

Bariatric Surgery Patient Manual

A Guide to Surgery and Lasting Weight-Loss Success



ENGLEWOOD HEALTH
PHYSICIAN NETWORK

Welcome

Thank you for choosing Englewood Health for your bariatric surgery. We are excited to be a part of your weight-loss journey and commitment to improving your health and quality of life. Throughout this experience, you will work with our expert and compassionate surgical team who will provide information, address any concerns, and support you every step of the way.

This manual will introduce you to the team including your care coordinator, who will personally guide you through every step of your individualized plan. It includes a description of the two kinds of surgical procedures, instructions for preparing for surgery, and information about what to expect after your procedure. You will also find information and resources to help you make your weight loss journey a lasting success.

It is important that you be fully informed about your procedure and understand both the pre- and post-operative instructions you must follow to ensure optimal results. During your visits, your surgeon will describe the procedure you are about to undergo, provide pre- and post-op instructions, review your medications, go over the diet you will follow before your surgery, and review what and how to eat after the procedure. You will learn about the importance of nutrition, including vitamin and protein supplementation, and how exercise and emotional well-being can be powerful tools to keep you healthy. Your doctor will also review long-term goals and strategies to help you keep the weight off.

Please bring this manual to your care coordinator and consent-sign meetings. It includes forms to be completed and useful information you will refer to during those visits.

We are excited to accompany you on this life-improving journey and ready to support you all along the way. Congratulations on taking the first step!

With our very best wishes,

Your Englewood Health Bariatric Surgery Team

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Your Healthcare Team

Your life-long success with weight loss depends on your willingness to change your relationship with food and the foods that you eat. Throughout your experience, you will work closely with a team of weight loss experts who are dedicated to helping you make that change.

Your bariatric surgical care team includes experienced professionals who specialize in every aspect of weight loss. These include board-certified surgeons, nurse practitioners, integrative medicine specialists, dietitians, social workers, and many other caring professionals from a wide variety of disciplines. Our team approach provides the kind of comprehensive support that can lead to lasting weight loss, improved health, and a better quality of life.

Additional specialists are enlisted as needed. Depending on your particular medical conditions, these may include cardiologists, gastroenterologist, endocrinologists, pulmonologists, physical therapists, and others who will address any issues related to your condition to ensure your health and safety.

Your Care Coordinator

All patients are assigned a care coordinator, a dedicated professional who provides support and guidance from the period before surgery to post-surgery and beyond. Your care coordinator will:

- Answer questions you or your family members have and address any concerns.
- Act as a liaison between you and the rest of the care team.
- Facilitate appointment scheduling.
- Submit documentation to your insurance company for coverage approval.
- Help you find a specialist or service when needed.
- Offer additional resources to help you lose weight and improve your health.

Your patient care coordinator is:

_____.

Phone number: _____ **EXT:** _____

Please stay in regular touch with your coordinator by phone or through MyChart to keep them informed of your progress.

Weight Loss 101

What is obesity?

Obesity is a complex, progressive disease requiring lifelong treatment and monitoring. According to the Mayo Clinic, it is a result of “inherited factors combined with the environment and personal diet and exercise choices.” It is not evidence of a lack of will power or a moral failing.

Obesity is diagnosed as having a body mass index (BMI) of 30 or more. (You can calculate your BMI through many online tools.) If left untreated, obesity can increase the risk for other serious medical issues, including diabetes, heart disease, high blood pressure, and some cancers, and can increase the risk for COVID-related deaths. Obesity can also significantly reduce one’s quality of life.

How can bariatric surgery help?

One of the most effective treatments for substantial weight loss and maintenance is bariatric surgery. It was developed over 30 years ago and has become increasingly safe and effective as improvements in technology, experience, and surgical techniques have been made over the years.

Bariatric surgery works in many different ways. It changes your appetite, metabolism, satiety and even hormones. Studies have shown that successful bariatric surgery can help resolve complex medical issues, increase life expectancy, and improve quality of life.

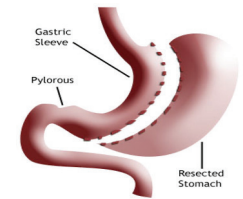
Types of Bariatric Surgery

Below are three procedures offered by our bariatric surgery team. Each procedure works in a slightly different way to reduce appetite, limit food intake, or change how the body absorbs calories and nutrients.

For additional information and to learn about the advantages and disadvantages of each, please visit: englewoodhealth.org/bariatrics

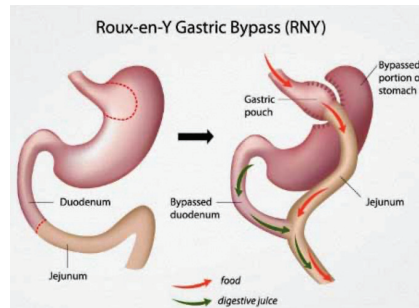
Laparoscopic Sleeve Gastrectomy

- In a sleeve gastrectomy, the stomach is reduced to about one quarter its original size.
- The stomach is stapled and cut, giving it the shape of a tube or sleeve.
- With a smaller stomach, you will feel full sooner and eat less.
- Sleeve gastrectomy also removes cells that produce ghrelin, the hormone that is associated with increased appetite and cravings.
- Length of hospital stay: 2 days, 1 night



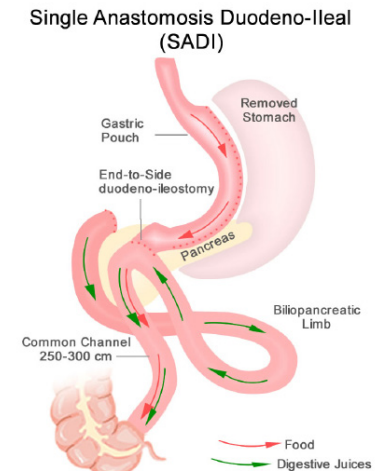
Laparoscopic Roux-en-Y Gastric Bypass

- The Roux-en-Y gastric bypass changes how the stomach and small intestine handle food.
- First, a small pouch, is made from a part of the stomach. This pouch, which functions as the new stomach, is smaller than the original so you feel full with less food.
- The pouch is connected to the small intestine, which results in the bypass of food from most of the stomach and part of the small intestine. Like the sleeve gastrectomy procedure, Roux-en-Y results in a change in the production of different hormones, which can help patients lose weight by lessening appetite and cravings. But because the stomach is the first portion of the intestines, it no longer sees food and changes the hormonal environment and greatly helps weight loss.
- Length of hospital stay: 2 days, 1 night. t



Single Anastomosis Duodeno-Ileal Bypass with Sleeve Gastrectomy SADI-S

- This procedure begins similarly to a sleeve gastrectomy, with the stomach reduced to a narrow, tube-like shape.
- The first part of the small intestine is then divided just beyond the stomach.
- A loop of intestine, measured several feet from its end, is brought up and connected to the stomach. This single connection is what gives the procedure its name.
- Food passes from the stomach directly into the lower portion of the small intestine, where it mixes with digestive juices from the bypassed segment.
- The design of the procedure allows for significant weight loss while maintaining enough absorption of vitamins and minerals to support healthy nutrition.
- Length of hospital stay: 2 days, 1 night



First Steps

Your weight loss journey begins with the steps outlined below. You will need to complete each one to proceed to surgery. Your care coordinator will answer any questions you may have and will work with you to stay on track. (Please remember to bring this manual to your appointments.)

MyChart

First, you will want to sign up for the MyChart patient portal. This will allow you to keep track of your medical record, communicate with your health team, and keep a record of your progress. In MyChart you can:

- Send messages directly to your doctor.
- Request prescription refills.
- Make and cancel appointments.
- Review your medical history.

Bariatric Educational Video

We want you to be fully informed about your surgery. If you have not already done so, please watch the bariatric patient education video at englewoodhealth.org/bariatrics and take the quiz at the end.

Letter of Support/Medical Necessity

Insurance companies require a letter of support/medical necessity from the patient's primary care physician (PCP). Please ask your PCP to complete the form and fax it back to us. Our fax number is 201-894-0093.

Blood Tests

After your initial evaluation you will be required to get blood tests. Please contact your doctor's office or Englewood Hospital's lab (201-608-2245) to make an appointment. Once your blood draw is complete, please ask to have your results faxed to us. Our fax number is 201-894-0093.

Sleep Evaluation

If you are at risk for sleep apnea, the Sleep Center at Englewood Hospital will contact you to arrange for a sleep study. Please note: If you are diagnosed with sleep apnea, you will need to bring your CPAP machine with you to your surgery.

Specialty Evaluations

Some patients may need to see medical specialists for additional testing, evaluation, clearance, or recommendations before they can be cleared for surgery.

If you are asked to see a specialist, please set this appointment up at least 1-3 months before your scheduled procedure. Depending on your health, you may be asked to see a/an:

- Cardiologist
- Endocrinologist
- Hematologist/Oncologist
- Gastroenterologist
- Pulmonologist

Supervised Medical Weight Loss

You will need ____ months of medically supervised weight-loss sessions. These visits may be with:

- A physician who specializes in weight-loss management
- A dietitian

Please see the referral list. It is important that you continue appointments with the dietitian after surgery and for the long term. Visits must be consecutive to prevent insurance denials.

Psychological Evaluation

A psychological evaluation is required for approval for bariatric surgery. See the mental health referral list to find a provider.

Mandatory Pre-Op Class

One month before your surgery, you will be required to attend the pre-surgery educational class. The class is held the first Tuesday of every month.

Date: _____

Medical Clearance Work-Up

Pre-admission blood tests, medical evaluations, and medical clearance must be completed 2–4 weeks before your surgery. If you have diabetes, your HbA1c must be <7. Please note: Medical clearance and labs are good for only 30 days.

Insurance Approval

Some insurance companies will not approve bariatric surgery if you gain weight after the request for coverage has been made. To increase the likelihood of receiving approval and to decrease your risk of surgical complications, we encourage you to start an exercise regimen and make healthy food choices to aid in weight loss prior to requesting the approval.

Please call your care coordinator as you complete each of the above steps. Your coordinator will answer any questions and help you stay on track.

Once your file is complete, the required documents can be submitted to your insurance company for approval. We will call you as soon as we receive a response. This may take 4–6 weeks.

Consent-Sign Visit

Once you have completed the requirements, your coordinator will schedule you for a consent signing visit with your surgeon. During this visit the doctor will describe your procedure, review its risks and benefits, discuss your new diet and nutrition needs post-surgery, answer questions and address any concerns. At this visit you will also be asked to sign a consent form if you decide to move forward with the procedure. (Please remember to bring this manual to your appointment.)

Preparing for Surgery: 6 Months Before Surgery Through Day of Procedure

3–6 Months Before Surgery

Three to six months before surgery, you will work with one of our registered dietitians to learn how to make diet and lifestyle changes to help ensure long-term weight loss success. You will get practical information and helpful tips about nutrition, exercise, and a healthy lifestyle. Understanding and adopting these new habits can make you healthier, improve your quality of life, and help you keep excess weight off for life.

6–8 Weeks Before Surgery

Research shows that smoking can lead to poor wound healing and increase the risk for blood clots. If you smoke, you must stop at least 6–8 weeks prior to surgery. This includes e-cigarettes, hookah, marijuana, and vaping. Englewood Health's Smoking Cessation Program can help you to quit. For more information, go to englewoodhealth.org/calendar.

4 Weeks Before Surgery

To reduce the risk of post-surgical blood clots, women taking estrogen-based birth control (oral or NuvaRing) should stop taking it four weeks before their scheduled surgery. They must also wait four weeks after having their surgery to resume it.

2 Weeks Before Surgery

- Attend your appointment for consent signing, where you will go over risks and benefits of surgery.
- Also you will be prescribed medications which may include a scopolamine patch and omeprazole.
- This is the time when you will need to eliminate most starches and added sugars. This diet is designed to reduce the size of your liver and make surgery easier and safer for you and your surgeon.
- Aim for 60+ ounces of water a day
- Practice taking 20-30 minutes to eat each meal

Liver-Shrinking Meals	
MEAL	WHAT TO EAT
Breakfast	<ul style="list-style-type: none">• Protein shake (20–30 g protein <2 g sugar)• Example: 1 scoop of protein powder in 8 ounces unsweetened almond milk
Lunch	<ul style="list-style-type: none">• 20-30 g protein with 1-2 cups of non-starchy vegetables• Example: 1 cup tofu or 1/2 cup beans or 3 ounces chicken breast, plus 2 cups salad
Dinner	<ul style="list-style-type: none">• 20-30 g protein with 1-2 cups non-starchy vegetables and 1/2 cup or 1 small piece of fruit• Example: 3-4 ounces fish, 2 cups broccoli, and 1/2 cup blueberries

10 Days Before Surgery

- Stop all nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, aspirin, and naproxen sodium 7 to 10 days before your procedure. Also stop taking the following supplements: St. John's Wort, vitamin E, omega fatty acids, and any herbal supplements.
- Stop blood thinners, as instructed by your PCP.
- Continue to take all other medications, such as blood pressure medication, as prescribed by your PCP.
- If you have diabetes, follow your PCP or endocrinologist's instructions regarding your medications.

2 Days Before Surgery

You will be on a liquid protein diet consisting of one shake for each meal. Examples of high protein shakes include Ensure Protein Max and Premier Protein. These can be purchased at your local grocery store or pharmacy.

- 1 protein shake for breakfast
- 1 protein shake for lunch
- 1 protein shake for dinner

A fourth protein shake is acceptable if you are really hungry.

It is important to stay hydrated. Please drink at least 60 ounces of fluid a day. You can have 1 sugar-free item daily. It is important to stay away from sugary drinks and artificially sweetened drinks unless otherwise indicated by your surgeon.

Here are some items to help you stay hydrated:

- | | |
|---------------------------|---|
| • Crystal Light | • Water |
| • Sugar-free Kool-Aid | • Miso soup |
| • Decaffeinated tea | • Diet Snapple |
| • Herbal tea | • Smartwater |
| • Broth/consommé | • Vitaminwater |
| • Propel Water | • Zero Water (Fruit20) |
| • Diet gelatin | Country Time Zero-Sugar
Lemonade |
| • Ocean Spray Light juice | • Luigi's No Sugar Added
Italian Ice |
| • Sugar-free ice pops | |

Please note: No caffeinated drinks are allowed.

Morning of Surgery

- You may drink CLEAR LIQUIDS ONLY, up to the time you leave for the hospital.
 - Clear liquids include water, tea, and Gatorade (regular).
 - NO milk, coffee, or juice are allowed.

Arrive at the hospital three hours before your scheduled surgery. You will receive an IV, antibiotics, and an injection of blood thinners when you arrive.

After Your Surgery:

Post-Operative Instructions

Immediately following your surgery, you will be taken to the recovery room where you will be monitored and cared as you recover from the anesthesia. If you have any pain or nausea that is not well controlled, your nurse can provide medications to reduce these symptoms. Once you have recovered from the anesthesia, you will be encouraged to walk around your room and use the bathroom.

Discharge Criteria

Most patients can go home after one night in the hospital. Before discharging you, your surgeon will first make sure any pain or nausea are well controlled and that you can tolerate 3-4 ounces of liquid per hour consistently.

Discharge Medications

- Diabetics will be asked to stop all medications unless otherwise directed by their physician. Diabetic patients should continue to monitor their blood sugar levels. If these numbers go below 80 or rise above 200, call your PCP or endocrinologist for instructions. Once you are back home, you should continue to monitor your blood sugar 3 times a day. Always contact your physician if your results are too low or too high.
- If you need pain relief, take Tylenol first. If it does not reduce it sufficiently, you may then take the prescription pain reliever your surgeon ordered. You may need to ask your surgeon for pain medication if needed.

- If your surgeon has prescribed it, take omeprazole daily to prevent heartburn.
- For all other medications, follow your physicians' instructions.

Please note: It is normal not to have a bowel movement for several days after your surgery, however, you may take MiraLAX or milk of magnesia to encourage a return to normal. Remember to drink plenty of fluids.

Activity and Restrictions

- No heavy lifting. Do not try to lift anything over 20 pounds for four weeks.
- You may shower 2 days after your surgery. Do not take a bath or swim for 2 weeks. Be sure to be gentle when you dry yourself. Pat dry using a clean cloth or towel.
- We want you to try to be as active as possible, gradually increasing your movements as you recover. Try to increase your activity each day.

IMPORTANT. Once you are back home, call our office (201-608-2848) immediately if you experience any of the following symptoms:

- Fever/chills; temperature over 100.4° F
- Worsening chest or abdominal pain, with or without shortness of breath
- Palpitations (rapid heart rate: over 100 beats per minute at rest)

- Persistent or worsening nausea, vomiting, or inability to keep liquid and food down
- Abdominal swelling or distension
- Redness, foul odor, or drainage at incision sites
- New leg pain, leg swelling, or redness

Return to Work

Most patients can resume work within 2 weeks of their surgery. If your job requires heavy lifting or other physical exertion, you may be required to postpone your return a bit longer. Please consult your surgeon.

Follow-Up Appointments

Your surgeon and the bariatric team will monitor your recovery, your overall health, and your weight loss progress for the first two years after your surgery. Here is the schedule for those appointments:

- One week after surgery (may be a phone call)
- 4 weeks after surgery
- 6 months after your surgery (blood tests required)
- 1 year after surgery (blood tests required)
- 2 years after surgery (blood tests required)

In addition to these routine visits, please call for an appointment if any issues arise between these scheduled times.

FOR YOUR SAFETY

Do NOT advance to the next diet phase until instructed to do so by your surgeon. Doing so will increase your risk of severe complications. Always call our office or your registered dietitian if you have any questions about foods.

Post-Operative Diet Phases

It will take time to adjust to your smaller stomach and adopt healthier eating habits. The diet outlined below is designed to help you heal and embrace a new way of eating. Your surgeon will tell you when to move on to the next phase.

Phase 1: Unsweetened Liquids and Protein Shakes	
Start	When discharged home from the hospital
Duration	Until first post-op visit (one week after surgery)
Instructions	Liquids should be sipped slowly, stopping when full.
Fluid goal	<p><i>You may not be able to reach your fluid and protein goals right away. Just do your best.</i></p> <ul style="list-style-type: none"> • Consume 64 oz (at least 8 cups per day) of sugar-free, noncaffeinated, nonalcoholic, noncarbonated liquids. • Aiming for 4 oz per hour will help you to pace yourself.
Protein goal	60–80 g per day
Suggested fluids	<ul style="list-style-type: none"> • Protein shakes • Water • One sugar-free item per day (such as Jello or popsicle) • Herbal tea • Sugar-free beverages (Crystal Light, Fruit2o, Protein 2o) • Electrolyte beverages (Gatorade, PowerAde Zero, Propel) • Broth or clear soups; no creamy soups

Phase 2: Soft Textures	
Start	After completing your first phase of unsweetened liquids and protein drink supplements
Duration	Until next diet advancement, as determined by your surgeon or dietician
Instructions	<p>3 meals a day:</p> <ul style="list-style-type: none"> • Breakfast • Lunch • Dinner <p><i>No snacking</i></p> <p>Continue drinking the liquids and slowly begin to introduce soft-textured foods. As you increase your food intake, you may gradually decrease the protein shakes. Begin introducing new varieties of soft foods. Pay attention to the texture, making sure it is soft.</p>
Fluid goal	Aim for more than 48–60 oz (at least 8 cups per day) of sugar-free, noncarbonated noncaffeinated, nonalcoholic liquids. At least 12 oz of beverages should contain electrolytes.
Protein goal	60–80 g a day

Phase 2: Suggested Foods		
PROTEIN FOODS	COOKED	PEELED AND COOKED
Beans	Green beans	Pears
Tofu	Mushrooms	Apples
Chickpeas	Zucchini	Peaches
Lentils	Summer squash	Tomatoes
Ground meat (beef, chicken, turkey)	Tomatoes	
Shrimp	Broccoli	
Tuna	Cauliflower	
Salmon		
Whitefish		

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Phase 3: Regular Textures	
Start	After completing Phase 2: Soft Textures
Duration	<p>Ongoing</p> <ul style="list-style-type: none"> • Use an 8-inch plate rather than a larger dinner plate. (See pages 38–39 for plate size, meal components, and food proportions.) • Eat each meal slowly and stop as soon as you are full. • Eat foods high in protein. (See plate model for correct proportions of each type of food.) • Eat protein first and then nonstarchy vegetables. • Consume 64 oz (at least 8 cups per day) of sugar-free, noncaffeinated, nonalcoholic, noncarbonated liquids. <p>Tips:</p> <ul style="list-style-type: none"> • Avoid frying your foods. Always bake, boil, stew, poach, grill, or microwave instead.
Fluid goal	48–60 oz (at least 8 cups) clear liquids. (See clear liquid guidelines above.)
Protein goal	60–80 g per day

Please note:

- Even if you do not feel hungry, you should eat regularly, following the schedule outlined by your surgeon.
- Drink 1–2 protein shakes per day if meal portions do not contain enough protein, and ween shakes.
- Stop eating or drinking when you feel full. Please note: Sometimes this will feel like chest pressure or nausea.
- Do not eat and drink at the same time. To prevent dumping syndrome and nausea/vomiting; wait 30 minutes after meals to drink any liquids.
- Introduce one new food at a time. Remember to always take small bites and chew food thoroughly.
- Avoid alcohol, which can cause dehydration, stomach ulcers, and stomach irritation.

Moistening Your Food

- Sometimes after surgery, food may feel dry or as if it is getting stuck in your throat. Moistening your food will prevent this uncomfortable condition. You can moisten your food by adding the following:
 - Unsweetened applesauce
 - Water
 - Soup or broth

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Supplements: Vitamins, Minerals, and Protein

After your surgery, you will be taking in fewer calories and nutrients than before. This is especially true right after your procedure as you adjust to the size of your new stomach.

To ensure you are getting adequate nutrition, you will need to take certain supplements. Your doctor will tell you what supplements to take and when to start taking them. *(Please note: No gummies are allowed.)*

To make sure you are staying healthy, blood work will be drawn every 6 months for the first year and annually thereafter. More frequent testing may be required if you experience significant deficiencies.

The tables on the following pages includes a list of vitamin and mineral supplements you will be asked to take.

Multivitamin Chewables (First 4 weeks after surgery)	
NAME	WHERE TO BUY
Opurity Bypass and Sleeve Multivitamin	Unjury.com
Equate Children's Complete Multivitamin	Amazon, Walmart
Flintstones Complete Multivitamin	CVS, Walgreens
Centrum Chewable	CVS, Walgreens, Walmart
Target Brand Kids' Multivitamin Complete	Target
Bariatric Fusion Chewable	bariatricfusion.com
Multivitamin Tablets (Can be added after 2-week post-op appointment)	
Nature Made Multivitamin	CVS, Walgreens
Alive! Daily Energy or Women's Energy	Amazon, CVS, Vitamin Shoppe
Bariatric Advantage Ultra Multivitamin with Iron	Amazon, bariatricadvantage.com
Centrum Adult Complete	CVS, Rite Aid, Walgreens
ProCare Health	CVS, Target, Walgreens, Walmart
Vitamin Shoppe One Daily Multivitamin	Vitamin Shoppe

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Calcium (Can be added after 2-week post-op appointment). Preferred: Calcium Citrate	
NAME	WHERE TO BUY
Citracal Petites	Walgreens, Walmart
Caltrate tablets	Costco, CVS, Walgreens
Celebrate Calcium Citrate Soft Chew	Amazon, Walmart
Viactiv Calcium Chews	Walgreens, CVS
Vitamin B12 (500 mcg can be added after 2-week post-op appointment)	
Nature Made Sublingual B12	CVS, Walgreens, Walmart
Nature's Bounty B12 Sublingual	Costco, CVS, Walgreens
CVS Instant Dissolving Vitamin B12	CVS
Vitamin D (2000 IU can be added after 2-week post-op appointment)	
Many brands are available at stores	Amazon, CVS, Walgreens, Walmart, the Vitamin Shoppe, and more.

Food Sources of Vitamins and Minerals

Whole foods are the best source of vitamins and minerals. The table below provides examples of nutritious foods to incorporate into your diet and the vitamins and minerals they provide.

Vitamins	Minerals
WATER-SOLUBLE	MAJOR
Vitamin B-1: ham, soy milk, watermelon, acorn squash	Calcium: yogurt, cheese, milk, salmon, leafy green vegetables
Vitamin B-2: milk, yogurt, cheese, whole and enriched grains and cereals.	Chloride: salt
Vitamin B-3: meat, poultry, fish, fortified and whole grains, mushrooms, potatoes	Magnesium: spinach, broccoli, legumes, seeds, whole wheat bread
Vitamin B-5: chicken, whole grains, broccoli, avocados, mushrooms	Potassium: meat, milk, fruits, vegetables, grains, legumes
Vitamin B-6: meat, fish, poultry, legumes, tofu and other soy products, bananas	Sodium: salt, soy sauce, vegetables
Vitamin B-7: whole grains, eggs, soybeans, fish	
Vitamin B-9: fortified grains and cereals, asparagus, spinach, broccoli, legumes (black-eyed peas and chickpeas), orange juice	
Vitamin B-12: meat, poultry, fish, milk, cheese, fortified soymilk, and cereals	
Vitamin C: citrus fruit, potatoes, broccoli, bell peppers, spinach, strawberries, tomatoes, Brussels sprouts	

Vitamins		Minerals	
FAT-SOLUBLE		TRACE	
Vitamin A: beef, liver, eggs, shrimp, fish, fortified milk, sweet potatoes, carrots, pumpkins, spinach, mangoes		Chromium: meat, poultry, fish, nuts, cheese	
Vitamin D: fortified milk and cereals, fatty fish		Copper: shellfish, nuts, seeds, whole grain products, beans, prunes	
Vitamin E: vegetables oils, leafy green vegetables, whole grains, nuts		Fluoride: fish, tea	
Vitamin K: cabbage, eggs, milk, spinach, broccoli, kale		Iodine: iodized salt, seafood	
		Iron: red meat, poultry, eggs, fruits, green vegetables, fortified bread	
		Manganese: nuts, legumes, whole grains, tea	
		Selenium: all meats, seafood, and Brazil nuts	
		Zinc: meat, shellfish, legumes, whole grains	

Protein Supplements

After surgery, as you adjust to your new, smaller stomach, it will take some time before you are able to eat a complete diet with adequate protein. Because of this, you will need to add protein supplements to your diet. These supplements come in the form of premade shakes, protein water, and powders. If you are vegetarian or vegan, your dietitian can tell you which products are best for you.

Make sure the product you choose has 20–30 grams of protein per serving and less than 10 grams of carbohydrates. Here are some examples of protein supplements we suggest:

Protein Powders:

Mix with 8 oz of skim or low-fat milk, unsweetened almond or coconut milk, or water.

Ready-to-Drink

Shakes: Great options for on the go!

Protein Water:

Combines water with protein powder.



Bariatric Fusion
High Protein Meal
Replacement Powder



Unjury Medical
Quality Protein Shake



Protein₂O
Protein Infused
Water

Where to Find Protein Supplements:

- Amazon
- Bariatric Choice (dietdirect.com)
- bariatriceating.com
- bariatricfusion.com
- BJ's Wholesale Club
- chain grocery stores
- Costco
- CVS
- GNC
- ShopRite
- Target
- Unjury.com
- Vitamin Shoppe
- Walgreens
- Walmart

Protein Sources		
WEIGHT AFTER COOKED	FOOD	GRAMS OF PROTEIN
½ cup	Beans, black, pinto, or lentil	7–11g
1 oz.	Beef, ground	7 g
1 oz.	Tuna, canned	6 g
1 oz. or ¼ cup shredded	Cheese	6–7 g
1 oz.	Chicken breast	6–8 g
1 oz.	Chicken deli meat	3.5–5 g
1 oz.	Chicken drumstick	11 g
1 oz.	Chicken thigh meat	7 g
¼ cup	Cottage cheese	7 g
½ cup	Edamame	9 g
¼ cup (2 fluid oz.)	Greek style yogurt	6 g
1 oz.	Ham	6 g
1 oz.	Hamburger patty	7 g
1 oz.	Lamb or pork loin/ chop	8 g
1 oz.	Large egg	6 g
1 oz.	Large egg white	3.5 g
1 oz.	Lobster	5 g
1 cup 8 oz.	Milk	8 g
1 oz. or 2 Tbsp	Nuts (almonds, pistachio, peanuts, cashews, walnuts, etc.)	2–8 g
1 oz. or 2 Tbsp	Peanut butter	4–7 g

(chart continues on next page)

Protein Sources		
WEIGHT AFTER COOKED	FOOD	GRAMS OF PROTEIN
1 oz.	Roast beef	9 g
1 oz.	Salmon/other fish	7 g
1 oz.	Sardines, canned in oil	6 g
1 oz.	Scallops	6 g
1 oz. or 2 tbsp	Seeds (flax, pumpkin, sunflower)	2–8 g
1 oz.	Shrimp	7 g
½ cup	Split peas	8 g
1 oz.	Steak	8 g
½ cup	Tofu	10 g
1 oz.	Turkey, ground/ roasted turkey breast	7–9 g
1 oz.	Turkey, deli meat	5 g

Healthy Eating for Life: Nutrition 101

Losing weight and keeping it off means changing your relationship with food and embracing healthier habits. For optimum health and well-being, your daily diet should consist of the correct amounts of three essential nutrients: protein, carbohydrates, and fat.

Protein

Protein is in every cell in your body. To stay healthy and lose weight, your diet needs to include the right amount of this nutrient. Protein helps your body:

- Heal
- Preserve lean muscle mass, which also helps you burn fat
- Build and maintain healthy bones
- Maintain healthy hair, nails, and skin

Protein also makes you feel full longer than other types of foods, which can help you eat less. After surgery, it is especially important to eat enough protein to help your body heal. Please note: Too much protein can be converted into fat, so do not overeat protein.

See the table below for high quality sources of protein.

Carbohydrates

Carbohydrates are your body's principal source of energy. They include starches and sugars that the body breaks down into glucose to fuel the multiple activities that take place in your cells that keep you alive and healthy. Starches that are good for you include high-fiber vegetables and

unprocessed foods, such as cauliflower and sweet potato, beans, and quinoa. Refined carbohydrates include foods like white flour, processed snacks, and sodas. They are much less nutritious and should be avoided. (More about refined carbohydrates below.)

Healthy Carbohydrates

Starch is the most common type of carbohydrate. Healthy starches are unprocessed and eaten in their whole, natural form. Here are some examples:

Whole grains such as:

- Quinoa
- Brown rice
- Oatmeal (not quick or instant)

Starchy vegetables such as:

- Root vegetables
- Sweet potato
- Squash
- Chickpeas
- Yams
- Beans and lentils

Non-Starchy Vegetables

Examples of these vegetables are listed below. Non-starchy vegetables are nutrition powerhouses and are an important part of your new way of eating. Benefits include:

- Hunger control
- Good source of fiber
- Contain plenty of water
- High in vitamins and other nutrients
- Antioxidant properties

Non-starchy vegetables

- Asparagus
- Kale
- Leeks
- Lettuce
- Artichokes
- Bean sprouts
- Mushrooms
- Okra
- Beets
- Onions
- Broccoli
- Parsnips
- Brussels sprouts
- Peppers
- Radish
- Cabbage
- Rutabaga/turnips
- Carrots
- Spaghetti squash
- Cauliflower
- Spinach
- Sugar snap peas
- Celery
- Summer squash
- Collard greens
- Tomatoes
- Cucumber
- Eggplant
- Wax beans
- Green beans
- Zucchini

Serving Size: Depending on your diet phase, 2 cups raw or 1 cup cooked

Refined Carbohydrates

Refined carbohydrates (also called simple or processed carbohydrates) are sugars, or grains that have been stripped of their fiber, bran, and much of their nutritional value. They include such items as white bread, pastas, cakes, and white rice. Consuming too many refined carbohydrates can cause spikes in blood sugar and insulin levels.

The insulin spike that accompanies consumption of processed carbohydrates can increase hunger and lead to overeating and weight gain. Unlike protein, which makes you feel full, refined carbohydrates and sugary foods do not satisfy for long, so you may feel hungry sooner and eat more than you should. Diets high in added sugars have been linked to overweight and obesity.

To keep your blood sugar level steady and avoid gaining weight, aim to reduce your intake of the following foods:

- Bread, tortillas, and other products containing white flour
- Bagels
- Waffles, pastries, and cake
- Many breakfast cereals (Check the label.)
- White rice
- Pizza dough
- Pasta
- Processed foods
- Candies
- Soda, regular or diet
- Juices, even “all natural” or no-sugar-added
- Flavored yogurt
- Granola

Excess sugar should be avoided. Please note it is not always listed as “sugar” on the product’s list of ingredients. Other names include:

- Fructose
- Agave syrup
- Sucrose
- Maple syrup
- High-fructose corn syrup
- Honey
- Molasses
- Maltose

Check the ingredients list of packaged foods for sugar and any of the names listed above. Please note: Diet drinks should also be avoided. Though they may be labeled as sugar-free and have zero or few calories, the artificial sweeteners they contain can increase blood sugar and contribute to weight gain.

Fiber

Fiber passes through the body undigested, which supports good gastrointestinal health, facilitating bowel movements and flushing cholesterol from the body. Diets high in fiber are also associated with a lower risk of heart disease and stroke, a decreased incidence of Type 2 diabetes, healthier skin, improvements in weight loss, and a decreased risk for some cancers.

Fiber stays in the stomach a long time, making you feel full longer and helping you eat less. To identify high fiber foods, keep in mind that, typically, the more natural and unprocessed a food, the higher it is in fiber.

Fiber can be found in:

- Grains
- Beans
- Fruits
- Vegetables
- Nuts

Fats

There are many different kinds of fat. Some are good for your health while others can be harmful. Look for monounsaturated and polyunsaturated fats and omega 3 fats.

(continued on next page)

Benefits of Healthy Fats:

- Supports cell growth
- Improves cholesterol levels: healthy fats increase HDL (good cholesterol)
- Lowers triglycerides
- Provides energy
- Supports the immune system
- Good for hair and skin
- Supports brain health
- Decreases inflammation
- Helps prevent blood clotting
- Lowers blood pressure
- Reduces the risk of heart disease
- Helps the body to absorb fat-soluble vitamins

Sources of Healthy Fats

Omega 3 fats can be found in fish and seafood, including salmon, trout, mackerel, tuna, anchovies, sardines, and oysters. They are also abundant in flax seeds, walnuts, and chia seeds. Sources of other healthy fats include:

- Olive oil, sunflower oil, sesame oil, peanut oil, avocado oil
- Peanut butter
- Avocado
- Nuts
- Seeds

Serving Size Examples of Healthy Fats	
FOOD ITEM	SERVING SIZE (2-4 PER DAY)
Avocado	¼ whole
Nuts and Seeds	¼ cup or 1 oz
Peanut and Nut-Butters	1 tbsp
Olive, avocado, coconut oil	½ tbsp
Olives	6

Bad Fats: Hydrogenated and Trans Fats

These unhealthy fats increase the levels of bad cholesterol (LDL) and decrease the levels of good cholesterol (HDL), increasing your risk for heart disease. If the ingredient list includes the words "hydrogenated," "partially hydrogenated," or "transfat," it is not healthy for any diet.

Trans fat is found in foods such as:

- Crackers/cookies and other pre-made packaged goods
- Margarine
- Powdered coffee cream, flavored liquid coffee creamer

Model Plate: Picturing a Healthy Meal

To help you visualize what your meal should look like, please study the graphic on the following page. We suggest using an 8-inch salad plate rather than a larger dinner plate.

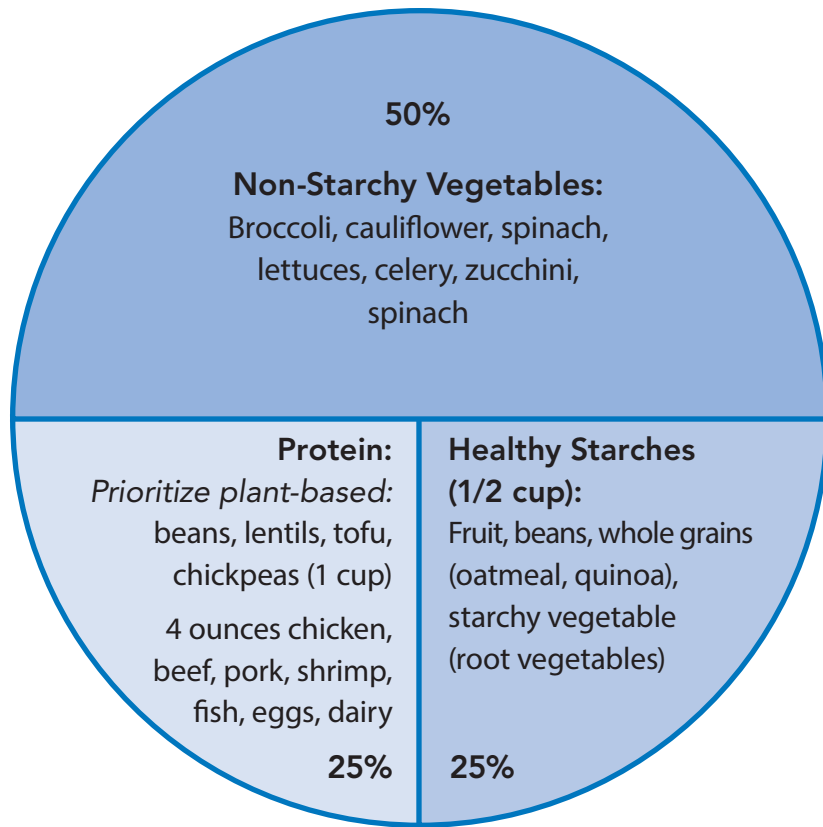
This gives the illusion of larger portions and helps you feel satisfied with less food. To ensure good nutrition, your plate should include the percentages of foods pictured below.

We have created a plate to help guide you through your meal process.

- Eat protein first, then vegetables, and if still hungry, then starches.
- Avoid sodas (even diet), juices, sweetened coffee and teas, sugar (candy or added in foods), flour, white rice, breads, fried food, processed foods, "junk" food
- You need healthy fats to help stay full. Plant-based oils (olive oil, avocado oil) and small amounts of butter and animal fats are OK.
- Eat 2 or 3 meals a day only. No snacking in between. No snacking after dinner!
- Don't eat when not hungry. Stop eating when no longer hungry.
- If hungry, drink water first in case confusing hunger and thirst.

Nutrition Labels

You will find nutrition labels on the side or back of prepared food boxes. They provide useful information that will help you eat healthy and stay on track.



Serving information →

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Carbohydrates →

Quick guide to percent Daily Value (%DV)
• 20% or more is high

Protein ←

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Serving information: Serving size refers to the size of an individual portion. The nutritional facts listed on the package refer to a single serving size, not to the entire package.

Example from previous page: 1 cup of the item contains 280 calories. If the entire container were consumed, the total number of calories would be 1120, not 280.

Nutrition Facts	
3 servings per container	
Serving size	3 pieces
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 5mg	18%
Total Carbohydrate 45g	20%
Dietary Fiber 5g	20%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 8g	



Serving size for this product is 3 pieces.



One serving size, which is 3 pieces of this item, is 45g of carbohydrates.

Serving size is not a recommendation of how much to eat. The nutrition information on the label is usually based on a single serving of the food; however, some containers may also give nutrition information for the entire package.

2. Carbohydrates: Includes fibers, starches, and sugars

- Dietary fiber is beneficial. It helps to maintain healthy and regular bowel movements and is a good source of healthy gut bacteria.

- The total sugar amount includes natural and added sugar. For example, an orange has x amount of sugar, but zero added sugar. Milk has lactose, which is a naturally occurring sugar.
- Avoid all foods with added sugar. These include table sugar, sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Nutrition Facts	
5 servings per container	
Serving size	1.1 oz (32g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 125mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	14%
Total Sugars 0g	
Sugar Alcohol 5g	0%
Protein 2g	
Vitamin A 0mcg	0%
Vitamin C 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%



The above nutrition label for a sugar-free cookie shows how a sugar-free product can still be unhealthy. Though sugars are 0, the cookies are high in carbohydrates.

3. Percent Daily Value: The % Daily Value (DV) is the percentage of the recommended daily intake of a nutrient in a single serving. If you want to consume less of a nutrient such as sugar, fat, or sodium, select foods with a lower % DV (5 percent or less). If you want to consume more of a nutrient, such as fiber or protein, choose foods with a higher % DV (20 percent or more).

4. Protein: Protein is used by the body as an energy source (providing 4 calories of energy per gram).

Getting to Know Your New Stomach

Making better food choices and adopting healthier habits are just part of your new approach to eating. After surgery, you will also be adjusting to your new, smaller stomach. Here are some tips to help you adjust.

Listen to Your Body

Your stomach will tell you when it is full. You may notice that you no longer feel hungry. Sometimes you may feel uncomfortable or slightly nauseated or you may feel some pressure in your chest. These are all indications that you have had enough and should stop eating or slow down.

Remember to always eat slowly and chew your food well. And do not drink while you eat. These new habits will increase your awareness of your body. Trust your stomach. It will tell you when you should stop eating.

Is it possible to stretch your stomach/pouch?

Yes. Everyone's stomach stretches over time. This is normal and even beneficial because it will help you get the nutrition your body needs. However, it is important to not overstretch your stomach, which can make you regain the weight you've lost.

The most common causes of stomach stretching and weight gain after surgery include eating when you are not yet hungry; snacking between meals; or drinking alcohol, sugary juices, and carbonated drinks.

How To Handle Cravings

Everyone has cravings. They don't come from an empty stomach, but from the part of your brain related to memory and pleasure. They are not a sign you are hungry.

The good news is cravings don't last. Driven by emotions or stress-related factors, they pass with time and we can use that fact to resist them. Here are some tips to help you overcome your cravings:

- **Pay attention to your triggers.** If they are emotional or stress related, allow the emotion or anxiety to pass.
- **If you see the craved food on TV or in a movie, change the channel** or fast forward.
- **Distract yourself.** Engage in an activity such as calling a friend, playing a game, cleaning, or doing some stretches. The new activity will help take your mind off food.
- **Exercise regularly.** Exercise changes your brain's response to food. It reduces stress and improves sleep, which also helps reduce cravings
- **If you crave something sweet, pick something healthy.** Fruits and vegetables make great snacks.
- **Remember to always check nutrition labels** to avoid unhealthy substances and empty, non-nutritious calories.

Some Common Side Effects of Bariatric Surgery

After surgery, you may experience the following symptoms. Some are merely annoying while others can be more worrisome. Please call us if you have any questions or concerns.

Bad Breath

- Not drinking enough fluids can increase the amount of bacteria in your mouth and cause bad breath. To avoid this, try to drink 48–60 oz of non-carbonated, non-caffeinated, sugar-free drinks every day.
- Mints may help improve the smell of your breath, but remember to read the nutritional labels first as many contain sugar alcohols/fake sugar that may not be well tolerated.

Bloating

To avoid this uncomfortable condition:

- Avoid overeating. Listen to your stomach and when you feel full, stop eating.
- Avoid foods high in carbohydrates/sugar and fat.
- Avoid sugar alcohols/ fake sugar
- Avoid carbonated beverages.
- Remember to eat slowly.
- Keep a food diary to review with your dietitian. This will help you identify any food or behaviors that may be contributing to bloating.

Constipation

Constipation is most common during the first few months after surgery. It is the result of a reduced intake of food and fiber, as well as insufficient fluids. The following tips can help:

- Drink at least 64 oz. of water and non-carbonated, non-caffeinated, sugar-free beverages every day
- Increase physical activity
- Try over the counter stool softeners
- Eat high fiber foods if your diet phase allows them. (Please refer to the list on page 35.)

Diarrhea

Some patients experience diarrhea during the first few weeks after surgery. This is normal and should resolve within 1–3 weeks. Diarrhea is not a normal long-term side effect of weight-loss surgery. If you continue to experience it, contact your surgeon.

- Here are some tips to help you avoid or reduce the incidence of diarrhea:
- Do not eat and drink at the same time.
- Eat slowly and chew each bite at least 50 times.

- Avoid foods high in carbohydrates/sugar and fat.
- Avoid foods that contain lactose.
- Avoid spicy foods until you are able to tolerate them.
- Avoid foods that contain sugar alcohols.
- Avoid caffeinated and carbonated drinks.

Dizziness, Headaches, Lightheadedness

To reduce your chance of getting these symptoms:

- Drink at least 48–64 oz. of non-carbonated, non-caffeinated, sugar-free beverages daily. Look for beverages containing electrolytes.
- Do not skip meals.
- Be sure to consume at least 70 g of protein every day.

Dumping Syndrome

Dumping syndrome is usually caused by eating too many high-fat or high-sugar foods. It occurs when food passes too quickly from the stomach into the small intestine.

Symptoms include flu-like symptoms, nausea, vomiting, sweating, weakness, bloating, increased heart rate, lightheadedness, and diarrhea. To prevent this condition:

- Avoid foods that are too high in carbohydrates/sugars. (25 g of sugar is considered too high.)
- Eat more protein and avoid drinking with meals.
- Avoid foods that are too hot or too cold.

Food Intolerances

After surgery, you may find you are no longer able to

tolerate certain foods. This can change frequently and is different for each individual. Here are some tips for coping with this symptom:

- If you cannot tolerate a food, find an alternative or avoid it for a short period of time.
- After avoiding the food for a few weeks, try gradually reintroducing it.
- Keep a record of the foods you eat and note which ones are poorly tolerated.
- Record your symptoms in case you need to discuss them with your PCP.
- Contact your PCP or dietitian with any questions or issues.

Frothing/Foamies

Frothing, or “foamies,” occurs when too much mucous is produced to break down food that backs up into the esophagus, causing a thick discharge or frothy clear vomit/foam. If this occurs, try drinking hot tea or hot water before or after a meal.

Hair Loss

Some patients experience hair loss during periods of rapid weight loss. This is caused by a protein or vitamin deficiency that can occur at first, while you’re getting used to your smaller stomach and eating less. Do not seek hair treatments, as the situation will improve over time as you become better nourished. (See below for more information about protein and vitamin deficiencies.)

To Reduce/Avoid Hair Loss:

- Be sure to meet the protein goals set by your dietitian.

- Drink plenty of water and non-carbonated, sugar-free beverages.
- Take the daily multivitamin recommended by your dietitian.

Lack of Appetite

Some patients experience a lack of appetite after surgery, causing them to skip meals. It is important to get the recommended amounts of protein and other nutrients to stay healthy. If you don't feel like eating, your dietitian/nutritionist will help you through this period by working with you to develop a meal plan and providing suggestions to help you follow it.

Lactose Intolerance

If you experience any bloating, gas, diarrhea, or cramping, you may have developed an intolerance to the lactose found in the sugar in milk. This is usually temporary and should resolve within 3–6 months.

If you find yourself more sensitive to dairy products, either remove the offending foods from your diet or:

- Try Lactaid brand milk.
- Take Lactaid tablets before eating dairy foods.
- Take a probiotic or consume kefir regularly.

Nausea and Vomiting

Nausea and vomiting may occur within the first few months following surgery as your body adjusts. The following tips will help reduce your chances of getting these symptoms:

- Do not eat too quickly.
- Do not lie down right after eating.
- Avoid eating large meals. Stop when full.
- Chew thoroughly, at least 50 times.
- Drink lots of water and non-carbonated, non-caffeinated, sugar-free beverages,
- Do not eat and drink at the same time.
- Avoid or limit your consumption of foods containing lactose.
- Moisten your food to improve the texture.
- Don't force yourself to eat food you can't tolerate; find an alternative.
- Avoid foods that may cause dumping syndrome (those high in sugar or fat).
- Return to your previous diet stage if unable to tolerate certain foods.
- Record the foods you eat using either a journal or an app, noting how much and how quickly you eat when nausea or vomiting occurs.
- Contact our office if nausea or vomiting persists for several days after you've tried the above.

Protein Deficiency

After surgery, consuming enough protein is essential to help support the healing process and preserve muscle. To ensure you are getting enough, remember to:

- Focus on meeting the protein goal set by your dietitian.

- Proteins are filling, so be sure to eat these foods first when you sit down for a meal.
- Avoid drinking 30 minutes before eating to allow room for protein foods.

Vitamin/Mineral Deficiency

Maintaining proper vitamin and mineral levels is key to good health. For the first several weeks after weight loss surgery, patients are typically unable to eat enough to meet all their nutrition needs through diet alone.

To prevent deficiencies, we ask you to take daily:

- A multivitamin as recommended by your dietitian
- 1200–1500 mg of calcium citrate

Maintenance: Making Change Last a Lifetime

Congratulations! You have reached the weight at which you feel the most comfortable and have begun embracing new healthy habits. Here are some tips for keeping the weight off and enjoying a healthier, happier life:

Mealtimes

- Use a small, 8-inch salad plate instead of a dinner plate to give the illusion of bigger portions and help you feel satisfied with less food.

- Plan your meals in advance. This will help reduce the chance of giving in to cravings and making unhealthy, impulsive choices.
- Consider how much time you need for meal preparation and incorporate that into your schedule. If you prefer to spend more time with your family, or getting in some exercise, look for quick, easy recipes that you can rotate, reducing the time you spend in the kitchen.
- Get creative with recipes and encourage your family and friends to try new things with you.
- Begin your meal by eating the protein food first. Proteins are more filling than other foods and will help prevent overindulging.
- Eat no more than 2-3 meals per day. No between-meal snacking and no snacking after dinner.
- Practice new eating habits:
 - Eat slowly. Each meal should last at least 20–30 minutes.
 - Chew food thoroughly. Chew each mouthful at least 50 times.
 - Pay attention to how your stomach feels and be sure to stop as soon as you feel full.

Nutrition

- Remember to read nutrition labels to identify healthy foods as well as those with ingredients, such as trans fats and added sugars, you want to avoid.
- To ensure well-rounded meals, follow the plate model provided above.

- Eating healthy fats will help you stay full. Consume plant-based oils such as olive oil and avocado oil; small amounts of butter and animal fats are also okay. (See section on fats, above, for more information on making healthy choices.)
- Avoid foods that contain added sugars, refined carbohydrates, unhealthy fats, including: all sodas (even diet), juices, sweetened coffee and tea, sugar (candy or added in foods), white flour, white rice, breads, fried food, processed foods, “junk” food.
- Drink at least 48-60 oz of calorie-free beverages a day, such as water, tea, or coffee. Limit caffeinated drinks to no more than 12 oz a day. Sip liquids slowly; avoid gulping.
- Limit alcoholic beverages.

Additional Tips: Beating Cravings, Sticking With Your Plan

- If you feel hungry, try drinking water first. You may be confusing hunger with thirst.
- Try distractions when you encounter cravings. Call a friend; do some stretches; tackle an organization project; write in your journal.
- If you eat lunch at work, bring your own to ensure you’re eating healthy and won’t be tempted to overindulge.
- Exercise 3–5 times a week.
- When choosing a vacation, consider ones that include opportunities for exercise and outdoor activities.
- Attend a support group or join our monthly support

group. Please contact us for support group information, 201-608-2848

Social Gatherings & Dining Out

Social gatherings and eating out can present special challenges. Here are some tips to enjoy these activities while maintaining your healthy lifestyle:

- Plan ahead if you’re dining out. Look at the menu before choosing a restaurant to make sure they serve items that will comply with your healthy eating plan. Ask if they allow substitutions or alternatives if necessary.
- Avoid fried foods, foods with processed carbs, and sugary or creamy sauces.
- Request steamed or boiled options.
- Avoid buffets, as they can lead to overeating
- Remember: You do not have to eat everything on your plate. Stop when you are full and take any leftovers home.
- Eat with others who are supportive and follow a similar lifestyle.
- When you’re ready to “treat yourself,” be careful to not overdo it. You don’t want to let one meal ruin your entire day or diet plan.

Dining Out: What To Eat, What To Avoid	
American dining	Hamburger with no bun, side salad.
BBQ in the backyard	Hamburgers with 1 or no bun, salad, kebabs, chicken.
Chinese restaurant	Steamed or boiled options (chicken and vegetables). Avoid fried items and meals with rice; choose steamed vegetables instead.
Fast food restaurants	Chili, salads, or hamburger with no bun. Avoid French fries, and choose a side salad, no ranch or Caesar dressing.
Italian	Grilled chicken, beef meatballs, seafood, skip the bread.
Mexican	Chili, fajitas, beans. Avoid sour cream, tortillas, and rice.
Seafood	Baked, steamed, or boiled items. Avoid buttery and fried foods.

Exercise

Exercise is an essential part of your new lifestyle that will improve your health and keep excess weight off. Its benefits include:

- Improved sleep
- Increased energy
- Stronger bones and muscles
- Improved metabolism
- Sharper brain

- Reduced risk of falls
- Improved heart and lung function
- Better managed blood sugar and insulin levels
- Improved body image

Getting Started, Sticking With It

Following surgery, you may take brief walks at a slow pace. You will be instructed to increase intensity each week per your doctor's orders, gradually working up to a minimum of 150 minutes per week (about 30 minutes 5 times a week) of moderate to vigorous physical exercise. Please note: You will need clearance from your surgeon before increasing exercise duration or intensity.

Suggested activities include brisk walking, running, water aerobics, dancing, gardening, bike riding, and weight training. To increase your chances of sticking with your program, choose activities you enjoy and can easily do.

Tips for Making Exercise a Regular Part Of Your Life:

- Write out a detailed plan for yourself and keep track of your activity. Studies show that having a written plan increases your chances of following through by 25 percent.
- Download an app to keep track of your progress and increase your motivation.
- Make it social! Invite friends and family members to join you when you workout.
- Find activities you enjoy and look forward to doing. Try

new activities that you were unable to do before bariatric surgery, such as rock climbing, horseback riding, running, or swimming.

- Keep workout clothes or sneakers in your car so you will always be ready to take a walk or go for a run.
- Join one of our EH support groups. Meetings are held at Englewood Hospital the first Tuesday of every month, from 6:00–7:00 p.m. Address: 350 Engle St. Englewood NJ 07631. (Free valet service is available.)
- If you have an injury or physical limitation, see a physical therapist to help you heal and choose the best exercise for your particular needs.

The Mind-Body Connection

Our eating habits are closely tied to our emotional health. When we are stressed or sad, for example, many of us turn to food for comfort. These feelings can become triggers that lead to “emotional eating” and added calories. Common triggers include:

- Stress
- Boredom
- Anger
- Sadness
- Fear
- Loneliness

How can you cope with these feelings without turning to food? Here are a few resources that may work for you:

Mindfulness Meditation and Food Diaries

The term “mindfulness” involves the practice of staying in the moment and noticing one’s thoughts and emotions without judgement. Meditation can help increase awareness of your feelings and behaviors, including those that may lead you to over eat.

Keeping a daily log of what you eat and how you feel emotionally is another good way to increase awareness of your feelings and behaviors. Logs, or diaries, help you monitor what you eat and see how your emotions may affect what you eat and why. It can help you identify the emotions that trigger a turn to food and give you space to find healthier coping behaviors that don’t involve eating.

Social Connections

The road to successful weight loss includes your community of family and friends. Identify the supportive people in your life and tell them about your goals. You may find they also want to make healthier decisions and are eager to join you in your efforts.

Support Groups

Support groups are another excellent resource for supporting emotional health and keeping you on track. Connecting with others who share your experience and are working towards similar goals has been shown to make a difference and can help you stick with your plan.

Englewood Health offers a support group to our bariatric surgery patients. Call our office at 201-608-2848 for more information and the schedule.

Additional Resources

Technology Aids: Apps To help You Stay on Track

In recent years, developers have created several programs that help users remain committed to a healthier lifestyle. Here are a few to consider:

- Baritastic
- BariatricPal — forum
- Bariatric IQ — forum, photos, what can I eat?
- Waterlogged — hydration tracking app
- Fooducate
- My Diet Coach
- Happy Scale
- Fitbit — requires a Fitbit device
- MyFitnessPal — food diary tracker
- ClassPass
- Johnson & Johnson Official 7 Minute Workout
- Noom

Helpful Websites

Here are a few sites to help you learn more about weight loss, weight maintenance, and life after bariatric surgery:

Obesity Action Coalition (OAC)
www.obesityaction.org

Bari Life Blog
www.barilife.com/blog/

American Society for Metabolic and Bariatric Surgery (ASMBS)
asmbs.org/patients

Guided Meditation for People Undergoing Surgery



Guided meditation can help you reduce the stress and anxiety of undergoing surgery and support your recovery process. If you are planning to undergo surgery, we encourage you to take some time for yourself and join Mary Ann Fernandez, a certified yoga and meditation instructor, on these guided meditation sessions.

Before Surgery

This 15-minute recording will help you relax prior to your surgery. You can listen in the days and weeks leading up to your surgery or while in the pre-op area.

After Surgery

This 5-minute recording will support you in the recovery process. Listen in the recovery room or inpatient hospital bed, or in the days after your surgery.

Visit englewoodhealth.org/meditation or scan the code for instant access.



Important: Do not listen to these recordings while driving or at other times when you need to remain alert. The information in these recordings is not intended to replace any instructions or information provided by your own surgeon or other healthcare professional.



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Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para asistencia lingüística gratuita, llamar al 201-894-3368.

무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.