

NUTRITION 102

SMG Bariatrics

QUICK REFRESH

Up until this point you have been working on the following:

- Journal in MyFitnessPal daily.
- Eat 5-6 times per day.
- Consume a minimum of 70 grams of protein per day.
- Drink a minimum of 64 oz. of water per day with a goal to be at 80 oz. by surgery.
- Meal planning; whether it is daily, weekly, etc.
- Not drinking any caffeine, carbonated beverages or alcohol.
- Taking a Daily Bariatric Multivitamin.



NEW HABITS

Now, let's add some new habits to add to your routine:

- Eat slowly; take at least 20 minutes to eat
- No liquids with meals or snacks; wait 30 minutes after you eat to drink
- Chew foods to applesauce consistency
- Eat without distractions
- Avoid foods with added sugars
- Measure foods – consider investing in a food scale



POUCH CAPACITY FOLLOWING SURGERY

Your new stomach pouch will only be able to hold so much following surgery.

- Right after surgery: 4 oz. of food and 6 oz. of liquids
- Close to one year post-op: 8 oz. of food or liquids



CALORIE GOALS FOLLOWING SURGERY

1. Discharged for the hospital → Two weeks post op: 500-600 calories, 50-60 grams of protein
2. Two weeks → Four weeks post op: 800 calories, 70 grams of protein
3. Four weeks → 3 months post op: 800-1,000 calories, 70 grams of protein

FLUID REMINDERS

No alcohol for 1 year post op – metabolism of alcohol is quicker, alcohol stresses the liver, and alcohol contains empty calories

No caffeine – caffeine is mildly dehydrating, decreases absorption of calcium and iron, and it's acidic nature can increase risk for ulcers

No carbonation – bubbles can cause pain and stretch your pouch, sugary drinks also contain additional calories which can lead to sabotage



MEAL SWAPS

Remember, the key to sustaining healthy habits is to make small changes.

Let's practice some healthy meal swaps.

Original Meal:

McDonald's Cheeseburger with a large fry and large soda

Meal Swap:

McDonald's Grilled Chicken Snack Wrap with no cheese, small fry, unsweetened iced tea (ideally water because tea contains caffeine)

MEAL PREP TIPS

How to meal prep:

Containers are essential – Tupperware or glass

- BPA free and microwave/oven safe
- Plastic bags or reusable plastic bags, for example, Stashers

Plan

- Start by planning a few days – make sure there's variety
- Brainstorm meals
- Find recipes online or in a cookbook
- Write your grocery list
- Shop!

Prep

- Precut fruits and veggies
- Pack small snack baggies to help with portion sizes
- Experiment with spices or sauces to add flavor

MEAL PREP TIPS

Time

- All at once
- The day before
- The morning of
 - It's up to you! Whatever works best with your schedule

Cook

- Meal prepping does not mean that you have to cook and prep everything
 - Marinate chicken breasts, place in freezer, defrost when ready to use

GROCERY SHOPPING TIPS

Plan before you buy

- Make a grocery list including all items you will need for your meals and snacks
- To save money, use coupons, check weekly grocery ads, stock up on sale foods
- Plan your proteins first

Convenience

- Single serve packages or pre cut fruits and veggies, hummus, yogurt, cottage cheese, tuna packets, etc., might cost a little extra, but are easy to pack and transport

Shop the Perimeter, Mostly

- Unhealthy options tend to lurk in the center aisles (but, can also be right out front and center) - don't deviate from your list!

Choose real foods as opposed to processed foods

Steer clear of flashy marketing – junk foods tend to catch our (and our kids' eyes)

Avoid foods with artificial sweeteners



Timesaving Apps and Services

1. Shopwell App
2. Free Shopping List Ease App
3. Shipt App
4. Curbside Pick Up: Some major grocery stores (Meijer & Kroger) allow you to order your groceries online and pick up curbside. A huge time saver!

CARBOHYDRATES

Our brain needs carbs, but moderation is key!

Your goal is to choose complex carbs as opposed to simple, refined carbs

The healthiest sources of carbohydrates: unprocessed or minimally processed whole grains, vegetables, fruits and beans. These promote good health by delivering vitamins, minerals, fiber, and a host of important nutrients.

Unhealthier sources include: white bread, pastries, sodas, and other highly processed or refined foods. These items contain easily digested carbohydrates that may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.



Carbohydrate Goal Reminder

For 1200 calories per day, your carbohydrate intake should not exceed 120 grams.

For 1500 calories per day, you should not exceed 150 grams.

This is = 40% of your daily intake.

Choosing Healthy Carbohydrates

1. Pay Attention to Fiber Content

Why is fiber so important?

Fiber passes through the digestive tract and cannot be digested completely by the body. It regulates the body's use of sugars, helping to keep blood sugar and hunger in check.

- It helps us stay full after eating
- Lowers cholesterol
- Prevents constipation
- Helps keep your blood sugars within a healthy range

Fiber Goals

What is the recommended intake?

- Women: 25 grams per day
- Men: 38 grams per day

Fiber Continued

Fiber is found naturally in plant based foods.

The skin or peel of fruits and vegetables provides a larger amount of fiber. It can also be found in beans and lentils, whole grains, nuts and seeds.

The more processed or refined a food becomes, the less fiber it has.

For example, one medium apple contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

Here is a list of foods naturally high in fiber:

Black Beans

Pear

Avocado

Almonds

Edamame

Refried Beans

Quinoa

Whole Grains

Tips to Increase Fiber

- Increase your intake gradually
- Be sure to drink plenty of fluids (at least 64 oz.!) Increasing fiber without drinking enough water can lead to constipation.
- Fiber supplements can be taken per your physician recommendations- but always try to get your fiber from food first.

Choosing Healthy Carbohydrates

2. Consume Plenty of Fruits and Vegetables

Fruits and Vegetables

- Packed full of nutrients, are low-calorie, and very filling due to their fiber content.
- Aim for 5+ servings per day (ration of 3 vegetables and 2 fruits)
- Start with 1 fruit and 1 vegetable per day.
- Gradually increase until consuming 5+ servings.

Fruit and Vegetable Serving Sizes

Fruit and Vegetable Serving Sizes

- One cup of fruit or vegetable – non-starchy vegetables are encouraged
- One piece of fruit (5-6oz.)
- 3 cups of leafy raw vegetables such as cabbage, spinach, or lettuce
- ½ cup of beans/legumes (black beans, garbanzo beans, lentils)
- Not recommended: dried fruits or juice
- Vegetables = 50 calories/cup
- Fruits = 100 calories/cup

Getting Started with Fruits and Veggies

- Buy fresh, frozen, and canned (low sodium). Keep a variety on hand.
- Fresh and frozen are more nutritious than canned, but canned vegetables are a better option than other convenience foods such as fast food.
- Use fresh garlic, herbs, spices, and flavored vinegars to season your vegetables.

PROTEIN

Assists in proper wound healing

Helps body burn fat instead of muscle

Supports your metabolism

Keeps you fuller, longer

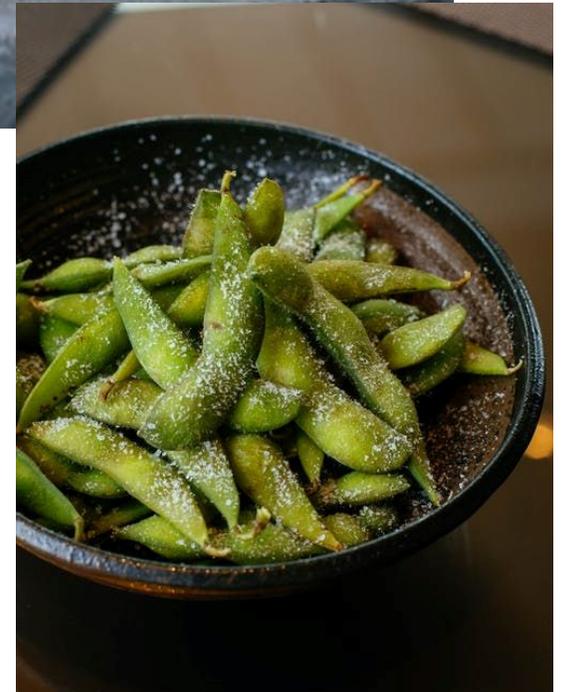
Helps keep hair, skin, and nails healthy

Your goal is to eat 70-90 grams of protein daily

- Note: the body cannot absorb more than 30 grams at once

Variety is key!

- Meat, poultry, eggs
- Seafood
- Legumes, grains, vegetables – also contain FIBER



Protein Goal Reminder

Your goal is to consume 70-90 grams of protein per day.

If you are eating 5 times per day, aim for at least 14 grams of protein per time.

If you are eating 6 meals per day, aim for at least 12 grams of protein per time.

DIETARY FAT

Dietary fats are essential for energy and to support cell growth

They also protect organs and keep the body warm

Four types:

- ▣ **Saturated fats** – solid at room temperature, raise LDL cholesterol – *coconut, fatty meats, desserts, dairy, oils*
- ▣ **Trans fats** - solid at room temperature, raise LDL cholesterol – *fast foods, fried foods*
- ▣ **Monounsaturated fats** – liquid at room temperature, lower LDL cholesterol – *olive oil, nuts, avocados, green olives*
- ▣ **Polyunsaturated fats** - liquid at room temperature, lower LDL cholesterol – *soybean oil, nuts and seeds, fish*

Fat contains 9 calories per gram whereas carbs and protein contain 4 calories per gram



VITAMINS AND MINERALS

Taking your vitamins and mineral pre and post surgery is ESSENTIAL.
Think of this as a *lifetime commitment*.

Iron

- Carries oxygen from our lungs to transport throughout the body
- Inhibited by calcium – must wait **2 hours** after taking calcium to take iron supplements

Vitamin D

- Helps maintain normal blood levels of calcium and phosphorus which contribute to bone health
- Take this with your multivitamin as calcium enhances vitamin D absorption

Calcium

- The body does not produce this, therefore, we need to eat calcium rich foods and take supplements
- 2 weeks post op – **1500mg calcium citrate** everyday

Vitamin B12

- Required for red blood cell formation, neurological function, and DNA synthesis

Multivitamin

- As per ASMBS guidelines – take MVI along with additional supplements



NUTRIENTS THAT PROMOTE HEALTHY HAIR GROWTH

- Protein
- Iron
- Biotin
- Omega-3 Fatty Acids
- Vitamin B12
- Vitamin A
- Calcium
- Zinc
- Selenium



FOREVER GUIDELINES

- Use MyFitnessPal daily
- Eat 5-6x per day
- Limit amount of food eaten to 8 oz. at one time (4 oz. right after surgery)
- Protein first! Consume at least 70 grams daily
- Avoid added sugars and high fat foods
- Chew foods to applesauce consistency
- Take at least 20 minutes to eat
- Avoid grazing and drinking your calories
- Wait 30 minutes to drink after eating
- Drink at least 64 oz. of water daily
- No caffeine or carbonated beverages
- Take your supplements!



SEND ANY QUESTIONS TO
SMGBARIATRICS@SPARROW.ORG or
VIA MYSPARROW.

