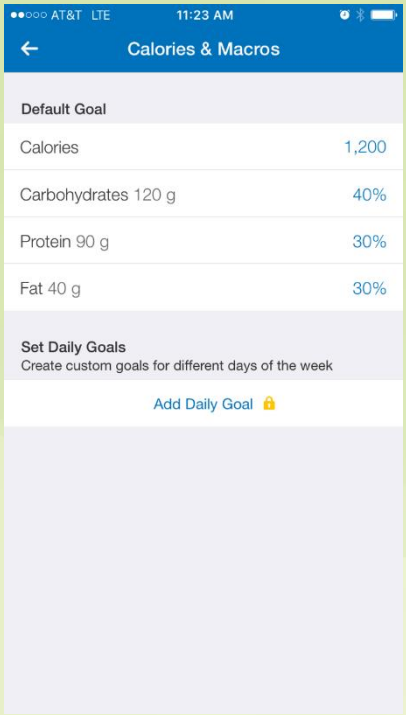
Step 6: Your new "Calorie & Macronutrient Goals" should reflect the changes made. If not, please go back and adjust.



MyFitnessPal has additional features to help make logging your food and beverage intake even easier!

1. **My Foods:** This is located under the blue menu bar, right in the middle (by the green arrow). This allows you to manually enter an item's nutrition (serving size, servings per container, calories, protein, fat, carbohydrates, fiber- at a minimum)
2. **Meals:** Located to the right of "My Foods" (above the purple arrow). This feature allows you to save frequent "meals" or create meals. You can also take a picture of your meal and save this. You have the option to share this meal by making it public- you can also make it only visible to you as an option.
3. **Recipes:** This is located to the right of "Meals" (above the orange arrow). This feature allows you to enter a recipe. You have the option to pull from a website (must have the URL for the

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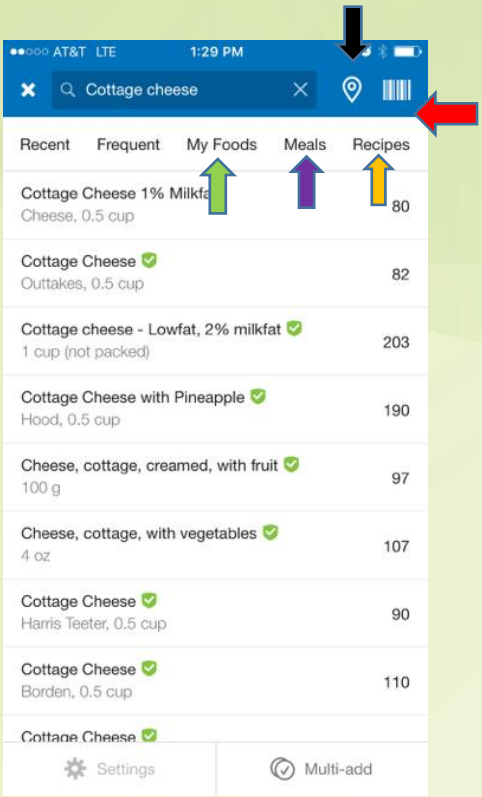
website), or you can enter ingredients manually. You can free text ingredients, and the app will match ingredients with ingredients in the app. You will have to edit the serving size. You also have the option of manually entering ingredients through searching ingredients already in the system. You must still make sure you change the serving size accordingly.

4. **Restaurants:** While some restaurant food items can be done by manually searching and entering items, there is a button on the app that makes this easier. By clicking the "location icon" located to the left of the bar code scanner (below the black arrow), you can locate restaurants that are close to you. You can also search restaurants. Restaurants with a check mark have verified nutrition data available.



The more you explore MyFitnessPal, the easier and more intuitive it will become. If you run into any technical difficulties, never hesitate to reach out to your bariatric team.

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Building a Healthy Foundation – Start Your Day the Right Way

- Always eat breakfast within 1-2 hours after waking up.
- Establish regular meal times throughout the day – do not skips meals or go more than 4 hours without eating.
- Eating breakfast and eating regularly helps your body to maintain stable blood sugar levels. Studies suggest that prolonged fasting can lead to increases in ghrelin, your "hunger" hormone, which can encourage you to overeat at your next meal.
- Choose protein and complex carbohydrates to get your day going. For example: cottage cheese with berries or a protein shake with an apple.

Protein

- Protein is the cornerstone of your diet after surgery. It speeds your surgical recovery and helps to keep you feeling fuller, longer.
- High fat meats, such as pork sausage, salami, prime rib, bacon, and cheese should be substituted for leaner, healthier options such as fish, chicken, lean pork, lean red meat, low-fat dairy products, eggs, and soy products.
- Protein supplements such as protein shakes or bars can be helpful when you need a protein boost. Just watch out for added sugars in these products.
- Your daily protein goal prior to surgery is 70 grams per day. This is the minimum amount of protein you should be consuming each day.

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To meet your 70 gram protein goal, begin planning your day with 5-6 small protein rich meals until you have a 12-14 gram protein option at each of your 5-6 small meals. Review the summary at the bottom of the page to ensure you have met your goal.

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Fresh white eggs - Fresh White Eggs, 2 egg	140	2	9	12	140	0
Add Food | Quick Tools	140	2	9	12	140	0
Snack 1						
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20	0	14	65	19
Add Food | Quick Tools	140	20	0	14	65	19
Lunch						
Starkist Albacore Tuna - 3oz Can, 1 can	90	0	1	20	250	0
Add Food | Quick Tools	90	0	1	20	250	0
Snack 2						
Spartan - Low-fat Cheese Stick, 1 stick	50	0	3	7	200	0
Costco - Deli Turkey: Low Sodium, 1 slices	25	1	0	6	110	1
Add Food | Quick Tools	75	1	3	13	310	1
Dinner						
Generic - Salmon, Boneless Baked 3oz, 3 oz (85g)	121	0	5	17	322	0
Add Food | Quick Tools	121	0	5	17	322	0
Snack 3						
Fairlife - Skim Milk, 1 cup	80	6	0	13	120	6
Add Food | Quick Tools	80	6	0	13	120	6
Totals	**646**	**29**	**18**	**89**	**1,207**	**26**

Now, go back and fill in with vegetables and fruits, whole grains and healthy fats for balance.

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Here are sample completed journal entries which demonstrate how to meet your protein goal within your daily calorie goal.

1,200 Calories

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Fresh white eggs - Fresh White Eggs, 2 egg	140	2	9	12	140	0
Peppers, sweet, red, raw, 0.5 cup, chopped	23	4	0	1	3	3
Add Food | Quick Tools	163	6	9	13	143	3
Snack 1						
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20	0	14	65	19
Blueberries, 0.25 cup	21	5	0	0	0	4
Add Food | Quick Tools	161	25	0	14	65	23
Lunch						
Starkist Albacore Tuna - 3oz Can, 1 can	90	0	1	20	250	0
Premium - Cracker Rounds With Whole Grain, 6 crackers	60	11	2	1	140	0
Miracle whip - Miracle Whip, 1 tbsp	40	2	4	0	95	1
Baby - Carrots, 11 Carrots	35	8	0	1	65	5
hummus - Hummus, 2 tbsp	70	4	5	2	130	1
Add Food | Quick Tools	295	25	12	24	680	7
Snack 2						
Dinner						
Rice - Brown, long-grain, cooked, 0.5 cup	108	22	1	3	5	0
Broccoli - Cooked, Steamed, 1 cup	55	11	0	4	11	2
Butter - Salted, 1 tsp(s)	34	0	4	0	27	0
Generic - Baked Whitefish Filet, 3 oz	144	0	6	21	54	0
Add Food | Quick Tools	341	33	11	28	97	2
Snack 3						
Fairlife - Skim Milk, 1 cup	80	6	0	13	120	6
Strawberries, raw, 1 cup, halves	49	12	0	1	2	7
Add Food | Quick Tools	129	18	0	14	122	13
Totals	1,164	108	35	106	1,417	49

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1,500 Calories

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Real egg - Egg Beaters, 0.5 cup	60	2	0	12	230	2
Grapes - Raw, 0.5 cup	31	8	0	0	1	7
Oatmeal - Oatmeal, 0.5 cup cooked	150	27	3	5	0	1
Butter - Unsalted, 1 tbsp(s)	102	0	12	0	2	0
Add Food | Quick Tools	343	37	15	17	233	10
Snack 1						
Dannon - Okio's- Triple Zero Greek Yogurt Chocolate, 5.3 oz	120	14	0	15	70	6
Add Food | Quick Tools	120	14	0	15	70	6
Lunch						
Chicken Breast - Chicken Breast (3oz), 3 oz	128	0	3	24	0	0
Generic - Mixed Greens Lettuce, 1 cup	9	2	0	1	14	0
Homemade Low Fat Vinaigrette - Salad Dressing, 1 tbsp	80	0	7	0	180	0
Sweet Potato, 0.75 cup (133 g)	86	20	0	2	55	5
Filippo Berio - Olive Oil, 0.5 Tbsp	60	0	7	0	0	0
Add Food | Quick Tools	363	22	17	27	249	5
Snack 2						
Kraft - Low Moisture Part Skim Mozzarella Cheese, 1 stick (28g)	80	1	6	7	200	0
Dinner						
Chili's - Cup of Chili, 0.75 cup	150	5	11	8	398	2
Sargento - Low Fat Mozzarella Cheese (Shredded), 0.25 cup	70	1	5	8	210	0
Broccoli - Cooked, Steamed, 1 cup	55	11	0	4	11	2
Premium - Cracker Rounds With Whole Grain, 6 crackers	60	11	2	1	140	0
Add Food | Quick Tools	335	28	18	21	759	4
Snack 3						
Kroger - Cottage Cheese Low Fat, 0.5 cup (113g)	90	4	3	12	370	4
Blueberries, 0.5 cup	43	11	0	1	1	8
Add Food | Quick Tools	133	15	3	13	371	12
Totals	1,459	126	60	112	2,167	43

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Fluids

- Adequate fluid intake is essential to prevent dehydration. It also assists with weight loss.
- Aim for 64-80oz of non-caloric fluids; water is preferred.
- Post-surgery, you must avoid caffeine and carbonation completely and avoid alcohol for one year. Yes, this means no coffee or pop, even Diet, after surgery. This is to minimize risk for acid reflux and prevent stomach ulcers.
- Purchase a water bottle that holds 24-32oz of water to help you keep track of your daily water intake. Record your water intake in MyFitnessPal.
- You may flavor your water with fruits (berries, citrus), vegetables (cucumber), Mio Liquid Water Enhancer, Sweet Drops Liquid Stevia, Water Drops, Crystal Light.
- Propel Zero and Vitamin Water Zero are okay to drink as well.

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Vitamin and Mineral Supplementation

The American Society for Metabolic and Bariatric Surgery sets guidelines for vitamin and mineral supplementation to ensure bariatric patients are meeting their nutritional needs post-surgery. No matter which bariatric procedure you undergo, you can expect to consume less food following your surgery. This makes it difficult to meet your nutrient needs each day which puts you at risk for nutritional deficiencies. Complete bariatric multivitamins simply contain a combination of vitamins and minerals that make it easier to fill in your nutritional gaps.

In addition to taking a Bariatric Multivitamin daily, there may be other vitamin and minerals you will need to supplement depending on the surgical procedure you undergo.

Gastric Sleeve: You will need to take a complete multivitamin, calcium with Vitamin D, and may need iron and Vitamin C, Vitamin D, and Vitamin B12.

Gastric Bypass/Roux en Y: You will need to take a complete multivitamin, calcium with Vitamin D, and may need iron and Vitamin C, Vitamin D, and Vitamin B12. Others may be recommended as well.

Supplements should be spaced out throughout the day to promote best absorption.

Throughout your pre surgical program as well as post-surgery, your dietitian will monitor your blood levels to develop an individualized supplement regimen to meet your unique nutritional needs. If you are currently prescribed vitamin and mineral supplements, please let your bariatric team know so that we may update your medical records. This may impact our recommendations for you.

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What to Work on Now

In order to be successful in this program, it will be necessary to form new habits and daily routines. This may be challenging, but, don't worry, our staff will be here to coach you through the whole process. Remember, nothing great ever comes easily. You must take responsibility for actually making these changes and turning them into habits. Our most successful patients are the ones who follow our coaching advice and stick to it - consistently.

Listed below are changes that you should start making now, if you aren't currently doing so. As the program progresses, you will be adding more to this list. So, it is important to begin working on these now, so as you progress through the program, you aren't overwhelmed.

- Journal in MyFitnessPal daily
- Eat 5-6 times per day.
- Consume a minimum of 70 grams of protein per day.
- Drink a minimum of 64oz of water per day- your goal is to be at 80oz. by surgery.
- No caffeine, carbonated beverages or alcohol.
- Meal Planning- whether it is daily, weekly, etc.
- Daily Bariatric Multivitamin – no gummy vitamins. Capsule, chewable, or soft chew forms are acceptable.

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