

Strengthening Your Tool Box for Long-term Success

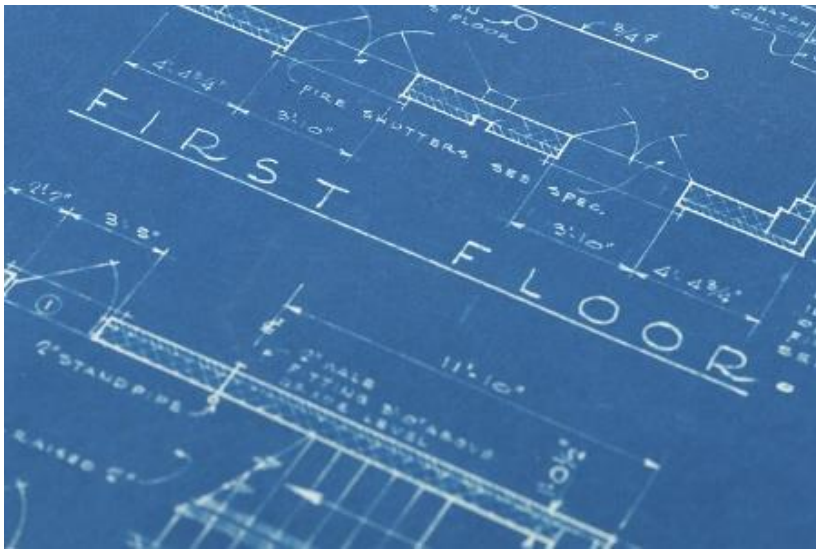


Important Nutrition Habits After Weight Loss Surgery
Regional Bariatric Assessment & Treatment Centre of Windsor

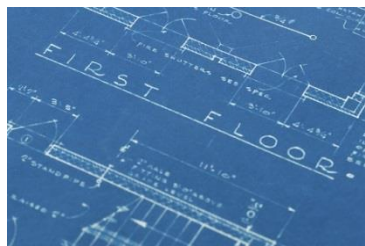
What healthy habits do you rely on as a strategy for success after bariatric sx?



#1 The Bariatric Blue Print – The Diet Guidelines



- Do you still **eat breakfast within 1 hour** of waking and **then eat every 3-4 hours**?
- Are you mindful to **balance** your meals with **3-4 food groups**?
- Do you **consistently** take your **vitamin and mineral supplements**?



The Bariatric Blue Print – Diet Guidelines

Do you still avoid:

- Foods that are rich in sugar and fat?
- Large portions?
- Carbonated beverages? Straws? Gum chewing?
- Alcohol?
- Excessive caffeine?
- Eating frequently at restaurants?
- Fast foods?
- Drinking during solid meal time?

Are you focused on getting enough protein?

?

#2 Hammer Time

Strength of a Protein Foundation



- Are you consistently protein focused?
- Slower digestion = Increased satiety
- Goal: 60-80g per day
- Refuel with Protein every 3-4 hours; eat on a schedule (prevent low BG)
- Aim for a balanced diet with ~
15-20g protein per meal



#2 Hammer Time

Satiety Strength - Protein at Meals





#2 Hammer Time

Satiety Strength - Protein at Snacks

Aim to pair a Carbohydrate-rich food with **5-7 g protein-**
at each snack, for example:

Protein	Carbohydrate
Mozzarella cheese string (1 oz.)	Small Fruit (e.g. Apple)
½ cup low-fat low-sugar Yogurt	¼ cup Cereal
7 Almonds	Banana
1 Tbsp. Peanut butter	1 slice Toast

Are you watching your overall calories?

?

#3 The Level – Balance Your Caloric Budget



Calories In versus Calories Out



Overestimating your Calorie Needs may lead to weight gain:
Lifelong Low-energy Intake is needed to maintain weight loss
~ 1200 – 1500 calories/ day

#3 The Level – Balance Your Calories In



Some food items may be misleading.

Some common calorie dense foods:

- Nuts, seeds & nut butters, hummus
- Olives & avocado
- oils & spreads
- high-fat condiments (mayo, gravy)
- Chocolate or ice cream
- high-calorie beverages & alcohol
- Items with added sugars

Nutrition Facts	
Per 1 bar (35 g)	
Amount	% DV [†]
Calories 140	
Fat 3.5 g	5 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 0 mg	0 %
Sodium 90 mg	4 %
Potassium 105 mg	3 %
Carbohydrate 21 g	7 %
Fibre 4 g ✓	16 %
Sugars 6 g	
Protein 6 g ✓	
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	10 %

[†] DV = Daily Value



#3 The Level – Balance Your Calories In



Large Iced Capp: 470 calories
62 g sugar, 20 g fat

XL Tim's Triple Triple
450 calories

Limit Your Liquid Calories

- These do not provide the same fullness cues as solid food
- Aim for 2 liter minimum daily; 50% of low or no calorie fluids should be plain water



Regular
Can of Pop
(140 cal;
40 g added sugar)

6 oz dry wine
(145 cal)

12 oz beer
(150 cal)

1.5 oz liquor
(97 cal)



#3 The Level – Balance Your Calories Out

- Daily exercise:** Insurance Policy against weight gain
- **More** physical activity is associated with **better post-op weight loss maintenance**
 - Watch overdoing **intensity**; instead aim for **increased amount**
 - Incorporate **Resistance Training** to preserve precious lean body mass
 - Other benefits of daily exercise: boosts energy level & reduces stress



Are you paying attention to good portion control?

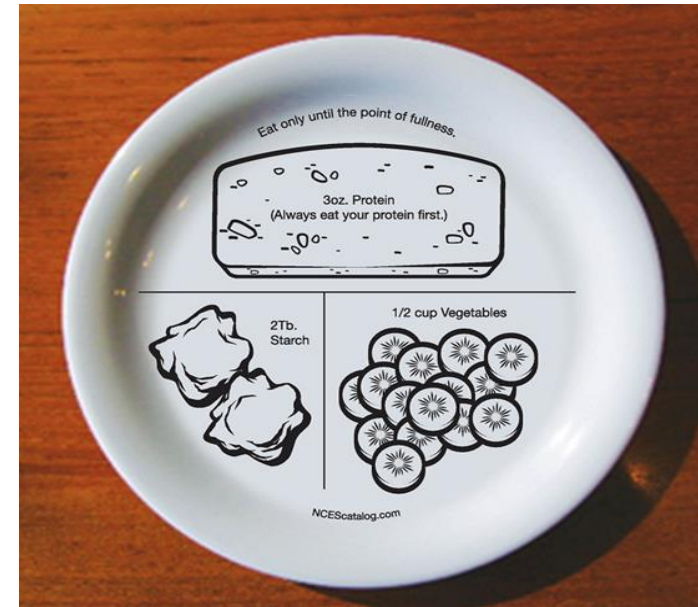
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#4 Measure Twice; Cut Once

Keep Portions in Check

- Portions may grow over time
- Stay on track using Tools of the trade





#4 Measure Twice; Cut Once

Keep Portions in Check

This helps support your Mindful Eating Habits

- The free popcorn Study

20 Years Ago



270 calories,
5 cups

Today



630 calories,
11 cups

- Similar stories about plate size, package size, bottomless soup bowl

What are you doing to create a social environment to support healthy eating?

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#5 The Clamp –

Meet High Pressure Days Head On

Use the power of **Forecasting, Pre-planning & Preparing Food in Advance**

- Forecast your week to predict hectic days
- Generate a weekly menu, then from this a grocery list
- Try one new low carb, protein-rich recipe per week
- Use spare time to prepare meals ahead & freeze; pack your pantry
- Always have a back-up plan
- Avoid “Grab-in-go” & drive thru



#6 Tape Measure

Measure Your Success

Reinforce your healthy lifestyle by keeping yourself **accountable**. Keep track of your good intentions for making positive change:

- Record your progress (weekly weight check)
- Journaling Food intake on Web-based or smart phone-based applications) for calories and protein intake, track MVI dose adherence
- Keep future clinic appts & lab checks



#7 Screwdriver

Tighten Your Willpower

- Willpower is strongest in the morning
- You may deplete willpower as you use it, so prioritize your daily health goals
- Set yourself up with a positive environment that will allow good choices to be made easily
- Plan ahead, by rehearsing good decisions the willpower center of the brain (decision making part) can be tapped into, instead of relying on the primitive brain that is gratification-seeking
- In a weak moment, remember to re-group



#7 Screwdriver

Tighten Your Willpower

Habits that may lead to weight gain by lowering your inhibitions, thus reducing your willpower:

- TV Watching
- Alcohol intake
- Not enough sleep
- Stress
- Poor Nutrition – stabilize blood sugar

#8 The Glue –

The Positive Supports in Your Life



- Tap into your supports.
- Different support people may be helpful with different areas of support
- Book individual RD or SW visits if you're off track
- Access WLSG or community resources that assist you with healthy eating and fitness initiatives
- Try a new recipe or seek out helpful tips

Nutrition Resource Link

- www.hdgh.org