

St. Joseph Hospital Bariatric Surgery Program

Obesity is a disease much like alcoholism; there is no cure. Rather, there are habits one can develop to treat the disease through the remainder of life. After surgery, you will begin to lose weight. Just remember, although you may have won the battle, the war is still going on. If you turn your back on it, you will be stuck with a pound or more.

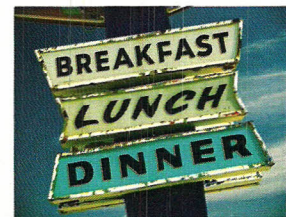
Mission Statement:

To provide a comprehensive program to our bariatric patients designed with a holistic approach in treating the physical, spiritual and emotional needs of each individual.

Keeping with this approach, our program follows four basic principles in order for you to be successful long-term. **It is your commitment that is the most important.**

PROGRAM PRINCIPLES

1. **PROTEIN FIRST.** You must eat protein at every meal. If there are other items on your plate, use the 3:1 eating rule (3 bites protein, 1 bite other)
2. **WATER.** Drink a minimum of 64 ounces every day for hydration and good health. Also, remember the 30-20-30 rule; don't drink with meals.
3. **EXERCISE.** Thirty (30) minutes every day. Start with ten (10) minutes each day and increase over time.
4. **MEALS.** Three (3) meals a day; no skipping any meals.



Personal Accountability

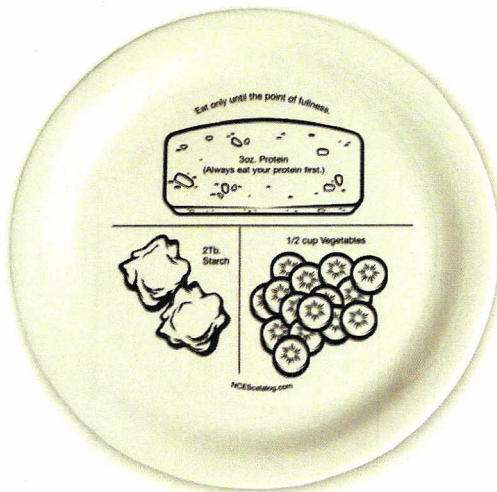


- ❑ Be personally accountable for the decisions you have made, take responsibility for your choices and be honest with yourself.
- ❑ Take responsibility for where you are and how you got there. Tell yourself the truth.
- ❑ Recognize that you and you alone must be accountable for your long-term success following your weight loss surgery.
- ❑ Surgery is a tool, and if used PROPERLY, will help you gain and stay in control.
- ❑ You and only you are responsible for what you eat, when you eat, and how much you eat.
- ❑ Regular weighing. Weigh yourself weekly, at the same time, same place with the same amount of clothes.
- ❑ Set weight loss goals. A person without goals has no direction. It is important that you identify where you are going. Most successful people in the world are those who have their goals written down.
- ❑ Guidelines will be provided for what we expect of you after surgery. It is your responsibility to follow these guidelines. It is also your responsibility to call if you are **NOT** following these guidelines.

Portion Control

Sleeve gastrectomy surgery can assist with restricting the amount of food you can eat by reducing the size of your stomach and changing some of the hormones associated with increased appetite.

- ❑ Pre-surgery, the stomach can hold just over 3 pints (6 cups) of food from a single meal.
- ❑ Immediately after surgery. A person's stomach may hold only approximately one ounce at one time. (This is equivalent to $\frac{1}{8}$ cup.)
- ❑ A few weeks to months after surgery, a person's stomach may hold approximately 4-6 ounces at one time. (This is equivalent to $\frac{1}{2}$ cup to $\frac{3}{4}$ cup.)



Nutrition

Lifestyle adjustments are crucial to long term success with your procedure. Therefore, **it is very important to adopt good eating habits BEFORE surgery. They include:**

- Do not skip meals: start eating 3 scheduled meals
- Eat mindfully and make the meal an “event”
- Eat without distractions
 - Do not eat while driving
 - Do not eat while watching television
 - Do not eat in front of the computer
- Eat slowly—take approximately one bite at a time each minute, 20 bites per meal
- Chew food thoroughly
- Use a small plate and small utensils to help keep portions small
- Measure food (food scale, measuring cups, measuring spoons)
- **Avoid grazing. Eat only at designated meal and snack times.**
- Protein should be the first food eaten from your plate after surgery. This habit is for life to avoid nutrition related complications and muscle wasting. Proteins are the essential building blocks of life —every cells in the body contains protein!

Protein Choices to choose from based on food preferences and individual tolerances:

Meats: beef, poultry, fish, pork

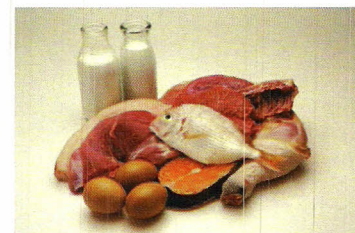
Eggs

Dairy: 1% milk, Greek yogurt, string cheese, low fat cottage cheese

Beans/legumes

Tofu/soy protein

Whey protein shakes



- ❑ Be in tune with your hunger. Eating when you are stressed, angry, sad, or happy does not mean you are hungry. **Ask yourself eating anything, “Am I truly physically hungry or am I eating to meet another need?”**

Nutrition

- ❑ You need to make a commitment to yourself and to us that you are willing to follow the basic meal plan that is provided to you. The following is an example of the progression of your meals **AFTER SURGERY**:

Sample Meal Plan Progression:

First 6 weeks	Soft Proteins: such as Greek yogurt, cottage cheese, eggs, beans, string cheese, luncheon meats, canned meats (tuna, chicken, salmon)
2 months post-surgery	Introduction of fresh cooked meats and vegetables and fruits
6 months post-surgery	Continue protein choices, vegetables, fruits and introduction to starches/grains

Sodium 140mg ←

HIGH PROTEIN LIQUID DIET PRE-SURGERY

- ❑ You will be placed on a **liquid protein meal replacement 2 weeks prior to surgery to prepare your body for surgery**. This serves three purposes:
 - First, it is essential that the liver not be enlarged during the procedure. The liquid protein fast **shrinks the liver** so that the stomach area is easier to access.
 - Secondly, the liquid protein helps to get you mentally prepared for what is expected of you after surgery.
 - Lastly, any weight that you were not able to lose to meet the **8%-10% weight loss** requirement can be lost in the last two weeks.
- ❑ You can choose **up to four (4) Bariatric Advantage® High Protein Meal Replacements** per day.
- ❑ **You may mix the shake protein powder with 8 ounces (1 cup) of nonfat milk, low fat milk, almond milk, or soy milk rather than 8 ounces of water.**
- ❑ The Bariatric Advantage® High Protein Meal Replacements are very low in carbohydrate. Be sure to discuss this with your primary care physician or endocrinologist if you have diabetes.
- ❑ **For the first 2 weeks after surgery, the dietary meal plan consists of the same liquid protein meal replacement. NO SOLID FOOD SHOULD BE EATEN AT THIS TIME.**



Fluid Intake

First couple weeks

- ❑ Drink a **minimum of 64 OUNCES OF WATER** a day. NO STRAWS are recommended.
- ❑ **30-20-30 rule**: It is also important not to drink fluids 30 minutes before eating, during your meal, or 30-60 minutes after you have finished eating. **Take no more than 20 minutes to eat.** The stomach size has been reduced and there is no room for fluid and solid food at the same time.
- ❑ You need to be ever mindful of the need to drink between meals since you will not be drinking immediately before, during or immediately after meals. This requires planning, discipline, and the formation of a new habit.
- ❑ Water is extremely important. Water makes up 70% of our muscles and 75% of our brain. The only thing our body craves more than oxygen is water.
- ❑ Water helps to maintain proper muscle tone, prevents dehydration, improves skin and hair, rids the body of waste and harmful toxins increases energy level, suppresses appetite and weight.
- ❑ Dehydration can set in quite rapidly after surgery. Be aware of the early signs of dehydration such as thirst, dry lips, dry mouth. Notice the color of your urine. It should be a pale yellow. You should be urinating minimally four (4) times per day.
- ❑ There are certain beverages that will need to be **avoided completely or consumed in moderation**. Again, this is for a long-term success. Only you can determine how successful you want to be.
- ❑ Teas contain harmful substances (tannic acid) that could cause ulcers or inflict damage to the stomach. Tannins also interfere with iron absorption. **Dark teas should be consumed in moderation.**
- ❑ Caffeine compounds the effects of stress both psychologically in terms of perceived stress levels and physiologically in terms of elevated blood pressure and stress hormone levels. Caffeine is also a stimulant and has been known to increase hunger. **Drink caffeinated beverages in moderation.**
- ❑ Reasons to not drink carbonated beverages include temporary distention of the stomach pouch, caloric intake, and caffeine. Soda is also substituted by many for water intake.



Vitamin and Mineral Supplements

After sleeve gastrectomy, supplements will need to be taken for life and are crucial to your health. The most important thing to remember is that vitamins won't work and can't help you if you don't take them.



- ❑ Important reasons for supplementation:
 - Smaller stomach, means fewer calories, fewer nutrients are eaten
 - Less contact with stomach acid and some nutrients require acid for processing
 - Less contact/production of intrinsic factor which is needed for vitamin B₁₂ absorption
- ❑ Things to look for in a high quality supplement
 - Use of nutrients that are USP (made according to the United States Pharmacopoeia)
 - Use of nutrients that are pharmaceutical grade which are very small, uniform particle sizes and are easier to absorb
 - Products manufactured in a pharmaceutically licensed facility – meaning they must use the same strict standards that apply to drug manufacturers
 - Products tested by FDA approved methods for their ability to dissolve and disintegrate; so they break down in your digestive system
- ❑ Calcium is needed for the heart, muscles and nerves to function properly and for blood to clot. National surveys have shown that many women consume less than half the dietary reference intake (DRI) for calcium. Calcium citrate is the preferred choice after surgery.
- ❑ Vitamin B₁₂ helps to maintain healthy nerve cells and red blood cells. B₁₂ is also needed to make DNA. B₁₂ deficiency can lead to neurological changes such as numbness and tingling in the hands and feet, difficulty in maintaining balance, depression, confusion, poor memory, and soreness of the mouth or tongue.
- ❑ Iron is involved in so many aspects of life including red blood cell function and myoglobin activity (oxygen reservoir in muscles). Iron also appears to be involved in immune function and cognitive performance. Iron and calcium should be taken at least one (1) hour apart from each other.

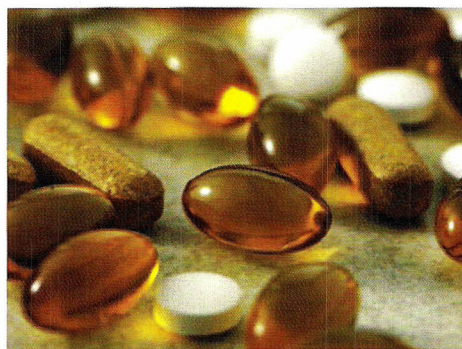
Vitamin and Mineral Supplements

Begin these supplements one to two weeks after surgery once solid food is reintroduced:

- ❑ **Bariatric Advantage®** (www.bariatricadvantage.com) or 1-800-898-6888 is a recommended brand

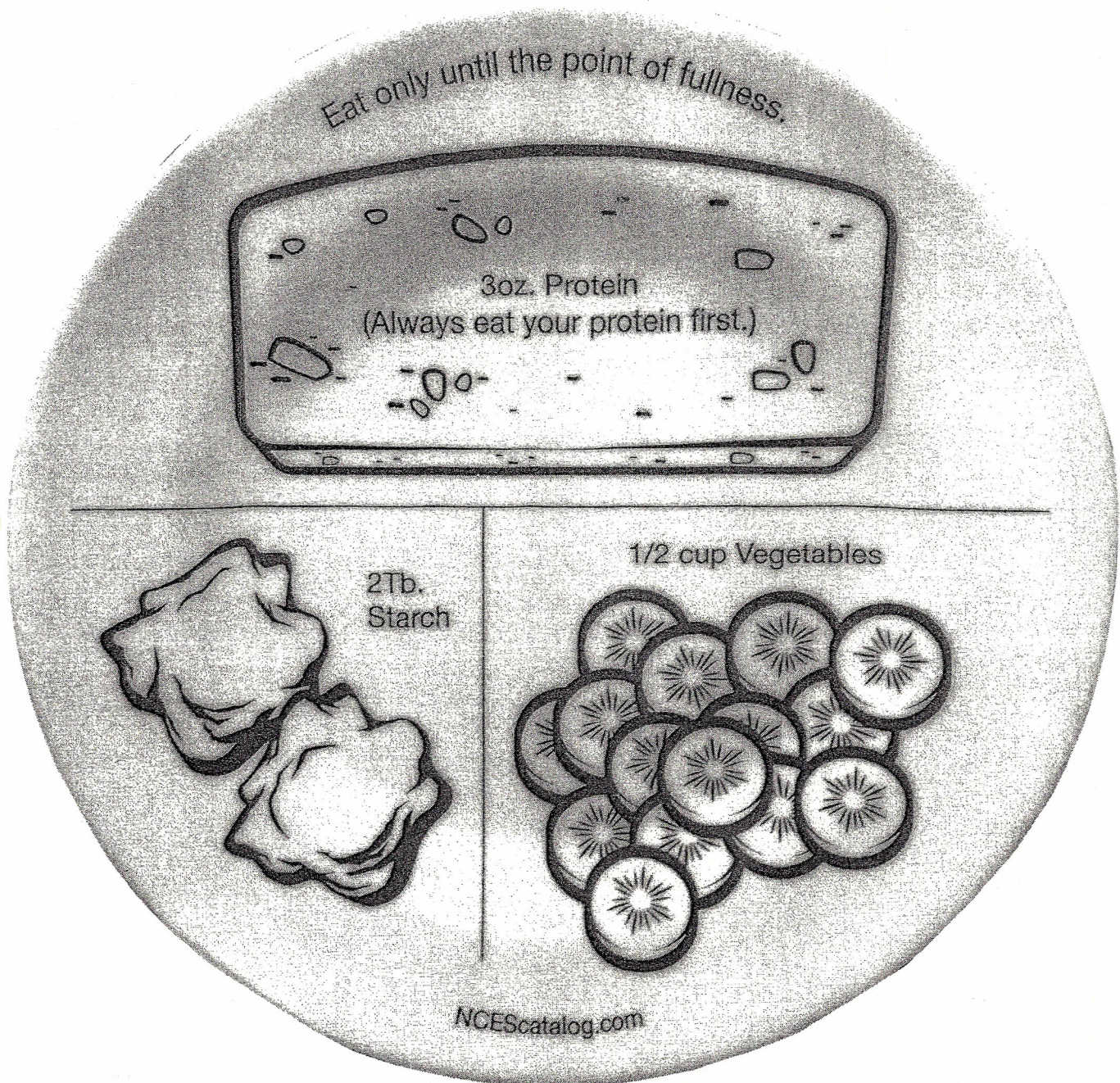
CHEWABLE VITAMINS AND MINERALS MAY BE TOLERATED BEST due to the small stomach/pouch size

- Multivitamin and mineral formula (daily)
- Calcium Citrate-lozenges or chewy bites (1,500-2,000 mg per day)
- Iron-chewable (1/day—30 mg for men and postmenopausal women; 60 mg for women of childbearing age)
- Vitamin B₁₂ sublingual (under the tongue) (3,000 mcg per week)



Segmented Bariatric Health Plate

Below is a sample of a segmented small plate to use as a guide for choosing the recommended amount of protein, vegetables, and starch.



Protein is the most important nutrient in your daily intake and should always be the priority when planning and eating your meals. Remember the 3:1 rule (3 bites protein, 1 bite vegetable/fruit; starch should be the last food eaten).

Tips and Tricks

Make it Happen

For each category, choose one or two things you will do to “make it happen” this week.

What will you do to improve your environment?

- ☐ Use a smaller plate at home
- ☐ Use a salad plate at restaurant
- ☐ Put away half my meal in a “to go” box
- ☐ Bring lunch at least ____ days a week
- ☐ “Portion out” foods – don’t eat out of the big bag or container
- ☐ Order “child size” treats when out
- ☐ Keep the bread and chips off the table
- ☐ Limit going out to buffets to ____ times a year
- ☐ Stop putting serving platters on the table
- ☐ Stop buying unhealthy, high calorie foods
- ☐ “Hide” foods that are very tempting
- ☐ Stock up on healthy, low calorie foods and keep them handy and visible
- ☐ Get rid of the candy bowl at home or work
- ☐ Keep healthy foods such as fruit or nuts at my desk
- ☐ Ask co-workers to help out – keep the tempting treats out of sight
- ☐ Ask for better choices in the vending machine or cafeteria

What will you do to change a behavior or habit?

- ☐ Keep a food log or diary on paper or online
- ☐ Keep track of my eating triggers on my log
- ☐ Use the 1 to 10 “Hunger Scale” when I eat
- ☐ Use activities from the Distraction List to stop eating if I’m not hungry or already had enough to eat
- ☐ Practice eating slowly and savoring my food more
- ☐ Find something else to do at the computer or while watching TV
- ☐ Plan ahead – have a menu for the week and a shopping list
- ☐ Make my lunch the night before
- ☐ Use the internet to plan what I’ll eat when I go out
- ☐ Weigh myself at least ____ times a week
- ☐ Write out my goals and keep them posted where I’ll see them (put this page up)
- ☐ Visualize or “practice in my head” keeping my goals
- ☐ Get support from friends, family or co-workers.
Someone I can count on: _____
- ☐ Find another support resource: a book, a website or a group meeting