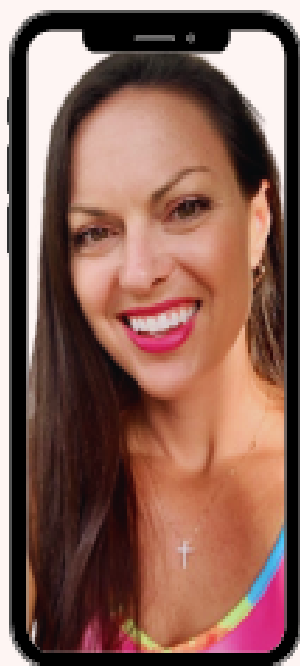


Nutrition Resource Guide

FOR WEIGHT LOSS SURGERY



Registered Dietitian:
Cassandra Sampson MS, RD, LDN, MIEP

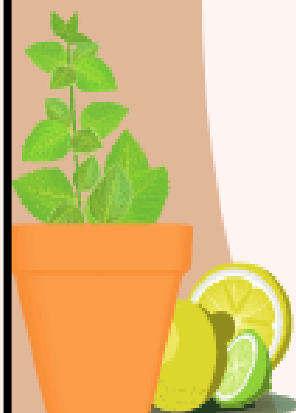
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ONLINE PORTAL:

CassandraTheDietitian.practicebetter.io



AGENDA

1 Introduction

2 Primary goals

3 Getting ready

4 Vitamins and supplements

5 Tips for success

6 Protein

7 Post-op weight loss success

8 Resources



The materials for this class can be downloaded from Cassandra's website:

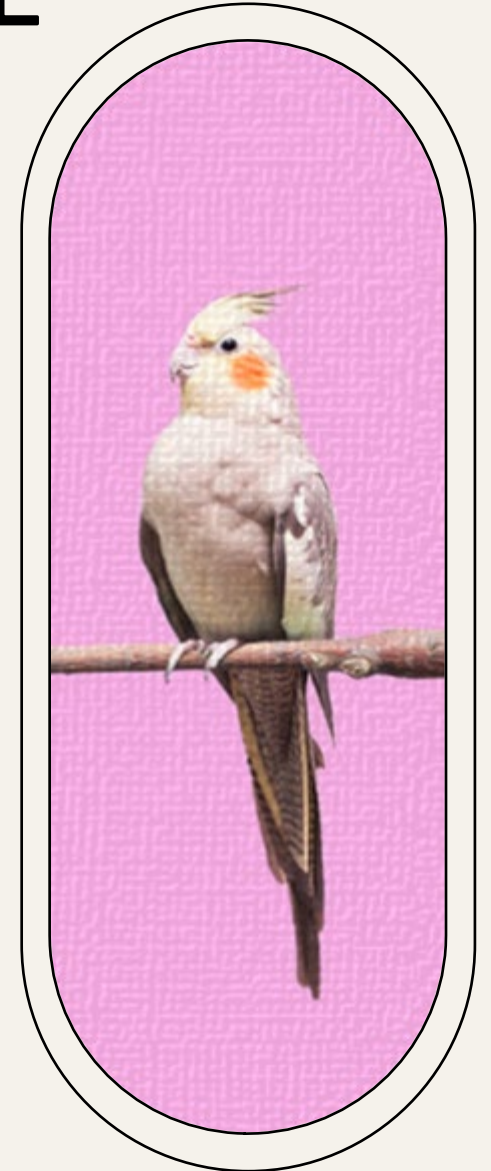
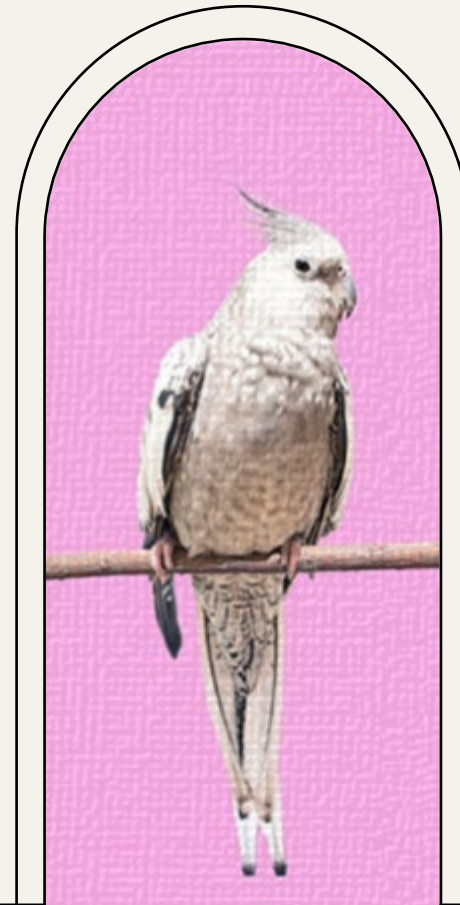
www.CassandraGolden.com

- 1.) Click on "Bariatric Surgery Patients Click Here"
 - 2.) Click on "Download your Nutrition Resource Guide"
-



THIS JOURNEY REQUIRES A LIFESTYLE CHANGE

- The goals and guidelines we recommend prior to surgery are in place to minimize weight loss plateaus and complications.
- Not taking the guidelines seriously can present the risk for complications, uncomfortable side effects and even weight regain.
- The **MINDSET** is the **BIGGEST** part of this journey. Bariatric surgery is a tool that is **only as effective as you allow it to be.**



The background of the entire slide is a vibrant, repeating pattern of tropical foliage. It features green palm trees, various tropical leaves, and small white sailboats on a reddish-orange background with stylized white clouds.

MINDSET CHANGE

_____ The surgery is a tool, not a cure. _____

The decision-making power is still in your hands.

The decision **what to eat** and **when to stop eating** are pivotal decisions that can greatly influence your long-term weight loss success.

It is still possible to overeat and gain weight after bariatric surgery; therefore, it is important that your behavior changes are life-long.

You need to commit to healthy lifestyle habits for **the rest of your life** to be successful with this weight loss procedure.





PRIMARY GOALS

_____ NOW is the time to get started _____

PRIMARY GOALS

Make a plan

**Physical
activity**

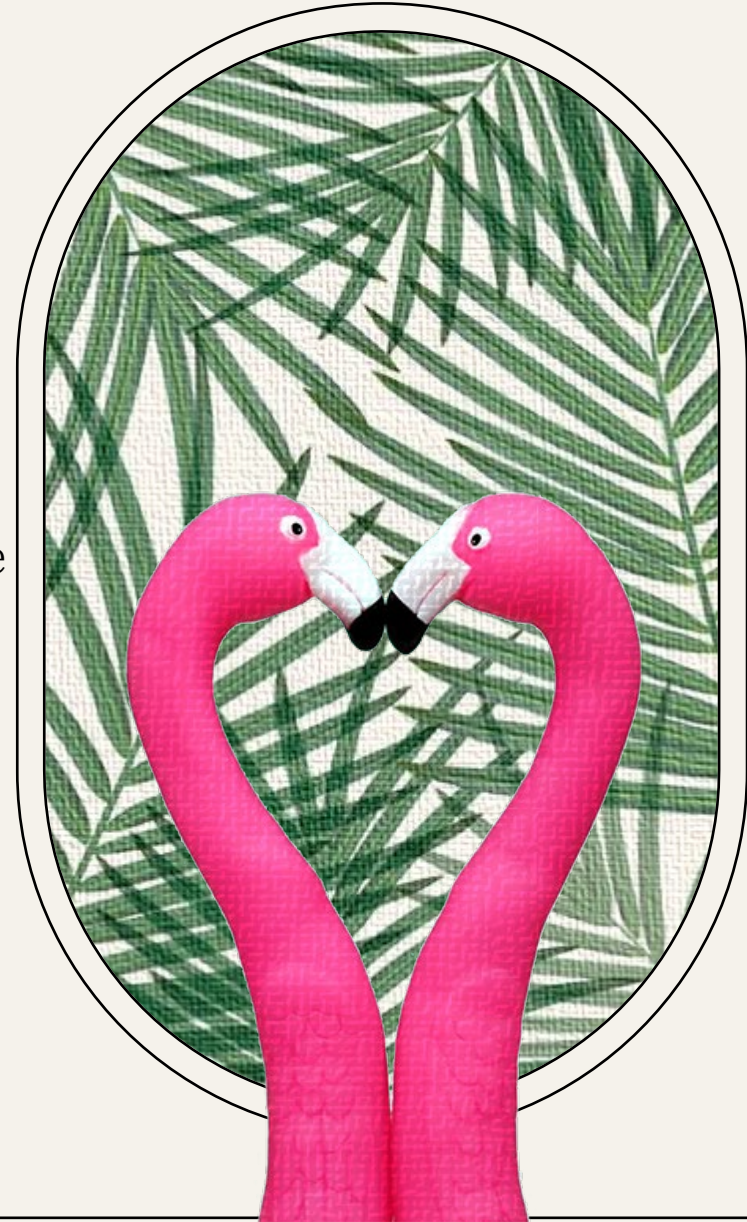
**Manage
portions**

**Mindful eating
strategies**

**Other personal
goals**

MAKE A PLAN

- Your plan should consist of a high protein, carbohydrate conscious diet
- 80g of protein/day
- Limit refined carbs, processed carbs and starchy carbohydrates
- Your plan should include three portion-controlled meals during the day, starting with breakfast to minimize any grazing or snacking.
- Do not skip meals.
- Eat according to your hunger signals and fullness signals.
- Aim for >25g of FIBER (from whole food sources) a day.
- Macronutrient percentages: 50% of calories from protein, 30% of calories from healthy complex carbohydrates and 20% of calories from heart healthy fats.

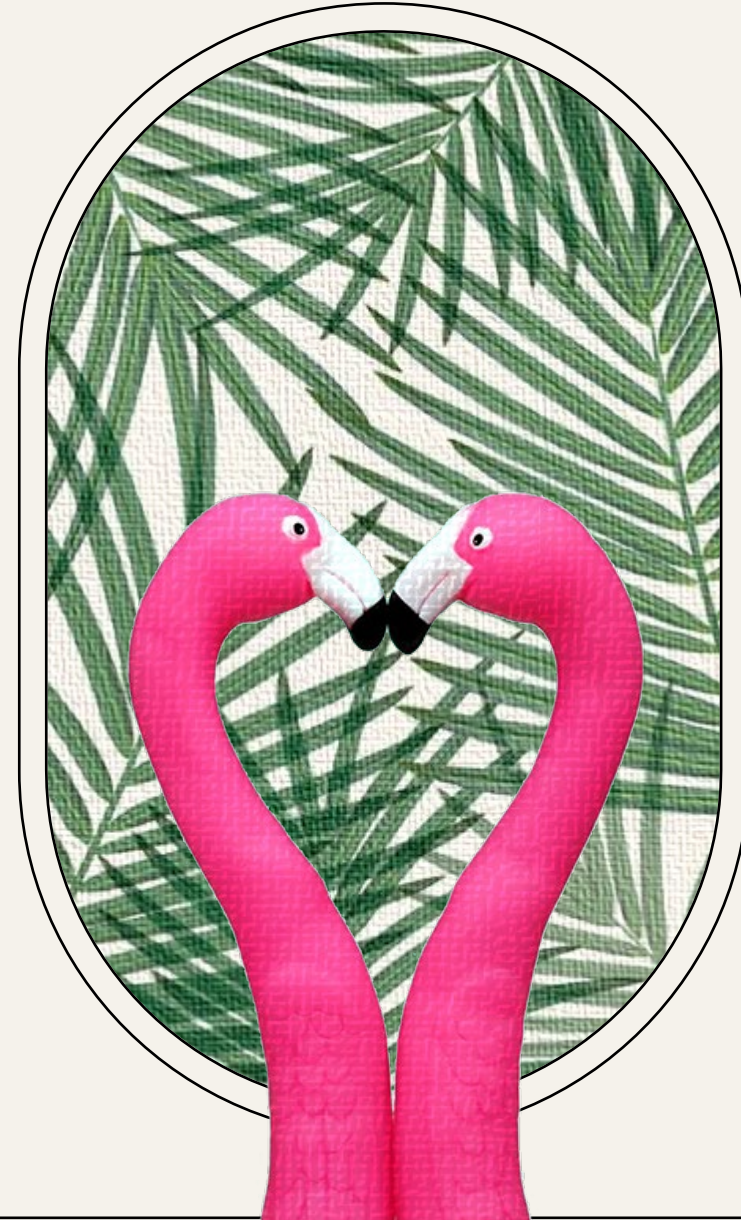


PROTEIN

- Your plan should consist of a high protein, carbohydrate conscious diet
- Protein is the priority

Protein Foods:

- Skinless chicken or turkey, Lean cuts of beef/meat
- Fish: flaky fish like tuna, cod, haddock, salmon and tilapia
- Egg, egg whites or egg beaters
- Veggie burgers or bean burgers
- Beans and lentils
- Protein shakes/powders
- Fat-free Greek yogurt, Low- fat cottage cheese
- Part-skim ricotta cheese
- Low-fat string cheese or babybel cheese
- Edamame, Tofu and Tempeh

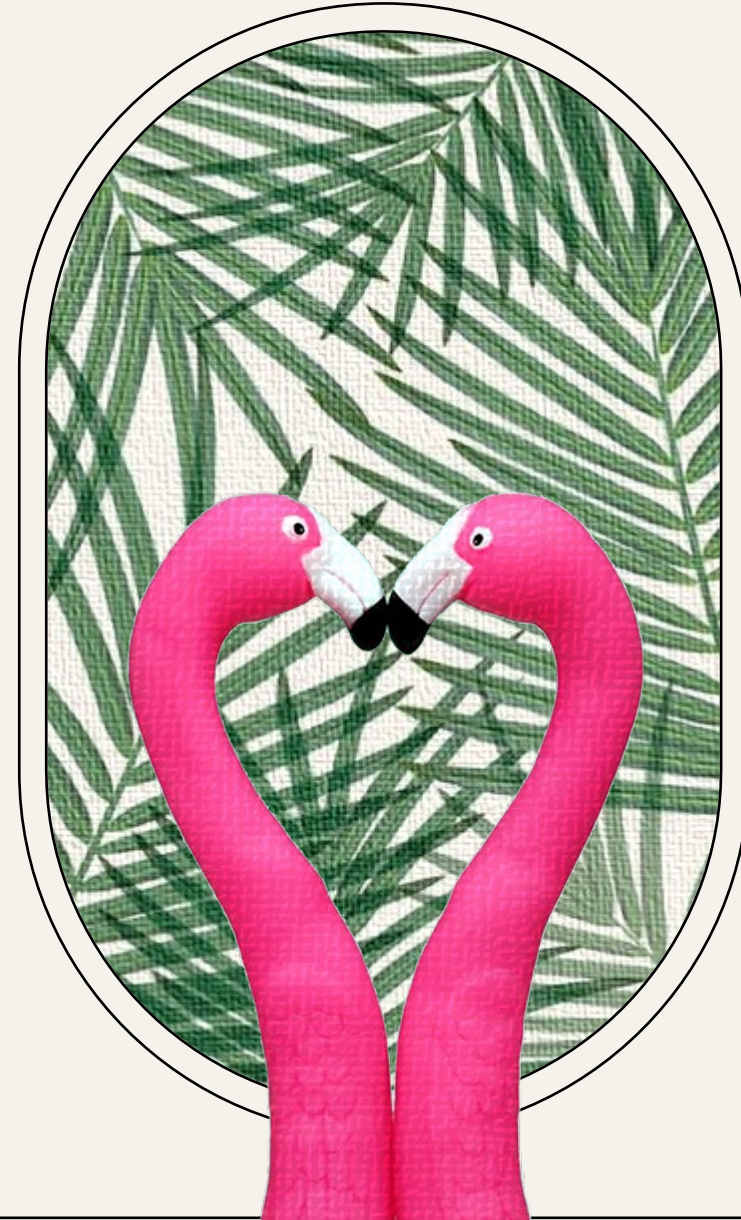


PROTEIN

How to count grams of protein if there's no nutrition label:

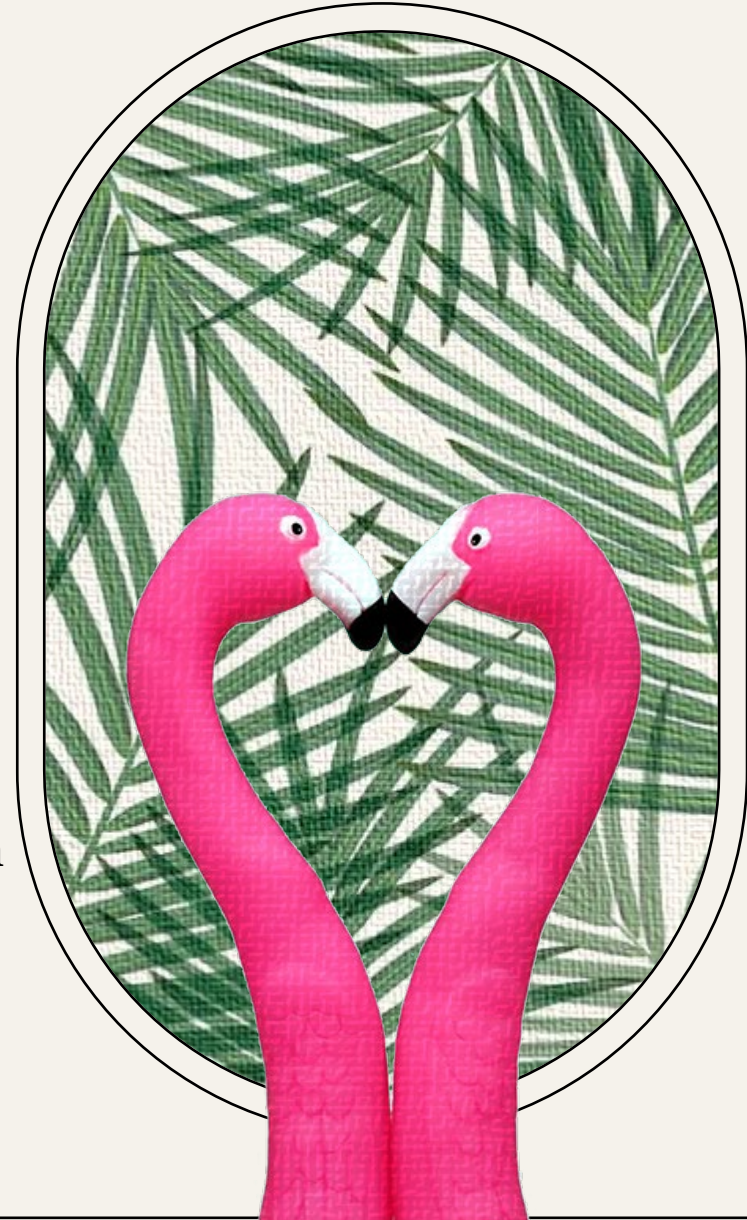
7g of protein is equal to:

- 1 ounce of chicken/turkey/fish
- 1 ounce of beef or pork
- 1 egg
- 1/4 cup egg substitute
- 2 ounces of firm tofu or 3 ounces of soft tofu
- 1/2 cup of beans
- 3 ounces of Greek Yogurt
- 1/4 cup nonfat cottage cheese



PROTEIN

- Protein helps you heal after surgery
- Protein will help to support muscle maintenance, which is incredibly important for supporting your metabolism
- Protein will help you feel more full (helping you to eat less) and will help you stay full longer between meals
- Protein will help to stabilize your blood sugar which can help support energy levels, minimize cravings, and more!
- It's never too soon to start working toward the goal of 80g of lean protein a day



KEEP TRACK

- Begin to keep track of everything you eat or drink
- Use the FREE Baritastic app and website (<https://www.baritastic.com/>).
- Tracking intake brings awareness to **what** you're eating, **when** you're eating, **how much** you're eating, etc.
- It will also provide useful information to get past a potential weight loss plateau that could arise in the future.
- *Please note there is NO CODE that you need to use for the app.



KEEP TRACK

- Tracking is also one of the habits of highly successful post-op patients.
- Research shows that those who accurately, honestly and consistently keep track of their intake lose more weight.

Know your numbers:

- 80 grams of protein a day
- 40g-50g of total carbohydrates a day for the first 6 months out from surgery
- 64 ounces of non-sugary fluids (at least half from pure water)
- Separate eating and drinking and wait 30 minutes after a meal



GET MOVING

- Start moving your body with an activity that you enjoy.
- Exercise is imperative for weight loss, but also:
 - Weight maintenance (after weight loss)
 - Mental health
 - Stress relief
 - Heart health by helping lower the risk of heart disease; blood pressure, cholesterol and blood glucose.
- To ensure accountability, safety and exercise effectiveness, I recommend opting into personal training sessions with an exercise professional.
- **Recommended Bariatric Fitness Specialists:**
<https://fusionhfx.com/>



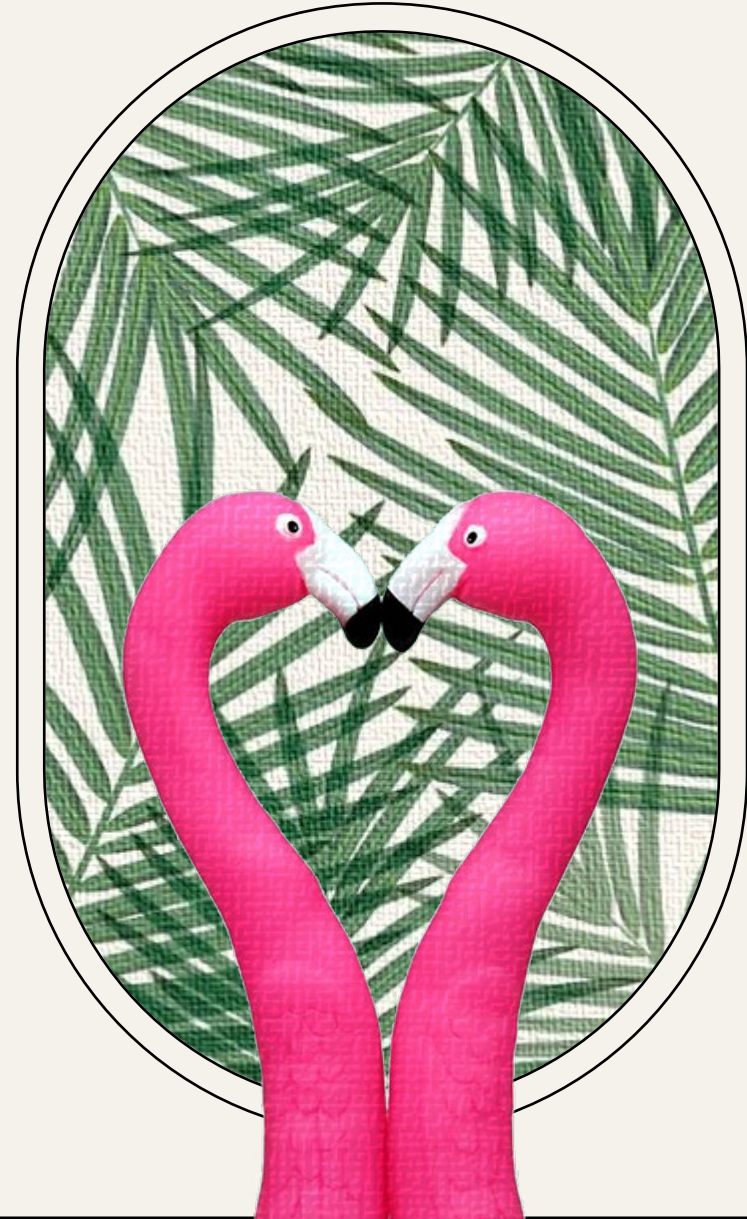
PORTION CONTROL

- The first step toward weight-loss is to become more aware of **how much** you're eating and be intentional about not eating beyond feeling full.
- Overeating after surgery can pain, nausea, vomiting, diarrhea and will not contribute to weight loss.
- Initially, your stomach will only be able to hold about 1-2 ounces at a time.



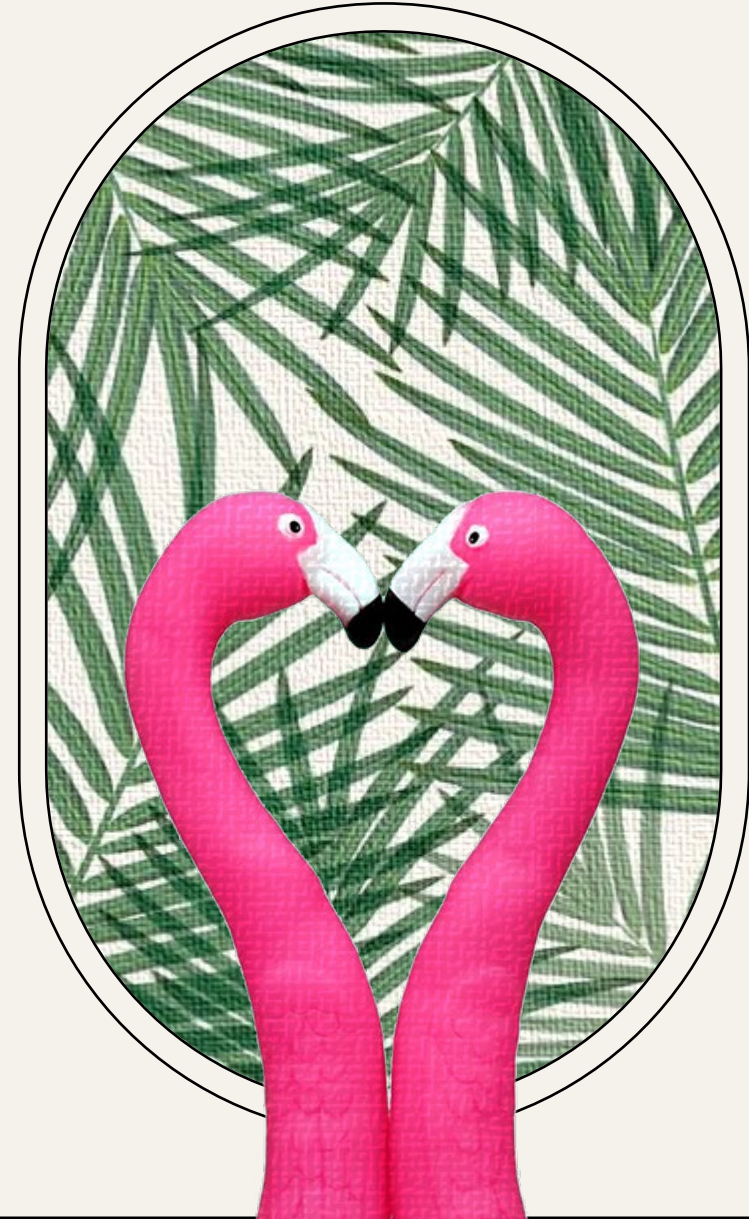
PORTION CONTROL

- Use a smaller plate or bowl: You might find that a bowl you assumed held a proper portion actually holds twice as much
- Put less food in front of you to begin with
- Challenge the “clean plate club” mentality
- Don't let yourself get to the point of being ravenously hungry before you start eating
- Eat without distractions or in a tense environment
- Create intentional stopping points throughout your meal to assess your hunger level and fullness level
- Avoiding eating straight from the bag, box or container. The larger the package, the easier to mindlessly eat from it.



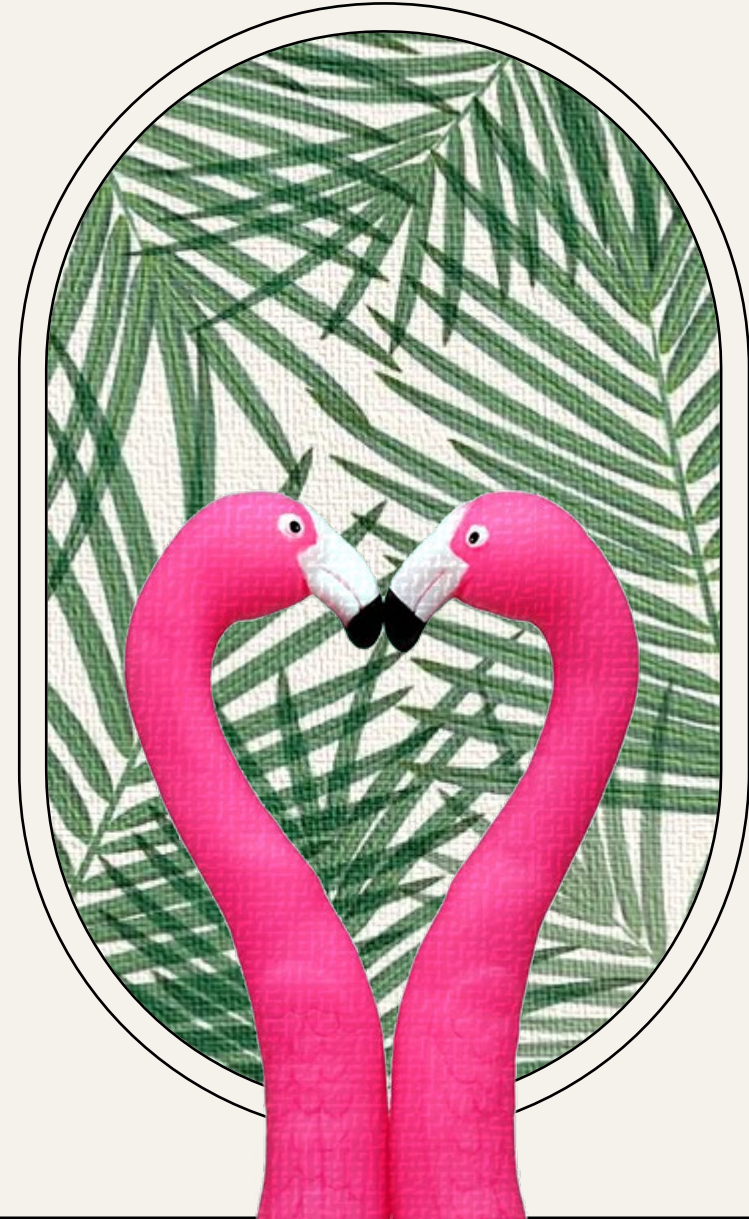
MINDFUL EATING

- Turn off all distractions when it's time to eat.
- Be intentional about slowing down the pace of your eating.
- Chew thoroughly. Focus on each bite. Eating slowly is important to avoid discomfort and/or pain after surgery.
- Take 20-30 minutes for a full meal.
- Findings published in the journal Clinical Obesity revealed that **people who eat faster tend to gain more weight** and had a higher risk for obesity due to delayed realization of fullness, compared with those who eat meals more slowly.



MINDFUL EATING

- Stop eating when you feel comfortably satisfied and stop before you feel overfull.
- It is important to recognize feelings of fullness.
- After surgery, the sensation of being full may feel different. Patients sometimes describe a feeling of pressure in the upper stomach. Get used to listening to your body during mealtime.
- Try to sit at a table when it's time to eat, rather than multitasking.
- Mindful eating is all about being aware of all of the aspects of eating – the taste, your pace, your environment, etc.
- Do not eat on autopilot!



OTHER GOALS



- Eliminate sugary drinks, caffeinated drinks, carbonated drinks and alcohol
- Decrease starches and added sugars: bread, rice, pasta, potatoes, sweetened cereals, high calorie snacky foods, sugary sweets/desserts and sugary drinks
- Avoid drinking with meals and do not drink until 30 minutes after eating
- Chew 18-20 times before swallowing
- Prioritize protein first
- Replace 1 to 2 meals a day with an approved protein shake such as Premier Protein, Fair Life Protein, OWYN, Aloha, or Evolve

CAUTION FOR WEIGHT GAIN

WEIGHT GAIN is highly discouraged & surgery could be cancelled or denied by insurance or Dr. Bass due to non-compliance.



GETTING READY CHECKLIST

- Bariatric dishware (search on Amazon), a baby spoon, cocktail fork & small decorative plates
- Sugar-free fluids
- Low carb, low sugar protein shakes: Premier Protein, Fair Life, Aloha, Evolve
- Large pill case
- A food chopper or mini food processor
- A reusable water bottle to keep track of water intake

BOOKS:

- The Complete Guide to Weight Loss Surgery (Amazon)
- The Intuitive Eating Journal: 30 Mindful and Instinctive Thoughts to Start Your Day (written by me!)



COUNTDOWN TO SURGERY

30 days prior:

Begin taking your bariatric supplements

By now you should be in the habit of tracking your intake on Baritastic

14 days prior:

Start 1 protein drink as a meal replacement daily (if not already started).

Stop all appetite suppressants

Start replacing 2 meals a day with a protein shake and having one low carb meal

PROTEIN SHAKE REQUIREMENTS:

At least 20-25g of protein per serving

Less than 5g of carbs per serving

Less than 3g of sugars per serving

Less than 3g of fat per serving

***Read the nutrition label because some protein shakes are designed for weight gain**

Recommended brands for ready-to-drink shakes: Premier Protein, Fair Life, Ensure Max Protein, OWYN, Aloha, Evolve

***For 20% off OWYN shakes please use this discount code: OWYNHCP-8795**



COUNTDOWN TO SURGERY

Where to buy: locally at grocery stores, convenient stores or online through the company website or Amazon

Make your own protein shake:

- After surgery, your taste for sweet things can change
- Many patient say that ready-to-drink shakes are too sweet after surgery
- Making your own shake can be the solution
- Follow the instructions on the cannister
- Use water or a fat-free milk or milk substitute
- Do not add fruit
- Adding a fiber supplement is approved



COUNTDOWN TO SURGERY

7 days prior:

1. Begin the FULL LIQUID DIET
2. Also begin a daily sugar-free electrolyte replacement drink
 - You will continue the sugar-free electrolyte replacement drink for at least 7 days after surgery.

Full Liquid Diet:

This is the SAME diet you will be on after surgery for 14 days

Goals for the pre-op liquid diet:

- 1000 calories
- 40-50g of carbohydrates a day
- 80g of protein a day

Purpose of the pre-op diet: to help with safety and effectiveness of the surgery, liver shrinkage and reducing abdominal visceral adipose tissue. It's not optional.



COUNTDOWN TO SURGERY

Preparing for the pre-op liquid diet:

No alcoholic or carbonated beverages

No caffeine or sugary drinks

Drink at least 64 ounces of water

Replace 1 or 2 meals with a protein shake each day

Goal: 70-80g of protein a day



THE FULL LIQUID DIET LIST

- Water and any liquid that is sugar-free, caffeine-free, non-carbonated and alcohol-free
- Vitamin Water Zero, Gatorade Zero, Propel, Crystal Light, Mio, Truly Lemon
- Non-carbonated fruit flavored water, such as Hint, Dasani or Nestle
- Decaf coffee and tea (no added sugar but a sugar substitute is acceptable)
- Low sodium tomato juice or V8 Juice
- Low carb, high protein shakes (If you have a lactose intolerance, choose a shake with whey protein isolate or a non-dairy shake such as Evolve, Aloha or Owyn)
- Milk: skim, 1%, non-dairy or soy
- Nonfat, low sugar Greek yogurt that is smooth, not with chunks of fruit or toppings
- Unsweetened apple sauce
- Sugar free pudding, sugar free Jello and sugar free popsicle
- Low sodium, low fat cream soups (strained so it's just the cream base, no starches for other foods mixed in)
- Low sodium broth soups (with the option to add unflavored protein powder)



THE FULL LIQUID DIET LIST

*For the first couple of days of the **pre-op** full liquid diet, we allow cottage cheese and blended soups (vegetable, tomato, egg drop, etc.) with **NO ADDED STARCHES SUCH AS RICE, PASTA, POTATOES**

*Green smoothies are appropriate during this phase as long as no high glycemic fruits/foods or drinks are snuck in there. Mostly greens!

*Remember, the goal of this short-term diet is to help shrink your liver and reduce abdominal visceral adipose tissue.



LOWEST CARB FRUITS



UNDER 5 NET CARBS



1 CUP SLICED
NOPALES
1 CARB



1 CUP SLICED
AVOCADO
3 CARBS



1 CUP
CHOPPED
TOMATILLO
3 CARBS



1 LIME
5 CARBS



1 DATE
5 CARBS



1 PRUNE
5 CARBS



1 CUP
SHREDDED
COCONUT
MEAT
5 CARBS



1 CUP
SLICED
TOMATO
5 CARBS

UNDER 10 NET CARBS



1 LEMON
6 CARBS



1 CUP
BLACKBERRIES
6 CARBS



1 CUP
RASPBERRIES
7 CARBS



1 PLUM
7 CARBS



1 CUP
SLICED PEACH
8 CARBS



1 CUP
10 CARBS

UNDER 15 NET CARBS



1 CUP
WATERMELON
11 CARBS



1 CUP
CANTALOUPE
12 CARBS



1 CUP
SLICED APPLE
12 CARBS



1 CUP WHOLE
STRAWBERRIES
13 CARBS



1 CUP SLICED
NECTARINE
13 CARBS

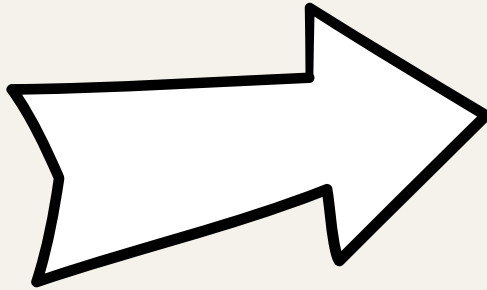
NON-STARCHY VEGETABLES



- Artichoke
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chayote

- Cucumber
- Edamame
- Daikon
- Eggplant
- Fennel
- Greens
- Green Beans
- Hearts of Palm
- Jicama
- Kale
- Kohlrabi
- Leek
- Lettuces
- Mushrooms

- Mushrooms
- Okra
- Onion
- Peppers
- Radish
- Rutabaga
- Spinach
- Sprouts
- Squash (yellow or spaghetti)
- Tomato
- Turnip
- Zucchini



LOW SUGAR YOGURT LIST

Greek yogurt has been strained to remove the liquid (whey) so it has a thicker consistency and is higher in protein than non-Greek yogurt.

All dairy products contain natural milk sugars called lactose. However, some companies add sugars to their yogurt. Added sugars increase calories without adding nutrition. They can also cause dumping syndrome and weight gain.

Requirements:

- Fat-free (0%) or low-fat (1%)
- Under 13g of sugar per 6-ounce serving
- Read the food label and look at the sugar and carbohydrate content per serving

Common brands with 13 grams sugar or less:

- Yoplait Greek 100
- Dannon Oikos Triple Zero
- Chobani Simply 100
- Chobani Zero Sugar
- Two Good Greek Yogurt
- Fage



THE CLEAR LIQUID DIET LIST

The clear liquid diet begins 1 day before surgery and lasts for day 1 and 2 after surgery.

Your CLEAR Liquid Diet options include:

- Water
- Clear protein drinks (no red or blue)
- Unflavored protein powder (mixed in flavored water or broth soup)
- Vitamin Water Zero, Gatorade Zero, Propel, Crystal Light, Mio, Truly Lemon (no red or blue)
- Decaf tea and coffee (black) and decaf herbal tea
- Sugar free juice (no red or blue)
- Non-carbonated fruit flavored water, such as Hint, Dasani or Nestle
- Sugar free Jello (no red or blue)
- Sugar-free electrolyte drinks
- Low sodium broth soup (with the option to add unflavored protein powder)
- Any sugar-free, non-carbonated, caffeine free clear beverages that you can see through and are liquid at room temperature



THE CLEAR LIQUID DIET LIST

Unflavored protein powder:

Add to low fat soups, unsweetened apple sauce and other mix-ins

Recommended brands:

- Unjury Unflavored Protein Powder
- Garden of Life Raw Organic Plant Protein Powder
- Genepro unflavored protein powder

Get creative:

*Chicken soup flavored protein powder for savory options

*Caramel Latte protein powder to replace coffee intake

* **To order:** visit www.CassandraGolden.com, click on the first yellow button that says “Bariatric Surgery Patients Click Here” and then click on “Buy your vitamins and supplements here”

*Clear protein drinks are also available on my website to purchase. Other recommended brands include:



THE CLEAR LIQUID DIET LIST

*Clear protein drinks are also available on my website to purchase with 20g of protein per bottle (Celebrate CLR Protein Water).

Other recommended brands include:

- Premier Protein Clear
- Bariatric Advantage Clearly Protein
- Isopure Zero Carb fruit protein drink
- BiPro Protein Waters
- Ready Protein Water
- Protein2o (choose the varieties with no caffeine)

*Bariatric Pal has several high protein drinks to choose from:

<https://store.bariatricpal.com/>



VITAMINS & SUPPLEMENTS

*Begin taking a multivitamin now.

*Switch to the bariatric multivitamin and calcium supplement 30 days prior to surgery.

Why start a multivitamin prior to surgery?

- It isn't uncommon for patients to be vitamin and/or mineral deficient even prior to surgery. With the nature of the surgery reducing the size of the stomach, patients already have a heightened need for nutrients.
- Taking your vitamins after bariatric surgery is a long-term commitment and non-negotiable.

There are life threatening complications that can occur as a result of NOT taking your bariatric multivitamin and calcium supplement every single day.

Many of these complications have NO symptoms and can become apparent decades after surgery. At that point, irreversible damage may have already occurred. Taking your vitamins must be part of your daily routine.



VITAMINS & SUPPLEMENTS

30 days prior to surgery (at least):

- Begin your bariatric multivitamin and calcium supplement.
- Continue these supplements all the way up to surgery
- DO NOT STOP 7 to 10 days prior to surgery, only stop for the DAY of surgery.
- Restart the bariatric multivitamin 2-3 days post-op, once home from hospital.



VITAMINS & SUPPLEMENTS

Your required supplements:

1. A chewable adult bariatric multi vitamin (NOT the gummy form) WITH IRON (unless you've been told NOT to take IRON by your healthcare provider OR if you have a separate iron supplement you will be taking)
 - Do not take on an empty stomach
 - Do not take with calcium supplements or a protein shake that contains high amounts of calcium.
2. Chewable or Liquid Calcium Citrate (that contains vitamin D3):
 - Need a total of 1200mg to 1500mg a day, split into two doses at least 2 hours apart.

***Be sure to separate your calcium supplement and your iron containing multivitamin by 3 hours.

Supplements should be chewable for the first 3 months post-op.



VITAMINS & SUPPLEMENTS

Your required supplements:

- Fast weight loss as a result of weight loss surgery has been shown to reduce bone density, which increases risk for fractures **beginning 2-3 years after the surgery.**
- Reduced absorption of nutrients, especially calcium and vitamin D, impacts bone health after such surgery.
- Taking your vitamin and mineral supplements are a **lifelong** requirement.

3. Optional Vitamin B12: One 500 mcg sublingual tablet or liquid once a day.

- B12 is included in a bariatric strength multivitamin but some patients may require additional B12.
- If you have been deficient in the past, a B12 supplement would be beneficial.



VITAMINS & SUPPLEMENTS

Where to buy:

1. My website: www.CassandraGolden.com
 - Click on “Bariatric Surgery Patients Click Here”
 - Click on “Buy your vitamins and supplements HERE”
 - You will see different options for the calcium because they are available in different flavors. Choose **one** of the calcium options.
2. Dr. Bass’ office
3. Online through trusted bariatric companies

Recommended brands:

- Celebrate
- Bariatric Fusion
- Bariatric Advantage
- Bari Melts
- Bariatric Pal



VITAMINS & SUPPLEMENTS

*If you're having trouble tolerating your vitamins please don't give up!

Reach out to your Dietitian to discuss alternative options:

- changing up the timing
- breaking your chewable in half and taking at two different time
- switching to multiple soft chews
- trying a 4-in-1 vitamin drink mix
- blending your chewable into a protein shake

*Remember, this is not medical advice! Instead, these are the basic vitamin recommendations I make for patients without extenuating circumstances.

- Vitamin patches are not recommended due to lack of proof regarding the effectiveness (and they're more expensive!).



POSTOP DIET PROGRESSION

PHASE 1 - CLEAR LIQUIDS (Day 1 & 2 – starts the day after surgery upon discharge)

- Water, broth, sugar-free electrolyte replacement drinks, ice pops
- #1 focus is hydration

PHASE 2 – FULL LIQUIDS (Day 3-13) ***START BARIATRIC SPECIFIC VITAMIN DAY 3***

- Blended soups, yogurt, pudding, cottage cheese
- Continue to focus on water and sugar-free electrolyte replacement drinks
- Protein drink – 1 daily and work up to 2 daily

PHASE 3 – PUREE / MUSHY FOODS (Day 14-20)

- Finely chopped or spreadable foods
- Cottage cheese, fish salad, chicken salad, egg salad, refried beans, tofu, mashed vegetables, fish (moist and mushy)
- Continue protein drink – at least 1 daily and working on 2 daily

PHASE 4 - SOFT REGULAR FOODS (Day 21-29)

- Dark chicken, fish, eggs, ground meat, soft cooked vegetables
- Continue 1 protein drink daily , 2 if possible

PHASE 5 – REGULAR FOODS

- Solid protein as tolerated (chicken, beef, seafood, pork, etc.) as tolerated
- Vegetables and fruit as tolerated
- Continue 1 protein drink daily and utilize a second protein drink if not meeting 80 grams of protein daily
- Go slow with introduction and start with less since it is denser protein



TIPS FOR POST-OP SUCCESS

- 1.) Make sure to drink plenty of clear liquids—small sips.
 - If you have trouble remaining hydrated, consider a sugar-free electrolyte drinks such as Gatorade Zero, Propel, low sugar coconut water or Nuun hydration sports drink tabs in water.
 - The goal for fluids is 64 ounces day.
 - One-third of all postoperative bariatric emergency room visits within a 3-month period post-surgery are related to **dehydration**.
 - Signs of dehydration include sudden lightheadedness, dizziness, headaches, and urine color becoming darker throughout the day. **Your brain is 73% water. It only takes 2% dehydration to affect your attention, memory and cognitive skills.**
 - It is normal not to reach your fluid and protein goals right away. Take one day at a time and do your best to reach the goal each day.



TIPS FOR POST-OP SUCCESS

2.) It is normal to not tolerate certain textures the first time you try them.

- If you have trouble with a food even if you are eating slowly, chewing at least 20 times per bite and making sure the food isn't too dry – avoid the food and try the food again in 2-3 weeks.

3.) Caffeine may contribute to acid reflux and should also be avoided.

- Caffeine and alcohol may irritate the lining of the stomach and may contribute to dehydration.
- Beverages containing alcohol and sugar are typically high in calories and will delay your weight loss. Avoid alcohol, which provides no nutrients and what is considered “empty calories”.

4.) ANY carbonated beverage can contribute to gas, bloating discomfort or pain.

- These drinks should all be avoided postoperatively and possibly even long term.



TIPS FOR POST-OP SUCCESS

5.) Don't eat past the first sign of fullness.

- If this becomes a habit, your stomach can stretch in time and stabilize in size.
- Do not push the limits to see how much you can eat.

6.) Separate eating and drinking by 30 minutes.

- This means: stop drinking during mealtime and do not drink again until 30 minutes after your meal.
- **Common Causes of Nausea & Vomiting:**
- Dehydration: must drink 64 oz sugar-free fluid daily
- Eating too quickly
- Temperature of liquids (too cold can cause nausea; room temperature is usually better tolerated)
- Not chewing food well
- Eating too much (past the first feeling of comfortable fullness)
- Lying down after eating
- Drinking too quickly
- Drinking with meals



TIPS FOR POST-OP SUCCESS

Options for rehydration in the presence of diarrhea or vomiting:

- NUUN hydration (choose with options WITHOUT caffeine)
- Hydralyte
- Drip Drop: <https://www.dripdrop.com/>

Recommended Solutions for Constipation:

- Add fiber powder to liquids
- Drink 64 oz fluid/day or more (taking small sips throughout the day)
- Increase exercise and daily activity as applicable
- Take Miralax– up to 2 doses in 24hr period



PROBLEM FOODS

These foods will likely result in nausea, vomiting, diarrhea, weight loss stalls or weight gain

1. Desserts and sweets such as candy, chocolate, pastries, donuts, cookies, cake, ice cream, pie, milkshakes, etc.
2. Sugary beverages such as soda, juice, sweet tea, energy drinks and sweetened coffee drinks.
3. High-fat foods (such as full-fat dairy products, fatty cuts of meat, meals with a heavy cream sauce or butter sauce, meals made with a high amount of butter or oil), fried foods, processed meats (bacon, sausage, salami, bologna)



FOODS YOU MAY HAVE TROUBLE TOLERATING

Your stomach will be sensitive for 3-6 months after surgery, and sometimes longer.

The following foods have unique textures that may be difficult to tolerate if eaten too soon:

- Tough red meat, hamburger, lobster, scallops, clams and shrimp
- Fruit with a thicker skin and peels (like oranges, grapes and pineapple)
- Fibrous, stringy veggies like asparagus, peapods and celery
- Mango and raw carrots
- Rice, pasta, doughy breads and popcorn (these foods are not recommended in the healing stage)

Please Note: the amount of food you will be able to tolerate will change over time. The main goal will continue to be protein first, then vegetables or fruits and eat starches last (if there is any room).



WHAT TO EXPECT

- Your weight loss may seem like a staircase.
- Weight loss stalls are to be expected, which does NOT mean that the weight loss journey has ended.
- Don't get discouraged! It's all part of the process.
- Strategies to get past a plateau:
 - Tighter portion control
 - Consistent tracking intake
 - Change up the exercise routine
 - Strength training
 - Hydration
 - Stress/sleep habits
 - Meal timing
 - Mindless eating



WHAT TO EXPECT: HUNGER

- After surgery, it's normal to not feel hungry because the stomach is very small and there is less ghrelin (the hunger hormone).
- Hunger is usually decreased for the first 1-3 months after surgery. This timeline can vary between patients.
- If you find that you feel hunger immediately after surgery - it's likely stomach acid and not physical hunger. It's also important to be aware of the differences between physical hunger and mind hunger after surgery.
- It is important to still plan out your meals and snacks and eat even when you don't feel hungry.



WHAT TO EXPECT: HONEYMOON

- Patients can lose the most weight in the quickest amount of time during the first year post-op.
- This is due to the drastic decreases in the hunger hormone (ghrelin) and the very tight restriction of the stomach pouch.
- The further out from surgery, the hunger hormone begins to increase, the metabolic rate slows down and the stomach pouch slightly expands.
- The metabolic rate decreases because less calories are needed to fuel a smaller body. As you lose weight, your body compensates and burns less calories.
- The honeymoon phase is the perfect opportunity to solidify your healthy eating habits and lifestyle strategies to prepare for when the honeymoon phase is over.



WHAT TO EXPECT

- Once the honeymoon phase is over, the surgery cannot prevent you from falling back into old habits.
- Gradually going back to old habits is the most common reason for weight gain 1 year after surgery.
- Your habit changes must be lifelong.



The background of the slide features a group of pink flamingos against a dark, textured background. A large, white circle with a thin black border is centered on the slide, partially obscuring the flamingos. Inside this circle, the text "Any Questions?" is written in a black, serif font.

Any Questions?

THANK

YOU