



BARIATRIC SURGERY

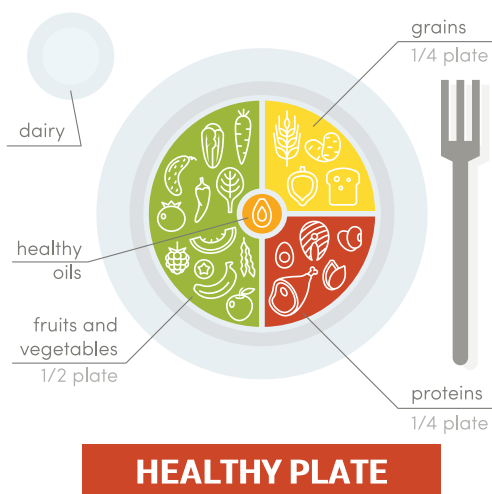
NUTRITION GUIDELINES FOR WEIGHT LOSS SURGERY

Developing healthy, sustainable dietary habits is very important on your journey to health. The information presented was created to help you learn how to eat as you prepare for surgery. You should begin implementing the following daily habits in advance of surgery:

- Eating consistent meals (breakfast, lunch, dinner and 2-3 snacks per day)
- Including a protein source in all snacks and meals
- Staying well hydrated and begin to separate fluids from meals
- Plan out meals in advance to set yourself up for success
- Practice mindful eating

WHAT IS A WELL-BALANCED MEAL?

Below is an example of a healthy plate that combines proteins, carbohydrates and vegetables. It is important to get at least **60-80 grams of protein per day** (14-20 grams of protein per meal and about 7 grams of protein per snack). Staying hydrated is very important as well. Try to drink **64 oz of fluids each day**. The image below is how you should strive to build your plate at all meals.



Protein Sources

Animal meats, eggs, fish, dairy products (cottage cheese, yogurt, cheese, milk), beans, nuts/seeds, nut butters, and soy products (tofu, edamame, soy milk).

Vegetables

Try to consume non-starchy vegetables. Starchy vegetables are potatoes, corn, and peas. These are vegetables; however, they have carbohydrates in them and can raise your blood sugar. Try to limit these vegetables, but all other vegetables are encouraged.

Carbohydrates

Try to consume whole grains, when you can. This includes items like whole grain bread, brown rice, whole grain pasta, quinoa, whole grain tortillas, oats, etc.



READING FOOD LABELS

It is important to begin understanding how to read food labels. These can be used as a tool for making informed food choices that contribute to lifelong eating habits.

Serving Size

This is based on the amount of food that is eaten at one time. All of the nutrition information listed below is based on **one serving** of this food. Be aware, after your surgery you may not be able to eat the listed serving size.

Total Fat

Look for products with 10 grams of fat or less per serving.

Sugar

Look for products with 14 grams of sugar or less per serving. Also begin to pay attention to how much “added sugar” is in certain products to sweeten it or be utilized as a preservative.

Protein

Consume at least 60-80 grams of protein per day (14-20 grams of protein per meal and about 7 grams of protein per snack). Ask yourself if this food has enough protein to help reach your goal.

Nutrition Facts

4 servings per container

Serving size **1 cup (180g)**

Amount per serving

Calories **245**

% Daily Value*

Total Fat 12g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 8mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 11g

Vitamin D 4mcg **20%**

Calcium 210mg **16%**

Iron 4mg **22%**

Potassium 380mg **8%**

*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.

MACRONUTRIENT BREAKDOWN

Protein

Protein is important to include in all meals and snacks because it helps to keep you feeling full longer than other foods. After surgery, protein is important because it helps to heal you, keep your immune system up and maintain your muscle mass. This booklet will include information on how to gauge how many grams of protein are in common foods.

How many grams of protein do you need to eat per day? _____

Dairy	Serving Size	Protein (grams)
Low-fat cheese (string cheese or cheddar cheese)	1 oz	7 grams
Low-fat cottage cheese	1/2 cup	14 grams
Low-fat or skim milk	1 cup	7 grams
Low-fat or non-fat yogurt	3/4 cup	6-7 grams
Sugar-free, fat-free pudding	1/2 cup	5 grams

Egg	Serving Size	Protein (grams)
Large egg	1	7 grams
Egg whites	2	7 grams
Egg substitute	1/4 cup	7 grams

Seafood	Serving Size	Protein (grams)
Canned tuna	4 oz	28-30 grams
Cooked fish (salmon / tuna)	3 oz	21 grams
Crab / Lobster	6 oz	32-35 grams
Shrimp	4 oz	32-35 grams

Meat	Serving Size	Protein (grams)
Cooked chicken / turkey	3 oz	21 grams
Cooked beef / pork / lamb / elk / venison	3 oz	21 grams
Canadian bacon	2 slices	10-12 grams
Deli chicken / ham / turkey breast	1-2 slices	9-10 grams
Sugar-free, fat-free pudding	1/2 cup	5 grams



Vegetarian / Vegan	Serving Size	Protein (grams)
Soy milk	3/4 cup	7 grams
Veggie patty / link	1	7-10 grams
Tofu	3 oz	10 grams
Tempeh	1/2 cup	16 grams
Edamame	1/2 cup	11 grams
Hummus	1/4 cup	5 grams
Cooked bean / lentils	1/4 cup	8 grams
Nuts (almonds / peanuts / pistachios / cashews / walnuts)	1 oz	6-7 grams
Seeds (pumpkin seeds / sunflower seeds)	1 oz	5-9 grams
Peanut / almond butter	1/2 cup	7-8 grams

Supplements	Serving Size	Protein (grams)
Premier Protein shake	1	30 grams
FairLife Nutrition Plan Protein Shake	1	30 grams

EASY WAYS TO INCREASE YOUR PROTEIN INTAKE

Eat your protein first

Snack on cheese

Replace cereal with eggs

Top your food with chopped almonds

Choose Greek yogurt

Include a high protein food with every meal

Add peanut butter to your diet

Indulge in cottage cheese

MACRONUTRIENT BREAKDOWN

Carbohydrates

Carbohydrates are important because the body uses them as energy, especially your highly-functioning brain. We recommend about 15 grams of carbohydrates per meal and snack. Choose from items such as:

- Whole grains
(whole grain bread, brown rice, whole grain pasta, quinoa, whole grain tortillas)
- Any fruits
- Potatoes, corn or peas
- Oatmeal, oats or granola



Fats

Fats are a concentrated energy source for the body and are important for the absorption of vitamins A, D, E, and K. There are three different types of fats:

- **Unsaturated fats**
These are “good” and help to reduce cholesterol and protect against heart disease.
- **Saturated fats**
These are “bad” and can increase blood cholesterol and increase risk of heart disease.
- **Trans fats**
Also known as “partially hydrogenated oil.” Used in processed foods to enhance flavor, texture and shelf life. These fats can increase blood cholesterol and increase the risk of heart disease.



FOODS THAT MAY CONTAIN TRANS FATS

- Vegetable shortening
- Some varieties of microwave popcorn
- Some margarine and vegetable oils
- Fried fast food
- Bakery products
- Nondairy creamers



Fluids

It is important to get in the habit of drinking enough fluids throughout the day before your surgery. Remember, after surgery you need to drink at least 64 ounces per day. This will help to avoid becoming dehydrated and tired. Make sure to separate drinking fluids and eating. Your new pouch will fill up with liquids quickly, so it is important to begin practicing separating them now. Tips and tricks include:

- Always carry a water bottle with you wherever you go.
- Begin to drink beverages in small, frequent sips throughout the day vs. big gulps
- Do not wait until you are thirsty to drink. Being thirsty is a sign that you are already dehydrated
- Avoid drinking through a straw and carbonated beverages - these can cause gas, bloating and discomfort.
- Begin to limit your caffeine intake to 16 ounces per day (about 2 cups of coffee)
- Avoid sugary sweetened beverages such as fruit juice, smoothies, soda, energy drinks, sport drinks, sweet tea and sugary coffee drinks.
- Practice drinking slowly - try freezing a water bottle overnight and the next day sip from it while the water is thawing out.
- Choose healthier drinks such as water, diet Snapple, vitamin water zero, sugar-free popsicles, crystal light, Powerade/Gatorade zero and decaffeinated coffee and herbal tea.

Alcohol

You should avoid drinking alcohol after your surgery. After your surgery, your body's ability to process alcoholic drinks changes. Please know, you might become intoxicated with smaller amounts of alcohol than you did before. Alcohol may also raise your risk for stomach irritation, inflammation or acid reflux. With this surgery, you are also at a higher risk of developing alcohol addiction. Please talk to a member on your bariatric team about drinking alcohol if you are concerned.



SNACK IDEAS

When creating a snack, think of it consisting of protein + produce. The protein source will help to satisfy your hunger craving and hold you over until the next meal. The produce is rich in all vitamins/minerals that we need daily.

Examples include:

1. Apple + 2 tablespoons peanut butter
2. 1/2 cup hummus + carrot sticks
3. Handful mixed nuts (1/4 cup) + cucumber slices
4. Low-fat cottage cheese + peaches
5. Low-fat yogurt + berries
6. Light string cheese stick + bell pepper slices
7. Edamame + 1/2 banana
8. 1/4 cup hummus + raw cut-up vegetables
9. Protein bar (look for one with more than 8 grams of protein, less than 14 grams of sugar and less than 10 grams of total fat)
10. 1 hardboiled egg + cut-up vegetable sticks
11. 1 ounce beef jerky + 15 grapes
12. Celery + peanut butter + raisins (aka ants on a log)
13. Raw sugar snap peas + hummus
14. Applesauce (unsweetened)
15. 1/2 cup of cottage cheese + fruit
16. Plain Greek yogurt + berries
17. Dark chocolate (1 square) + handful of almonds (1/4 cup)
18. Grape tomatoes + fresh mozzarella balls + drizzle of balsamic vinegar & olive oil
19. Triscut crackers (qty. 6) + Laughing Cow cheese
20. Protein smoothie



MINDFUL EATING

Mindful eating means paying attention to what you eat and when you eat it. Examples may include savoring every bite, paying attention to the smell/feel and taste of the food, and putting your fork down in-between each bite. When you practice mindful eating, you allow your body to signal when it is full, but not uncomfortably full. Benefits of practicing mindful eating include:

- Learning to honor your hunger and satiety cues
- Reducing “mindless” eating such as boredom eating, emotional eating, or eating while being distracted / stressed
- Prevents overeating
- Can help aid in weight loss prior to bariatric surgery
- Helps to develop sustainable dietary habits to prepare for bariatric surgery

Tips to begin practicing mindful eating include:

- Putting utensils down between bites
- Chewing food until it is a liquid-like consistency, savoring the flavor
- Aim for 20-30-minute long meal times
- Eat at the dinner table sitting down
- Limit distractions such as the TV, phone or computer

PRE-SURGERY NUTRITION REQUIREMENTS – PART 1

It is important to review and learn about the lifestyle and dietary changes that will be asked of you pre-operatively and post-operatively. To start the process of being worked up for bariatric surgery, you must meet with our outpatient dietitian here at Community Medical Center. The clinical nutrition office will reach out to you to set up an appointment.

You will be required to meet with the dietitian at least one time as well as attend one group nutrition class. Classes are provided once a month.

Nutrition Apps

We encourage you to download a nutrition app to begin food tracking. You should begin tracking your food to increase MINDFULNESS, not caloric or macronutrient intake. Often we forget everything we put in to our mouths. Tracking helps us remain mindful of what you eat because you have to log it.

Examples include:



Baritastic



MyFitnessPal



Ate Food Journal



MyPlate Calorie Counter

CLINICAL NUTRITION OFFICE

Scheduling: 406.327.4441

Phone: 406.327.4162

PRE-SURGERY NUTRITION REQUIREMENTS – PART 2

Preparing before you arrive for your surgery is very important. This booklet will walk you through information on how to prepare and what to expect nutrition-wise. ***If your surgery is delayed, postponed or canceled, call the clinic at 406.728.0285 immediately for instructions about changes to your diet recommendations.***

You will start this diet on: _____

Your surgery date is: _____

Liver-Reducing Diet:

You will need to follow this specific diet plan for 2 weeks PRIOR to your surgery date. This diet is a low-calorie, low-carbohydrate diet and the intent is to help shrink the size of your liver. This can allow your surgeon to have a better visual field and access to your stomach during surgery to potentially decrease any risk of complications. There are two types of liver-reducing diet - full liquid diet or solid food diet. Your surgeon will tell you what type of liver-reducing diet they recommend. It is important to adhere to this the best you can to reduce any risk of complications during surgery.

Aim to eat 4-6 times per day. Drink 2-3 protein shakes per day plus eat one meal consisting of lean protein (3-4 ounces) and 2-3 cups of non-starchy vegetables. Continue to aim for at least 64 oz of fluids. An example of the solid food diet is below:

Breakfast: Protein shake (FairLife Nutrition Plan Protein Shake or Premier Protein shake)

Lunch: Protein shake + 1 small piece of fresh fruit

Snack: 1 container (6 oz) light Greek yogurt OR ½ cup non-fat cottage cheese OR 2 string cheese OR ½ pack of tuna OR 2 oz deli meat

Dinner: 3-6 ounces lean protein and 1-2 cup cooked/raw non-starchy vegetables

Snack (optional): ½ apple + 10 baby carrots

AVOID: Gravy, sauces, butter, grease/oil, mayo, ketchup, peanut butter, and fried/bread foods.

**If you have diabetes or issues with low-blood sugar (hypoglycemia), please discuss this meal plan with our dietitian, primary care physician or endocrinologist.*

PRE-SURGERY NUTRITION REQUIREMENTS – PART 2

cont. Liver-Reducing Diet

There are a variety of brands of protein shakes out on the market these days. Some of them are better quality and more fit for bariatric surgery than others. The ones listed below are recommended brands to use. If you have found a brand that is not on this list, please run it by your surgeon or registered dietitian before consuming.

Protein shake options:



1. Premier Protein
 - 30 grams of protein with 4 grams carbohydrates
 - Comes in a variety of flavors
 - Found at stores like Costco, Albertsons, Rosauers and WinCo



2. Fairlife Protein Shakes
 - 30 grams protein with 2 grams carbohydrates
 - Comes in a variety of flavors
 - Found at grocery stores like Costco, Walmart, and Albertsons



3. Pure Protein
 - 35 grams protein with 1 gram of carbohydrate
 - Comes in a variety of flavors
 - Found at Walmart, Walgreens and online on Amazon

NIGHT BEFORE SURGERY

Follow this liver-reducing diet for 2 weeks prior to surgery. The night before your surgery, you will drink one bottle (28-32 ounces) of a regular, full-sugar Gatorade to carbohydrate load for surgery. Carbohydrate loading can be beneficial to reduce stress, accelerate your recovery and reduce the risk of post-surgery complications.



POST-SURGERY NUTRITION REQUIREMENTS – PART 3

You will have to stay one night in the hospital for close monitoring. During your time in the hospital, a dietitian will visit and answer any questions you may have. Depending on your surgery and surgeon, you may have a small amount of ice chips and/or clear liquids immediately after surgery.

Diet Stages After Surgery

Stage 1: Clear liquids

- Starts: Day one (in the hospital)
- Duration: First day after surgery

Stage 2: Full liquids

- Starts: Day one or two
- Duration: For 14-21 days after your surgery

Stage 3: Soft foods

- Starts: 2-3 weeks after surgery. You must tolerate the liquid diet before you start eating soft foods.
- Duration: About 6 weeks

Stage 4: Solid foods (low in sugar and fat)

- Start: 2 months after surgery
- Duration: This is your permanent diet. Congratulations!

POST-SURGERY NUTRITION REQUIREMENTS – PART 3

STAGE 1: Sugar-Free Clear Liquids

You will start this diet in the hospital on the first day after your surgery. The goal is to slowly increase the fluids you are drinking. Try to drink 1 liter (~34 oz) of fluids before you go home. This diet will be completed in the hospital, and you will go home on the stage 2 diet. You will be working with a dietitian as you progress through each stage. Try to drink in small sips and eat very slowly - stop if you feel nauseated or full. Please, do not feel the need to finish the entire tray.

What's allowed:

- Sugar-free gelatin
- Sugar-free popsicles
- Clear protein drinks
- Crystal light
- Broth
- Decaffeinated tea/coffee
- Water

STAGE 2: Sugar-Free/Low-Fat Full Liquids

You will start this diet in the hospital, usually 24 hours after the initiation of the stage 1 diet. This is the diet you will typically go home on. The goal is to drink 64 ounces of fluids daily - this is your top priority. Aim for 60-80 grams of protein PER DAY. Choose items with less than 14 grams of sugar and less than 10 grams of fat. Aim to eat 3-5 meals per day, no more than 4 hours apart. When eating solid foods, wait 30 minutes after eating before drinking your fluids.

We encourage you to keep a food log and track or write down what you eat and drink every day.

What's allowed:

- Low-fat or fat-free yogurt (such as Greek yogurt, Yoplait light, Oikos triple zero)
- Low-fat or fat-free puddings
- Low-fat or fat-free cottage cheese
- Protein shakes
- Whey or soy-based protein powders
- Low-fat or fat-free milk
- Soy or oat milk
- Low-fat, puree texture soups such as low-fat cream of chicken soup
- Tomato soup with low-fat milk
- Cream of wheat

STAGE 3: Soft, Ground and Moist Foods

You will start this diet usually 2 weeks after surgery.

Your start date will be: _____

Your goal is to continue with at least 64 ounces of fluid daily and 60-80 grams of protein daily. You will meet with our registered dietitian around this time, and they will discuss the initiation of bariatric friendly vitamins and minerals.

Moisture is the key to eating comfortably in this phase of your diet. We recommend using low-fat sauces and gravy to moisten your protein sources. Begin by adding one



POST-SURGERY NUTRITION REQUIREMENTS – PART 3

new food at a time to make sure you can tolerate it. Try to eat more chicken, turkey or fish (versus red meats) during this time. Red meats are classified as beef, pork, lamb, veal, venison and other game meats. Avoid eating hard, crunchy or high fibrous foods during this time such as raw/crunchy fruits or vegetables, nuts, seeds, popcorn, breads, rice, or pasta.

What's allowed:

- Eggs or egg substitutes
- Low-fat or fat-free cottage cheese
- Low-fat or light string cheese
- Low-fat or fat-free yogurt
- Low-fat or fat-free milk
- Fish, shellfish, crab, shrimp, tuna, salmon
- Chicken, turkey
- Veggie burgers, tofu, tempeh
- Hummus, dried/canned beans or legumes (such as kidney, black, pinto, refried, lentils or split peas)
- Cooked and softened vegetables (such as cauliflower, broccoli, frozen/canned veggies)
- Soft fruits (such as bananas, pears, canned peaches, applesauce, mandarin oranges)

STAGE 4: Low-Fat, Sugar-Free Solid Foods

You will start this about 2 months after your surgery. Your start date will be: _____. Your goal is to continue with at least 64 ounces of fluid daily, 60-80 grams of protein daily, continue with vitamin/mineral supplementation and to begin following a healthy, balanced diet of low-fat and low-sugar foods. Begin to practice mindful eating behaviors addressed earlier in the book and slow down when eating. Continue to keep your fluids separate from your meals by 30 minutes and slowly add one new food at a time. You will stay on this eating plan for life, unless otherwise stated by your doctor or dietitian.

If you cannot eat the amounts of food given in the meal plan below, that is okay. Focus on eating your protein sources first. Remember to listen to your body and stop eating when you feel full.

CLINICAL NUTRITION OFFICE

Scheduling: 406.327.4441

Phone: 406.327.4162

POST-SURGERY NUTRITION REQUIREMENTS – PART 3

Meal Plan

Meal	Option 1	Option 2	Option 3
Breakfast	1 scrambled egg + ½ cup cooked spinach	6 ounces 1% Fairlife milk + ½ cup bran flakes	1-ounce low-fat cheese + 2 ounces thin-sliced ham
Snack 1	8 ounces fat-free or low-fat milk	1 hardboiled egg	8 ounces fat-free or low-fat milk
Lunch	½ cup lentil soup + 2 steamed baby carrots	2 ounces roasted turkey or chicken + 1-ounce low-fat cheese + ¼ regular-size pita pocket + 1-2 tomato slices	2 ounces canned tuna + 1 teaspoon low-fat mayonnaise + ¼ cup baby spinach
Snack 2	6 ounces low-fat or fat free yogurt	½ cup refried beans	¼ cup cottage cheese + ¼ cup mandarin oranges
Dinner	3 ounces baked fish with lemon + ¼ cup steamed broccoli + ¼ cup strawberries	3 ounces lean deli turkey or chicken + ¼ cup mashed potatoes made with low-fat milk + ¼ cup cooked green beans	3 ounces lean ground turkey + 2 tablespoons nonfat gravy to moisten + ¼ cup steamed asparagus + ¼ cup diced watermelon
Snack 3	1 piece of light string cheese + ¼ peaches	6 ounces low-fat or fat free yogurt	½ cup non-fat sugar-free pudding

MEAL PLANNING TIPS

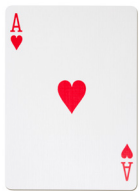
1. Review your schedule & plan easy meals or select a restaurant and your meal in advance on busy nights
2. Write down your meal plan
2. Make your grocery list; Stock-up on healthy foods
3. Pick a day of the week to shop
4. Eat, enjoy and repeat



POST-SURGERY NUTRITION REQUIREMENTS – PART 3

Serving Sizes

It is unrealistic to expect you to weigh and measure out every single food you are eating. But it is still very important to keep portion size and portion control in mind. Below are some visuals to estimate portion sizes when you are unable to determine what one serving size is.



1 deck of cards = 3 ounces of meat, fish or poultry. This is equivalent to about 21 grams of protein.



1 golf ball = 1 ounce of cheese

Hand Method:

1 teaspoon = an adult finger tip

1 tablespoon = an adult thumb

3 ounces = palm of hand



1 light bulb = ½ cup fruit, veggies or cooked cereal.

Dumping Syndrome

Dumping syndrome can occur when your stomach empties its food contents into your small intestines too quickly. This is more likely to happen to individuals who choose gastric bypass surgery. It typically occurs right after eating a meal that contains a lot of sugar or fat. Symptoms include diarrhea, sweating, increased heart rate, weakness, nausea, dizziness or abdominal cramping.

Food Intolerances

After this surgery, you may notice you develop issues when eating certain foods. If you notice symptoms such as nausea, vomiting, gas, diarrhea or constipation - it may be possible you have developed an intolerance to these foods. To avoid this, try to add one new food at a time gradually. A "new" food is one you have not eaten since having your bariatric surgery.

POST-SURGERY NUTRITION REQUIREMENTS – PART 3

Gas / Diarrhea

Although having some gas is normal, if it becomes painful or uncomfortable, meeting with your registered dietitian could be beneficial to look at your diet and make some changes. Ways to avoid painful gas include:

- Avoid drinking any sort of carbonated beverage, using straws or chewing gum. All of these things can cause you to swallow extra air which can form excess gas.
- Gas can also be a sign of lactose intolerance. Dairy products can commonly cause gas, milk being one of the main culprits. Most individuals who are lactose intolerant can still tolerate yogurt or hard cheeses, but if you are still experiencing gas when eating these items, you may want to limit them. Your registered dietitian can help you identify the food source you can eat if you are experiencing lactose intolerance.
- Increase the fiber in your diet gradually while making sure you are getting adequate fluids. Too much fiber can cause uncomfortable gas.
- Try switching up the type of protein powder you are using. Try switching from whey to soy or vice versa and see if this notices a difference.

Artificial Sweeteners

Artificial sweeteners may also cause diarrhea or other types of GI distress. These are typically found in some beverages and include:

- Aspartame
- Lactitol
- Acesulfame K
- Maltitol
- Erythritol
- Mannitol
- Hydrogenated starch hydrolysates
- Saacharin
- Isomalt
- Sorbitol
- Sucralose
- Xylitol

Eating Out After Surgery

Eating out after surgery may seem difficult as portion sizes are likely double (if not more) the size of portions you need to be compliant with eating. However, eating out for the social aspect of family and friends is still important, and we want you to feel like you can take part in that.

It is okay to order children's portions or serving sizes, however, we recommend you do not order directly off of the children's menu as these food items are typically high in carbohydrates and fat. We recommend you order individual items versus a specific dish. For example, order one chicken breast and a side of vegetables. It is also important to pay attention to how food is cooked. Foods that are cooked in oils, butters or cream sauces are to be avoided. Ask for your food to be baked or broiled.



POST-SURGERY NUTRITION REQUIREMENTS – PART 3

Intuitive Eating

After surgery, our hope is for you to begin practicing a strategy of eating called intuitive eating. You may have heard of this before, but it is a way to focus on nurturing your body with food rather than believing the only way to eat and lose weight is a starvation method. Below are the 10 principles of intuitive eating. We encourage you to review these, seek out any additional intuitive eating resources and ask your registered dietitian how you can begin to implement this.

1. **Reject the diet mentality**

Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily and

permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover intuitive eating.

2. **Honor your hunger**

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderation, conscious eating are fleeting

TIPS FOR EATING OUT

- Try splitting a plate of food with your friend or partner
- Ask for a to-go container when your food arrives and put half of it in the container to save for the next day.
- Remember, do not drink your fluids with your meal when eating out.
- Try to pick a place, review the menu, and plan ahead on what you are ordering.

POST-SURGERY NUTRITION REQUIREMENTS – PART 3

and irrelevant. Learning to honor this first biological signal sets the stage for rebuilding trust in yourself and in food.

3. Make peace with food

Call a truce; stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, binging. When you finally "give in" to your forbidden foods, eating will be experienced with such intensity it usually results in Last Supper overeating and overwhelming guilt.

4. Challenge the food police

Scream a loud "NO!" to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake. The food police monitor unreasonable rules that diet culture has created. The police station is housed deep in your psyche, and its loudspeaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments. Chasing the food police away is a critical step in returning to intuitive eating.

5. Discover the satisfaction factor

The Japanese have the wisdom to keep pleasure as one of their goals of healthy living. In our compulsion to comply with diet culture, we often overlook one of the most basic gifts of existence - the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting, the

pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes just the right amount of food for you to decide you've had "enough."

6. Feel your fullness

In order to honor your fullness, you need to trust that you will give yourself the foods that you desire. Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.

7. Cope with your emotions and kindness

First, recognize that food restriction, both physically and mentally, can, in and of itself, trigger loss of control, which can feel like emotional eating. Find kind ways to comfort, nurture, distract and resolve your issues. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won't fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you. But food won't solve the problem. If anything, eating for an emotional hunger may only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion.

Make food choices that honor your health and taste buds while making you feel good. Remember that you don't have to eat perfectly to be healthy.

POST-SURGERY NUTRITION REQUIREMENTS – PART 3

8. Respect your body

Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally futile (and uncomfortable) to have a similar expectation about body size. But mostly, respect your body so you can feel better about who you are. It's hard to reject the diet mentality if you are unrealistic and overly critical of your body size or shape. All bodies deserve dignity.

9. Movement - feel the difference

Forget militant exercise. Just get active and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference

between rolling out of bed for a brisk morning walk or hitting the snooze alarm.

10. Honor your health - gentle nutrition

Make food choices that honor your health and taste buds while making you feel good. Remember that you don't have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency or become unhealthy, from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters. Progress, not perfection, is what counts.

MEASURING SUCCESS AND HEALTH

Please know, weight loss and the number on the scale are not the only way to measure success and health after your surgery. Other ways to measure success in your health include:

- Improvement in sleep quality
- Improvement in energy throughout the day
- Improvement in endurance during exercise
- Engage in more activities that bring you enjoyment
- Improvement in laboratory values
- Improvement in your relationship with food



QUESTIONS

Do you have questions for your doctor or another provider on your health care team?
Please use this page to jot them down.

OTHER APPOINTMENTS

Provider: _____ Date: _____ Time: _____

Location: _____

Provider: _____ Date: _____ Time: _____

Location: _____

WORKSHEET

This will be addressed and filed out during your first group educational class. Whenever you start to “fall off the wagon,” review these answers and remember what your overall goals are and why you started on this journey in the first place.

1. What is one dietary change I plan to focus on and make?

2. What kind of timeline am I considering?

3. How do I plan to make this change? What strategies, tips or resources do I plan to use?

4. What are some barriers or hesitations I see happening?

5. How can others in my life help me?

6. How will I monitor my progress?

7. On a scale of 1-10 (10 being the highest), how confident am I that I can accomplish the plan above? _____ / 10



ADDITIONAL RESOURCES

Below is a list of additional or suggested resources we encourage you to check out. The more knowledge you have, the better.

Suggested book resources

Food Rules by Michael Pollan

Overcoming Binge Eating by Dr. Christopher Fairburn

Breaking Free from Emotional Eating by Geneen Roth

Transformational Weight Loss by Charles Eisenstein

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful

Relationship with Food by Jan Chozen Bays

Intuitive Eating: A revolutionary Program That Works by Evelyn Tribole and Elyse Resch

50 Ways to Soothe Yourself Without Food by Susan Albers

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