

Gulf Coast Bariatrics

Hi Everyone,

Thanks for logging in for your first Lifestyle GoTo meeting!

Please mute your phones / computers and we will get started at 6:00PM.

Sharon Wilson, RNC



GOALS of LIFESTYLE CLASS #1

1. Develop a basic understanding of how sugar, starch and protein effect your blood sugar and hunger
2. Learn about the roll protein intake will play both preop and postop weight loss surgery
3. Implementing a protein drink and vitamin successfully and why this is important to your overall health

The
materials we
will review in
this class are
the
following:

Power point presentation "It's not a short term diet, it's a long term lifestyle change."

Materials are located at:
Gulfcoastbariatrics.com ---> click
on patient forms---> scroll down
to Bariatric Education Materials



WHY AM I
HUNGRY ALL THE
TIME?

SUGAR ROLLERCOASTER

Within 30 minutes of eating a starch or sugar, your blood spikes:

- You feel full
- You feel satisfied emotionally
- Brain, stomach and liver **ARE** happy

Within another 30 minutes of hitting the peak:

- You are hungry again
- Looking for food
- Brain, stomach and liver are **NOT** happy



HOW DO I GET OFF
THE
ROLLERCOASTER?

PROTEIN

A smoother road if you choose protein first





HOW DO I
INCREASE MY
PROTEIN
INTAKE?

- ✓ **START A PROTEIN DRINK DAILY AS 1 MEAL REPLACEMENT**
- ✓ **CHOOSE PROTEIN FIRST AT MEALTIME**
- ✓ **MEAL PLAN AROUND YOUR PROTEIN SOURCE**

HOW TO CHOOSE A PROTEIN DRINK

PROTEIN Supplement Guidelines per Serving

Calories: approximately 150 or less

Protein: 20-25 grams

Carbohydrates: less than 5 grams

Sugars: less than 3 grams

Fat: less than 3 grams

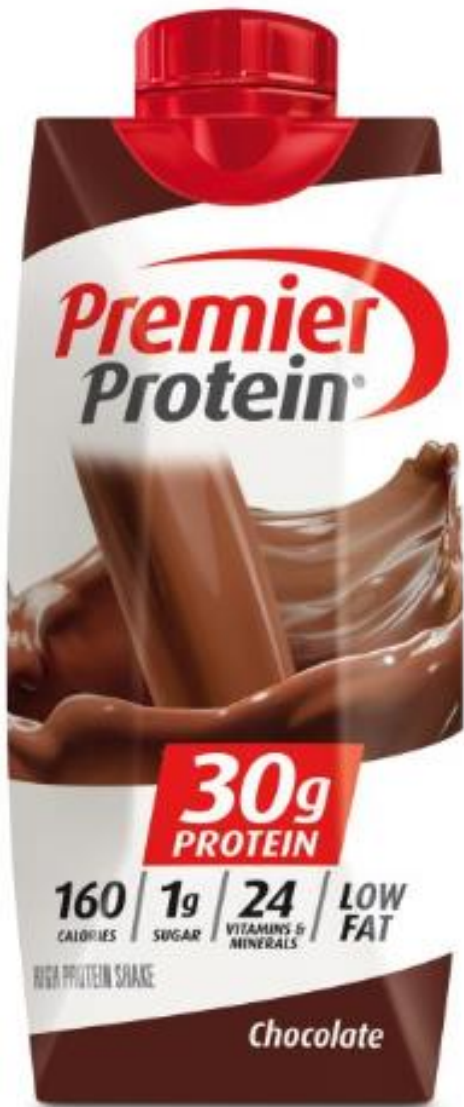


WHY PROTEIN DRINKS?

- Helps you to reach and maintain 80 grams of protein daily
- Improves your current daily nutrition intake especially when taken with a bariatric multivitamin
- Protein helps maintain weight loss and boost weight loss
- Decreases hunger and cravings so you are less likely to snack if protein is reaching 80 grams daily
- Carbohydrate intake tends to stay lower with a daily protein drink and total protein of 80 grams daily
- Assists with maintaining muscle through weight loss and into the long-term maintenance phase
- Many brands available, many types available (clear, powder, premixed), easily found in stores and online...NO EXCUSES
- Recommend 1 protein drink daily for life to help reduce the incidence of weight regain after surgery



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PREMIXED PROTEIN DRINKS:

- Premier
- Equate
- Ensure Max Protein
- Evolve (plant based)
- Fairlife Core Power
- EAS Advantage
- Muscle Milk
- Owyn (plant based)
- Lean Body
- Unjury
- Isopure (*clear*)

ADVANTAGES:

1. Easy Grab-n-Go
2. No mixing, no mess
3. Well tolerated and liked preoperatively

DISADVANTAGES:

1. Can be overly sweet tasting especially after surgery

BUY LOCALLY: Publix, CVS, Walgreens, Costco, Walmart, Sam's

BUY ONLINE: Amazon, Walmart

***BARIATRIC/ MEDICAL SPECIFIC PRODUCTS:** product website ex. Unjury.com, Bariatricpal.com, BariatricEating.com, BariatricFusion.com, BariatricAdvantage.com, etc..

PROTEIN DRINK POWDER BRANDS:



- Premier
- Equate
- Body Fortress
- Nectar
- Designer Whey
- Genepro
- Vega (plant based option)
- Bariatric Pal Protein*
- Unjury*
- Inspire*
- Fusion*
- Bariatric Advantage*

ADVANTAGES:

1. Make it your own – research recipes for low carb protein drinks or smoothies
2. Many flavors including unflavored and unsweetened
3. Well tolerated

DISADVANTAGES:

1. Time constraints

BUY LOCALLY: Publix, CVS, Walgreens, Costco, Walmart, Sam's

BUY ONLINE: Amazon, Walmart

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QUESTIONS?



IT'S A LIFESTYLE
SO.....LET'S TALK
BEHAVIORS
CHANGES

STARTING NOW



Start a protein drink NOW and increase protein intake to 80 grams daily. Practice sipping and work on not gulping.



Increase water intake to 64 ounces daily. Start eliminating sugary drinks, caffeine, carbonation, and alcohol.



Decrease starch and sugar intake (bread, rice, pasta, potatoes, cereal, snacky foods and sweets). Goal is 40 grams total daily.



Avoid drinking with meals to maximize protein intake – no drinking for 30 minutes before and after solid meals.



Eat your protein first at mealtime. Eat slowly and chew approx. 20 times with each bite.



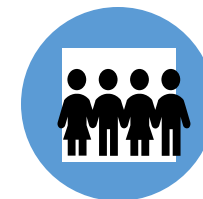
Add a bariatric multivitamin into your daily routine, start NOW. Discuss options with the RD at your first appointment and/or call the office.



Listen to your body to give you a sign of being comfortably full, "satisfied". Measure and/or weigh your food and work on planning meals and mealtime.



WEIGHT GAIN is highly discouraged as surgery could be cancelled or denied by insurance or Dr. Bass due to non-compliance. If you do not have a scale to monitor your weight, stop by the office for a weight check.



Include your support person or family in your lifestyle changes. This is a journey and a lifestyle change for a lifetime so positive support matters.

HOMEWORK

PROTEIN & VITAMINS

- **1 protein drink daily** as a meal replacement starting **NOW**.
- Utilize a protein drink as needed to conquer snacking behavior and eliminate skipping meals.
- Start a bariatric specific vitamin **NOW**. **Talk to the RD and get started now.**

LOG & MONITOR WEIGHT

- Log your intake for at least 2-3 days per week every week using an APP like Baritastic.
- Get to know your daily habits, behaviors and intake.
- Meal plan and meal prep
- Avoid weight gain so surgery is not delayed, cancelled or denied.

READ & LISTEN

- Continue to read your educational information and the exam and consent for surgery.
- Attend support groups and include your support person in your journey.

QUESTIONS

- Read and re-read your materials.
- Write down questions, knowledge is power.
- **No excuses!** Get started now. We are here to help.



QUESTIONS?



Password for class:
PROTEIN

***YOU WILL RECEIVE A POST CLASS SURVEY POP UP WINDOW AND/ OR VIA
EMAIL. PLEASE ENTER THE PASSWORD FOR TONIGHT'S CLASS INTO THE SURVEY
WHEN PROMPTED***