

# Eating For Health Before and After Bariatric Surgery



Information for patients  
having bariatric surgery



This document is intended to be used with instruction by a Registered Dietitian. Developed by the Registered Dietitians of the Toronto Western Hospital Bariatric Surgery Program (01/17).

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*‘The future you see is the future you get’*

*-Robert G Allen*

## About this Manual

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Read this manual to learn how to be successful after Bariatric Surgery.

These guidelines will help you:

- prepare for surgery
- recover more quickly
- be more successful in losing weight after surgery

Write down any questions you might have on the next page.

Bring these questions to your Registered Dietitian.



*Bring this manual with you to every appointment*

*with your Registered Dietitian.*

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## What a Registered Dietitian Does

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Your dietitian is here to support you while you are on your weight loss journey. They are here to help you initially lose the weight and keep it off.

Ask your dietitian questions about:

- food
- eating
- nutrition in general

After surgery, you should see a Registered Dietitian:

- A minimum of 3 times in the first year after surgery



*Ask your Registered Dietitian any nutrition questions you might have.  
Your Registered Dietitian is here to support you.*

Research has shown that patients who attend their follow-up appointments are more successful. They are more likely to:

- reach their weight loss goal
- maintain their weight loss

# How to Use a Food Journal

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**Bring your 3 day food journal with you when you meet with your Registered Dietitian.** This will help the Registered Dietitian understand how you are eating now, and how your eating will need to change after surgery.

## **Tips for using a food journal**

There are many food journals available, both paper and online. There is a sample journal on the next page.

- **Start your food journal 1 week before your next appointment with the Registered Dietitian.**
- **Include at least 1 weekend day in your food journal.**
- **Write down what you eat and drink right after you have it.** Do not wait. You might forget.
- **Measure your food.** If you are at home, use measuring cups and spoons. If you are eating at a restaurant, compare the food to a common object with the same volume. For example, if the chicken breast is the same size as the palm of your hand, it is about 3 ounces.
- **Include as much detail as you can.** For example, write down the brand name of any packaged food.
- **For all milk products write down the fat percentage.** For example, write down "1% milk" instead of just "milk".
- **Write down how the food was cooked.** For example, write down "steamed broccoli" instead of just "broccoli".
- **Write down any extra added ingredients.** For example, write "coffee with 1% milk" instead of just "coffee".
- **Write down any fat or oil you used for cooking.** Write down the amount and the brand. For example, write "1 teaspoon Becel™ margarine" instead of just "margarine".
- **Write down the name of the restaurant you are eating at.**

## Sample food journal

	Name of food	What is in it	
<b>Breakfast</b> <b>Time: 9:00am</b>	Fruit Smoothie	1/2 cup 1/2 cup 2 tablespoons  1 packet	skim milk frozen strawberries whey isolate protein powder Splenda® sweetener
<b>Morning snack</b> <b>Time: ---</b>	---	---	---
<b>Lunch</b> <b>Time: 12:30pm</b>	Turkey Sandwich	1 slice  1 teaspoon 1 slice 3 slices	Dempsters® whole wheat bread mustard tomato Schneiders® deli Turkey
	Milk	1 cup	skim milk
<b>Afternoon snack</b> <b>Time: ---</b>	---	---	---
<b>Dinner</b> <b>Time: 6:00pm</b>	Chicken	4 ounces  1 tbsp	boneless skinless chicken breast, pan fried  olive oil
	Rice	1/2 cup	steamed brown rice
	Vegetables	1 cup  1 tsp	steamed broccoli  low sodium soy sauce
<b>Evening snack</b> <b>Time: ---</b>	---	---	---
<b>Did I take all my supplements?</b>	<input type="checkbox"/> Multivitamin-mineral <input type="checkbox"/> Calcium with vitamin D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> Other: _____		
<b>How did I feel today?</b>			



	Name of food	What is in it	
<b>Breakfast</b> Time:			
<b>Morning snack</b> Time:			
<b>Lunch</b> Time:			
<b>Afternoon snack</b> Time:			
<b>Dinner</b> Time:			
<b>Evening snack</b> Time:			
<b>Did I take all my supplements?</b>	<input type="checkbox"/> Multivitamin-mineral <input type="checkbox"/> Calcium with vitamin D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> Other: _____		
<b>How did I feel today?</b>			

# Your Weight Loss Journey

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Everyone's weight loss journey is unique.

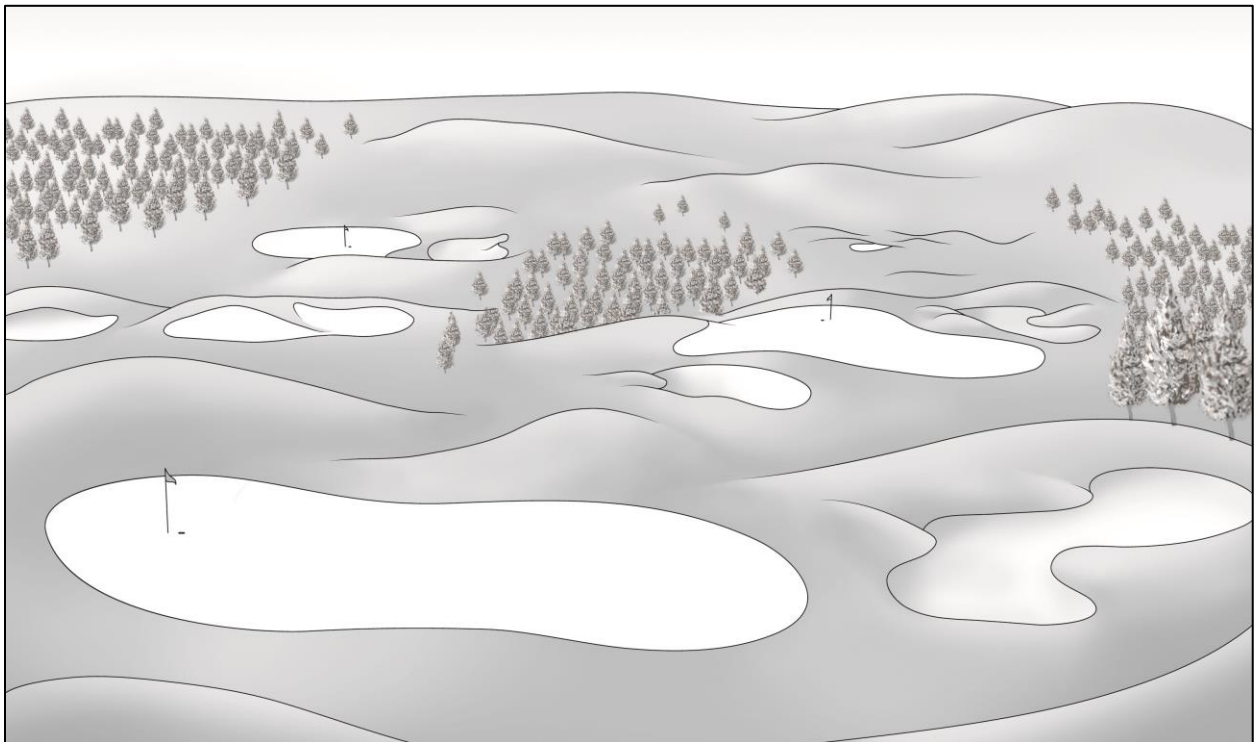
As you begin your weight loss journey you will expect it to go a certain way. This could be based on what you have read online or in books, or what you have heard from someone who has had the surgery.



*Do not compare yourself to others who have had the surgery, you are a unique person!*

**Read this section to learn how to set realistic weight loss goals.**

**Let us compare your weight loss journey to a game of golf**



## **There are hazards along the way**

Some golfers will come across problems on the course such as water hazards or sand traps. In the same way, some people have complications after surgery such as gallstones or low iron.

These “hazards” can make your journey more difficult, but they will not prevent you from reaching your goal.



*Do not get discouraged by small setbacks!*

## **Sometimes you will gain. Sometimes you will lose. Sometimes you will stall.**

On the golf course there are hills, valleys and flat ground. If we were to graph your weight loss it may look similar and have many ups and downs and flat lines.

There will be times when you are losing weight quickly. There will be other times when you may gain a pound or two. Your weight may also plateau or stall for days or weeks.

All of this is a normal part of weight loss.

## **Focus on your goals**

Stay focused on your goal and do not lose hope if your weight stalls.

When you lose hope you are more likely to go back to bad habits such as using food to cope with stress or sadness. Keep following these guidelines and have faith in yourself.

You will reach your weight loss goal in whatever length of time your body needs.

## Setting Weight Loss Goals

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Be realistic when setting your weight loss goal.

A weight loss goal does not have to be a number. It can be:

- A way of feeling
- An activity you want to do
- A health condition you want to improve
- A clothing size you want to wear

If you decide to set a goal in pounds or kilograms, keep in mind what the research says.

Research shows that on average:

After 1 to 1.5 years, patients lose 60% to 85% of their excess body weight.

After 5 years, patients maintain a weight loss of 50% to 60% of their excess body weight.

For example, if you:

1. Weigh 300lbs before surgery
2. Have 150lbs of excess body weight before surgery

You will likely lose and maintain a loss of 75lbs to 90lbs after 5 years.



*Remember: Your weight loss will vary depending on your commitment and ability to maintain a healthy diet and lifestyle.*



## Learn the Nutrition Basics

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Bariatric surgery is a tool to help you lose weight.

It is not a magic cure for obesity.

To lose weight and maintain your weight loss you need to learn the basics of nutrition.

Read this section to learn about:

- calories
- carbohydrate
- protein
- fat
- how to read a nutrition label

### What is a calorie?

Energy is measured by kilocalories (kcal). Most people just call them “calories”.

People think that energy is good and calories are bad, but one is just a measure of the other. The number of calories in a food tells you how much energy that food will give you.

For example, a 250 kcal chocolate bar provides enough energy for about 60 minutes of walking.



## What provides energy?

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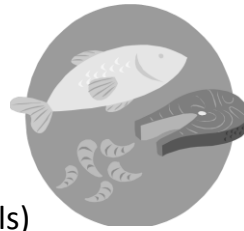
There are three major nutrients in our food that give us energy in the form of calories. They are protein, fat and carbohydrate. Most food has a combination of all three major nutrients.

Food also has vitamins, minerals, fibre, antioxidants and water. These other parts of food are very important for our health and well-being, but do not give us any calories.

### 1 gram of protein provides 4 kcal of energy

Some examples of protein are:

- meat, chicken, fish and eggs
- meat alternatives (tofu, beans and lentils)
- milk and milk alternatives
- nuts and seeds



### 1 gram of fat provides 9 kcal of energy

Some examples of fat are:

- oil, butter, margarine and lard
- nuts and seeds
- salad dressing
- snack foods and fried foods
- fatty meat
- full fat milk and milk products



### 1 gram of carbohydrate provides 4 kcal of energy

Some examples of carbohydrate are:

- bread, pasta, cereal and grains
- beans
- fruit and root vegetables
- sugar, honey, jam and candy
- baked goods



Note that fat has more than twice as many calories as carbohydrate or protein. This is why foods high in fat are usually very high in calories.

## What is fat?

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Fat is an important part of our body. Our bodies need fat for many important jobs like:

- building cell membranes
- making hormones

Healthy eating includes some fat.

However, when eating foods with fat, it is important to keep portions small. This will help prevent weight gain because fat is high in calories.

After surgery, high fat foods may upset your stomach. They may also cause dumping syndrome.

For more information on dumping syndrome see page 45.

## What foods are high in fat?

- oil
- butter, margarine and lard
- nuts and seeds
- milk and milk alternatives



- meat and fish
- snack foods
- salad dressing
- fried foods



*Milk, milk alternatives and meat can be high in fat. Look for “low fat” or “light” milk and alternatives, “lean” cuts of meat, and remove skin from chicken to reduce the amount of fat in these foods.*



## What is protein?

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Protein is a part of every cell in our body. It is used to build, maintain and repair the body's cells and tissues.

After surgery it is very important to eat foods high in protein because:

- your body needs extra protein to heal
- your body needs protein to prevent muscle loss while you're losing weight

Getting enough protein can be a challenge because:

- you may not be able to digest meat very well
- portion sizes are small

Because of this you will need to take protein supplements for a few months after surgery. For more information on protein supplements turn to page 50.

## What foods are high in protein?

- meat, chicken, fish
- meat alternatives (such as tofu, beans, lentils and chickpeas)



- nuts and seeds
- eggs
- milk and milk alternatives

## What is carbohydrate?

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Carbohydrates are an important source of energy and can be part of healthy eating. Not all carbohydrates are the same. Some carbohydrates, like those made with whole grains, are high in fibre and vitamins and minerals. Fibre is an important nutrient. Fibre does not give your body any calories. Fibre is important for regular bowel movements and keeps you feeling full. Choose whole grain options whenever possible and avoid foods that are high in sugar.

### What foods are high in carbohydrate?

- bread
- cereal
- pasta
- grains
- beans
- fruit
- root vegetables



- sugar
- honey
- jam
- candy
- baked goods

### How many calories will you need after surgery?

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Your body is unique. Everyone needs a different number of calories. How many calories you will need will change over time after surgery and will depend on how active you are and how much weight you have lost.

There are many free online programs and smartphone applications that tell you how many calories are in the foods you eat. The website advice about how many calories you need is probably not meant for people who have had weight loss surgery therefore you should follow the advice of your Registered Dietitian.

For websites you can try see page 119.

## How to read a Nutrition Facts table

Read the Nutrition Facts table on **all** packaged food to see what it contains.

Learn how to read Nutrition Facts tables in this section.

**Step 1:**  
**Look at the portion size**  
The portion size on the label may be different from how much of the food you are actually going to eat.

→

**Step 2:**  
**Choose less**  
Choose products with less fat and sugar.

↗

**Step 3:**  
**Choose more**  
Choose products with more of these.

↘

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b>	<b>440</b>
<b>Fat / Lipides</b>	<b>19 g</b>
Saturated / Saturés	4 g
+ Trans / Trans	0.2 g <b>21 %</b>
<b>Cholesterol / Cholestérol</b>	<b>35 mg</b>
<b>Sodium / Sodium</b>	<b>860 mg 36 %</b>
<b>Carbohydrate / Glucides</b>	<b>53 g 18 %</b>
Fibre / Fibres	4 g <b>16 %</b>
Sugars / Sucres	6 g
<b>Protein / Protéines</b>	<b>15 g</b>
Vitamin A / Vitamine A	45%
Vitamin C / Vitamine C	4%
Calcium / Calcium	20%
Iron / Fer	20%

### What is the % Daily Value (DV)?

The % DV helps you see if a food has a little or a lot of a specific nutrient. For all nutrients, 5% DV or less is a little and 15% DV and more is a lot. The % DV is found in the Nutrition Facts table. You can use the % DV to compare two food products or to choose a higher or lower amount for a particular nutrient.

## Looking at fat on the label

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Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 440	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / Saturés 4 g	21 %
+ Trans / Trans 0.2 g	
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 860 mg	<b>36 %</b>
<b>Carbohydrate / Glucides</b> 53 g	<b>18 %</b>
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

**Choose low fat options.** Foods with less than 5% of the DV of fat are low fat. For example, this item has 29% DV of fat. It is a high fat item.

Unhealthy and healthy fats can both cause upset stomach and dumping syndrome, so keep your fat intake low after surgery.

**Try to avoid foods that are high in saturated and trans fats.** These are unhealthy fats. Not all fats are the same. Some are better for you than others. Look at the food label to see how much unhealthy fat a food has. Unsaturated fats are healthier fats. These might not be listed on the food label.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	<b>1 %</b>
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 18 g	<b>6 %</b>
Fibre 2 g	8 %
Sugars 2 g	
<b>Protein</b> 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

**Is this product high or low in fat?**

High or Low? \_\_\_\_\_

Why? \_\_\_\_\_

## Looking at carbohydrate on the label

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<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 440	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / Saturés 4 g + Trans / Trans 0.2 g	<b>21 %</b>
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 860 mg	<b>36 %</b>
<b>Carbohydrate / Glucides</b> 53 g	<b>18 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

**Choose foods with 10 grams (g) of sugar or less.**

Popular weight loss programs have given carbohydrates a bad reputation. But not all carbohydrates are bad. Many have high amounts of vitamins, minerals and fibre.

**Choose:**

- whole grains
- fruits
- vegetables and legumes

**Avoid:**

- sweets and candies
- desserts
- soft drinks
- foods that have more than 10g of added sugar per serving

<b>Nutrition Facts</b>	
Per 125 mL (87 g)*	
Amount	% Daily Value**
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	<b>1 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 18 g	<b>6 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 2 g	
<b>Protein</b> 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

**Is this product high or low in sugar?**

High or Low? \_\_\_\_\_

Why? \_\_\_\_\_

## Looking at protein on the label

---

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 440	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / Saturés 4 g + Trans / Trans 0.2 g	<b>21 %</b>
<b>Cholesterol / Cholestérol</b> 35 mg	
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Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

**Aim to eat 60g to 80g of protein every day.** This food product has 15g of protein. However, foods that are high in protein can also be high in fat.

### Choose:

- lean cuts of red meat
- skinless chicken breast
- vegetarian sources of protein like tofu and legumes
- low fat products

### Avoid:

- fatty cuts of red meat
- chicken and turkey with the skin on it
- battered and fried meat
- high fat products

For a list of high protein food options see page 90.

## How to check for sugar content in packaged foods

1. Look at the list of ingredients. Find sugar. Sugar can be called many names.

Sugar can be called any of the following names on a food label:

- Sucrose
- Dextrose
- Fructose
- Glucose
- Maltose
- Honey
- White sugar
- Brown sugar
- Invert sugar
- Cane sugar
- Maple syrup
- Corn syrup
- High fructose corn syrup
- Molasses
- Brown rice syrup
- Fruit juice concentrate
- Barley malt
- Dextrin

**Avoid foods that have sugar listed as one of the first 3 ingredients.** These foods are too high in sugar and may cause Dumping Syndrome.

2. Check the Nutrition Facts table. Avoid foods that have more than 10g of sugar per serving.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 18 g	6 %
Fibre 2 g	8 %
<b>Sugars 2 g</b>	
Protein 2 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

## What are sugar-free foods?

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Sugar-free foods and beverages are usually sweetened with sugar alcohols or sugar substitutes.

### What are sugar alcohols?

Sugar alcohols are a type of carbohydrate. Sugar alcohols are only partly absorbed by your body, so they are lower in calories than regular sugar. They are used in sugar-free products like gum, mints, candies, ice cream, chocolates and protein bars.

### How do you know if a product has sugar alcohol?

Check the ingredient list for the following names:

- sorbitol
- xylitol
- mannitol
- polyols
- palatinit
- erythritol
- isomalt
- malitol
- lactitol

### Are sugar alcohols safe?

Yes, but eating too much of a food containing sugar alcohol could cause stomach cramps and diarrhea.

### What are sugar substitutes?

- Natural sweeteners or chemical sweeteners
- Have no effect on blood sugar
- Provide very few calories
- Do not cause dumping syndrome

### How do you know if products have sugar substitutes?

Check the ingredient list for the following names:

- Sucralose (SPLENDA®)
- Aspartame (Equal®)
- Saccharine (Sweet'n Low®)
- Neotame (NutraSweet®)
- Rebaudioside A (Stevia)
- Acesulfame Potassium (Ace-K)



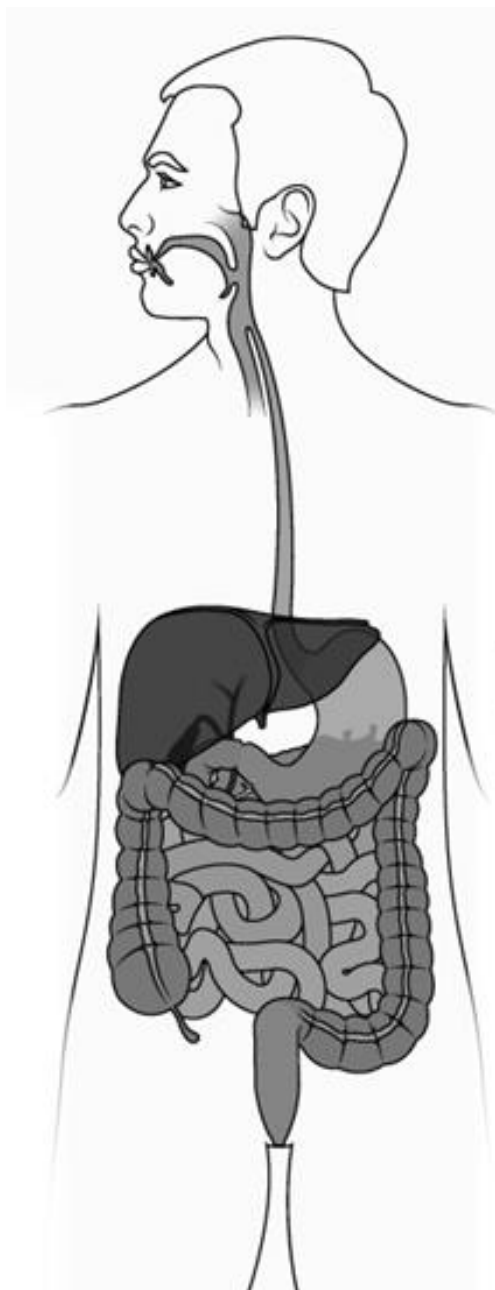
## Your Digestive Tract

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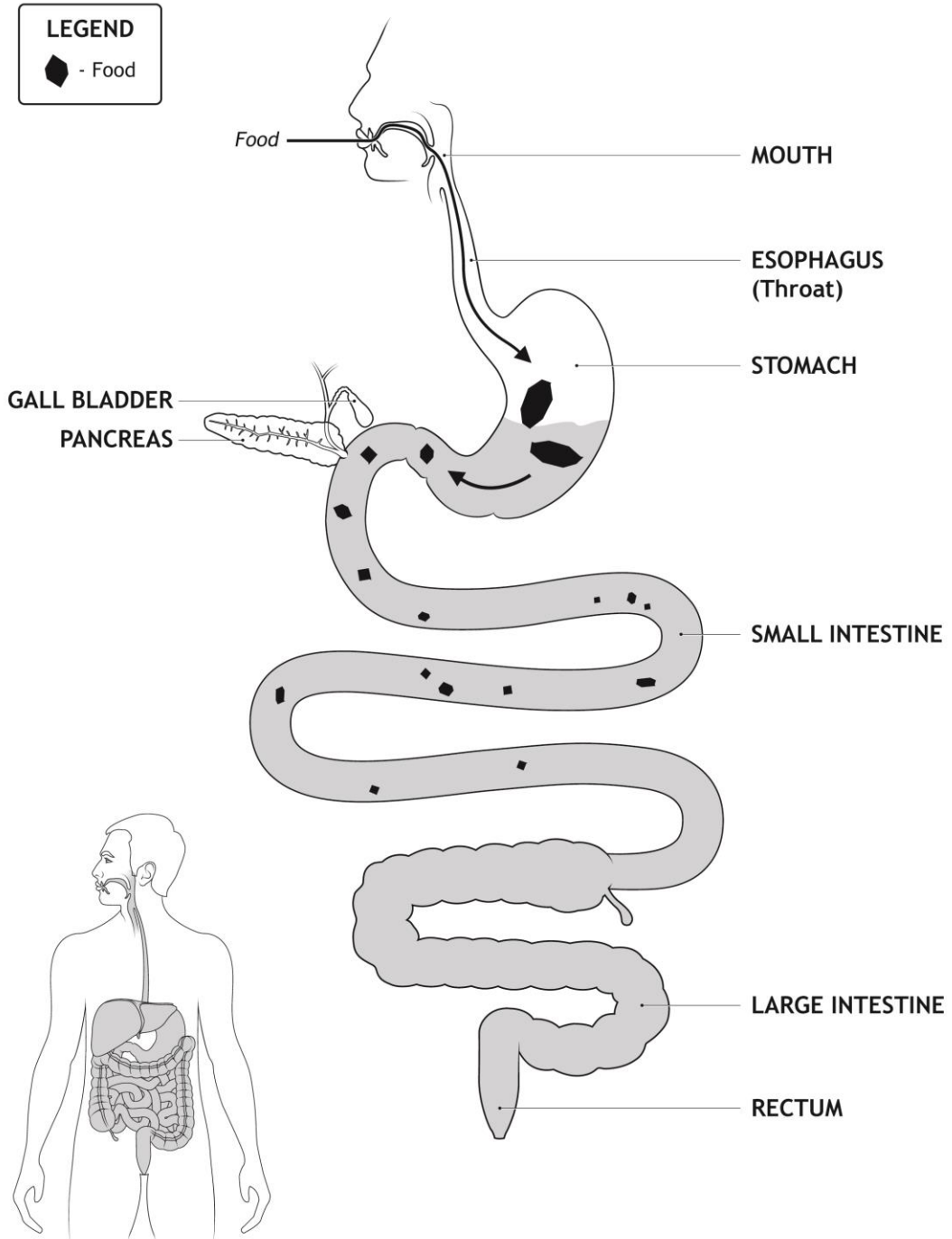
Digestion is the process your body goes through to get nutrients and energy from the food you eat. Your body needs energy and nutrients to stay healthy.

Digestion is a complex process that involves many parts of your body.

**Read this section to learn about how a normal digestive system works.** This will help you understand how your body will change after bariatric surgery.



# Your normal digestive system



<b>Step 1</b>	<b>Mouth</b>	<p>Digestion starts in the mouth.</p> <p>Chewing and chemicals in your saliva called enzymes start to break down food.</p>
<b>Step 2</b>	<b>Esophagus (throat)</b>	<p>Food is swallowed. It moves down the esophagus. This is a long tube running from your mouth to your stomach. Wave-like muscle movements move food to the stomach.</p>
<b>Step 3</b>	<b>Stomach</b>	<p>The average stomach can hold up to 6 cups of food. It is about the size of a football.</p> <p>The stomach churns and mixes food with a very strong acid called gastric acid.</p>
<b>Step 4</b>	<b>Gall bladder</b>	<p>The gall bladder holds bile. Bile is produced by the liver and used for the digestion of fat.</p>
<b>Step 5</b>	<b>Pancreas</b>	<p>The pancreas produces hormones like insulin and digestive enzymes. Insulin helps to move sugar into cells.</p>
<b>Step 6</b>	<b>Small intestine - duodenum</b>	<p>Food moves from the stomach through a valve. This is called the pyloric sphincter. Food enters the first part of the small intestine called the duodenum. Many vitamins and minerals are absorbed in the duodenum.</p>
<b>Step 7</b>	<b>Small intestine - jejunum and ileum</b>	<p>Food then passes through the rest of the small intestine called the jejunum and ileum.</p> <p>Nutrients are absorbed through the walls of the small intestine and carried in the bloodstream throughout the body.</p>
<b>Step 8</b>	<b>Large intestine</b>	<p>Food that is not absorbed is pushed into the large intestine. Some water and electrolytes (like sodium and potassium) are absorbed from the food in this area.</p>
<b>Step 9</b>	<b>Rectum</b>	<p>Solid waste is stored in the rectum. It will later pass through the anus as a bowel movement.</p>

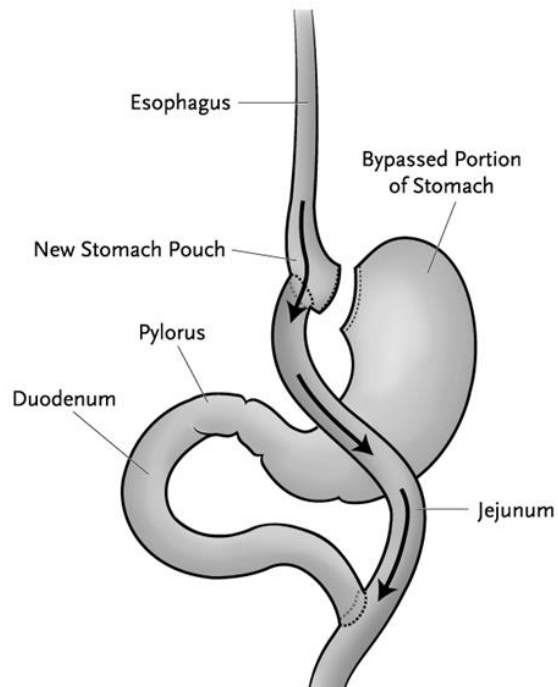
## Your digestive system after Roux-en-Y

After Roux-en-Y gastric bypass surgery the way your body digests food will be different.

**Roux-en-Y gastric bypass surgery** has been proven through research to help patients lose the most weight and keep the weight off for longer than with other types of weight loss surgery. It is considered the “gold standard”.

**Here is what happens during the surgery:**

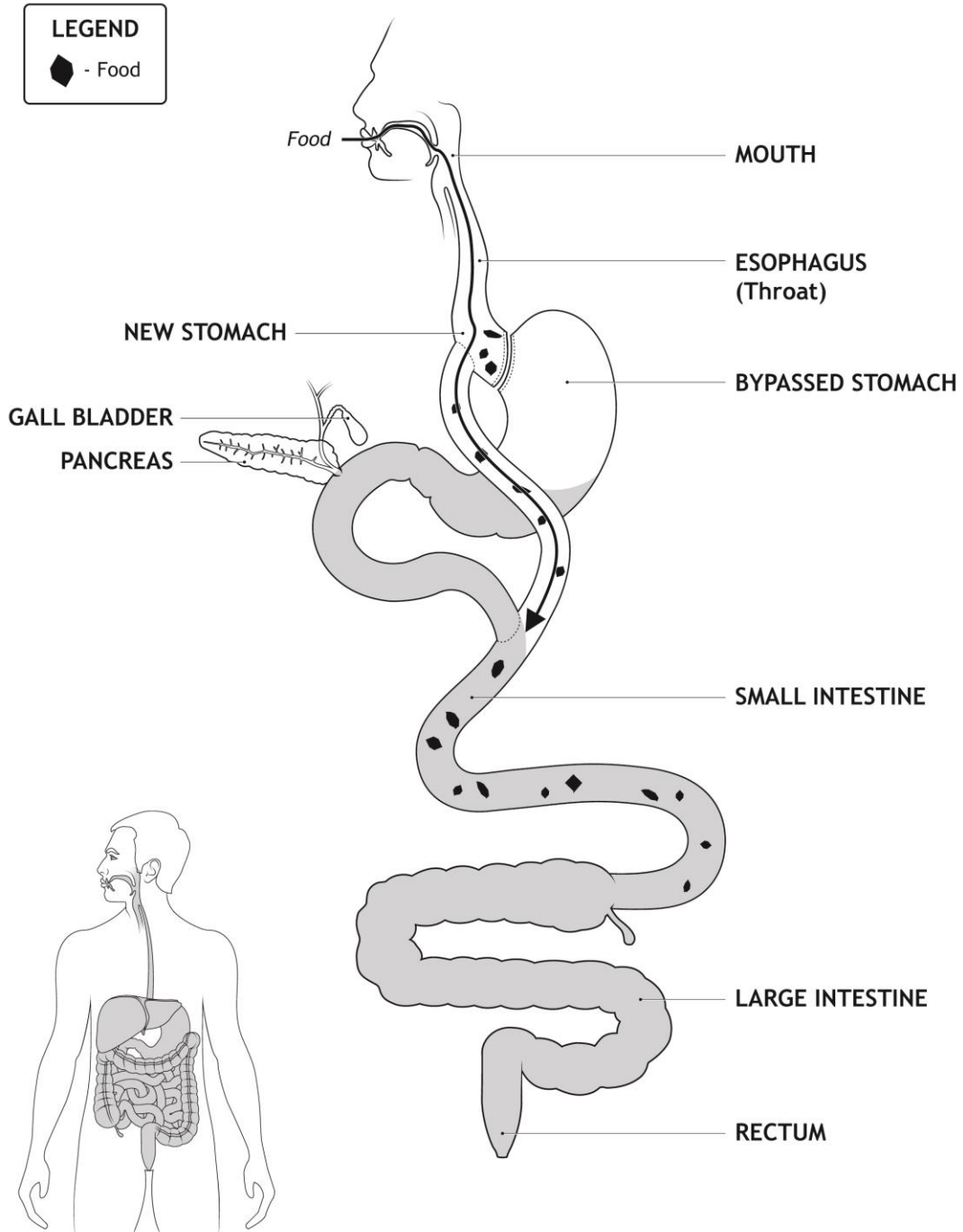
1. The surgeon will cut and staple the stomach into two sections. The small section at the top is called the **new stomach pouch**. The bypassed part of the stomach stays in place. This part still produces acid and enzymes.
2. The small intestine is cut where the duodenum meets the jejunum.
3. The jejunum is brought up to join the new stomach pouch.
4. The duodenum is then reconnected to a new opening made in the intestine.



**Roux-en-Y gastric bypass helps you lose weight because:**

1. **Your new stomach holds less food.**
2. **You feel less hungry.**  
This is because you produce fewer hunger hormones.
3. **You absorb fewer calories at first.**  
This is because food no longer goes through the duodenum. This is called malabsorption. This only lasts for a short time. Over time, your body will adjust and absorb every calorie that you eat.

# Your digestive system after Roux-en-Y



<b>Step 1</b>	<b>Mouth</b>	Digestion still begins in your mouth. Food should be chewed very well to prepare it for the new stomach pouch.
<b>Step 2</b>	<b>Esophagus (throat)</b>	Food is swallowed and goes down the esophagus to the stomach just like before surgery.
<b>Step 3</b>	<b>Stomach pouch</b>	<p>The new stomach pouch does not churn or mix the food. It produces very little stomach acid.</p> <p>After surgery the stomach pouch is the size of a golf ball. It can only hold 1/4 cup of food. After the swelling has gone down, the stomach pouch is the size of a tennis ball. It can hold up to 1 cup of food.</p>
<b>Step 4</b>	<b>Gall bladder</b>	The gall bladder holds bile produced by the liver. Bile is used for the digestion of fat.
<b>Step 5</b>	<b>Pancreas</b>	The pancreas produces hormones like insulin and digestive enzymes. Insulin helps to move sugar into cells.
<b>Step 6</b>	<b>Small intestine - duodenum</b>	Food no longer passes the duodenum. Acid from the old stomach, enzymes from the pancreas, and bile from the liver go through the duodenum and meet the food at the 'Y'.
<b>Step 7</b>	<b>Small intestine - jejunum and ileum.</b>	<p>Food moves from the stomach pouch through a new opening and into the jejunum. This opening, created by the surgeon, is the size of a quarter.</p> <p>Food moves from the jejunum and passes the 'Y' where the duodenum and jejunum join. Food moves along the small intestine. Nutrients are absorbed through the wall. They are carried in the bloodstream throughout the body.</p>
<b>Step 8</b>	<b>Large intestine</b>	This process is the same as before surgery.
<b>Step 9</b>	<b>Rectum</b>	This process is the same as before surgery.

## Your digestive system after gastric sleeve

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The surgeon may decide that the gastric sleeve surgery is a better option. This may be the better option if:

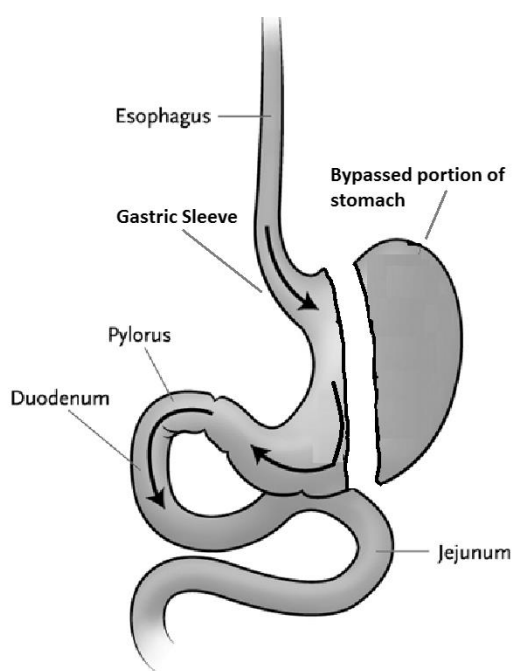
1. You have had previous abdominal surgeries.
2. You have a medical condition that makes it unsafe to have the Roux-en-Y surgery.

The surgeon can decide the type of surgery you need:

1. During your assessment. The surgeon will talk to you about this during the assessment.
2. During the surgery. Talk to your surgeon for more information on why this may occur.

Here is what happens during surgery:

In the gastric sleeve surgery, the outer portion of the stomach is removed. This creates a new stomach that can hold 1/2 cup of food. The rest of the digestion process is normal but some nutrients are not absorbed as well as before.



The gastric sleeve helps you lose weight because:

1. **Your new stomach holds less food.**

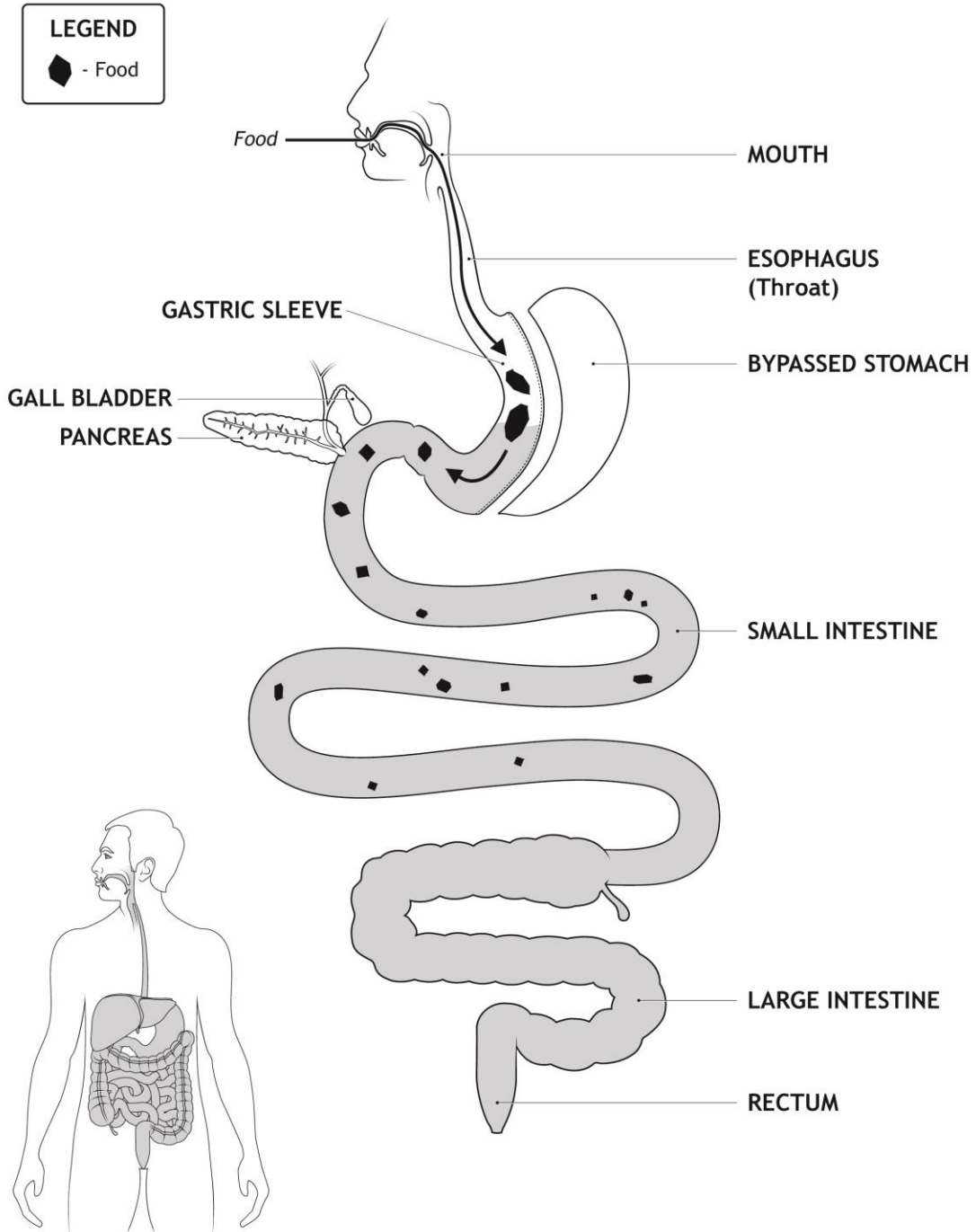
The bypassed part of your stomach is removed from your body.

2. **You feel less hungry.**

This is because you produce fewer hunger hormones.

Unlike the Roux-en-Y procedure the Gastric Sleeve does not cause your body to absorb fewer calories from the food you eat. The diet guidelines are the same as for Roux-en-Y.

# Your digestive system after gastric sleeve





## Nutrition Complications

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Gastric bypass surgery is a major surgery. Like all major surgeries, there are several risks. After surgery, your digestive tract and diet will be changed so there are nutrition complications that can happen. A complication is a new condition that develops because of your surgery.



*After surgery you should avoid alcohol for at least 6 months.  
Drinking alcohol after surgery can increase your risk of developing an ulcer.*

This section discusses some complications you may have:

Nausea, vomiting and stomach pain (see page 34)

Dehydration (see page 35)

Food Intolerance (see page 38)

Lactose Intolerance (see page 39)

Diarrhea (see page 40)

Constipation (see page 41)

Hypoglycemia (low blood sugar) (see page 42)

Gas (see page 44)

Dumping syndrome (see page 45)

Hair loss (see page 47)

Vitamin and mineral deficiencies (see page 48)

*'You must have long term goals to keep you from being frustrated  
by short term failures.'*

*-Charles C. Noble*

## Nausea, vomiting and stomach pain

You may have nausea, vomiting and stomach pain after bariatric surgery. Nausea in the first week may be your body's reaction to the anaesthetic used during surgery. Later on, nausea, vomiting and stomach pain may happen for many reasons.

Here are some common examples:

Why does this happen?	What can you do?
Eating too much	Measure your food
Eating too fast	Put your fork down between bites Time your meals
Not chewing enough	Chew your food 20 to 30 times for each bite
Eating foods that are too dry or too tough	Add a gravy or sauce to moisten your food
Taking bites that are too large	Cut food into the size of a pencil eraser
Eating and drinking at the same time	Do not drink 30 minutes before or after a meal Do not drink during your meal
Swallowing air	Do not drink carbonated beverages Do not use a straw
Dehydration	Drink 6 to 8 cups of low calorie fluid everyday Keep track of how much you drink on your food journal

**Call your surgeon's office immediately or go to the nearest emergency room if:**



You cannot keep solid food or liquid down. This could be a sign of a surgical problem.

# Dehydration

---

Dehydration means your body does not have enough fluid.

## Why does this happen?

This is a common problem after gastric bypass surgery. This is because it is difficult to drink enough water with the size of your new stomach pouch.

## What are the signs and symptoms?

- thirst
- dry mouth, lips, skin, eyes
- headache
- feeling dizzy or lightheaded
- feeling irritable or tired
- not urinating very often
- dark coloured urine



## What can you do?

Keep yourself hydrated by sipping water or other low-calorie fluids all day long.

Try to drink 6 to 8 cups of fluid every day.

Drink out of the same container, like a 500ml water bottle. This can help you keep track of how much fluid you are getting.

Try sucking on ice chips or a sugar-free Popsicle®, these count as fluid too.



*The more you sweat the more you need to drink. Pay extra attention to how much you are drinking if you are exercising or if it is hot outside.*

## Finding it hard to drink enough water? Try these tasty tips!

### Add flavour with fruit

- Add lemon or lime slices for a tart freshness
- Add a few frozen berries, try blueberries or raspberries
- Orange slices and a pinch of cinnamon give your water an exotic flare
- Fresh mint and strawberries give water a refreshing zing - release the flavour of the mint by crushing it a little before adding



### Add flavour with cucumber

- Add 6 to 8 slices of cucumber and 5 to 6 slices of lemon or lime to a pitcher of water. Keep refrigerated and strain before serving

### Cool off with iced green tea

- Make green tea using one cup of boiling water and 3 tea bags or 5 teaspoons of leaves. Steep for 3 to 5 minutes, and then pour into a pitcher. Add ice and top with water, enough to make 4 cups. Want more flavour? Add lemon and a sugar substitute



### Relax with a herbal fruit tea

- Brew the tea and enjoy hot or cold. These teas give great fruity flavour and natural sweetness with zero calories and no caffeine

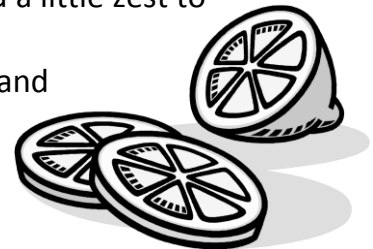


### Spice it up

- Add grated fresh ginger, lemon wedges and a sugar substitute to your water for a great zing! Want even more flavour? Pour boiling water over the ginger first and let it steep for 5 minutes

### Ice cubes with zest

- Use a fine grater and zest your favourite citrus fruit. Add a little zest to each part of an ice cube tray and fill with water. Freeze and add to your water just before sipping



### Flavour on the go

- Add sugar-free flavour crystals or drops to your water

## Food Intolerance

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After gastric bypass surgery you may find you are not able to tolerate certain foods.

Some foods that patients find hard to digest are:

- bread products
- red meat or chicken
- milk and milk alternatives
- pasta
- rice
- fatty foods and fried foods
- candy and chocolate
- sugary foods and beverages
- dried fruit and skins of fresh fruit

### **Why does this happen?**

Your digestive tract has been changed by surgery. These changes can make it difficult for your body to digest certain foods.

### **What are the signs and symptoms?**

You may experience a feeling of pain or pressure in your stomach or a feeling of food being “stuck”, these are signs of food intolerances.

### **What can you do?**

Record signs of food intolerance in your food journal.

Discuss it with your Registered Dietitian at your next appointment.

# Lactose intolerance

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Lactose intolerance is a common kind of food intolerance.

People who are lactose intolerant will feel these symptoms when they eat or drink milk:

- cramping and stomach pain
- bloating and gas
- diarrhea

## Why does this happen?

Lactose intolerance is common. In the world, 75% of adults are lactose intolerant.

Lactose is the natural sugar found in milk products. It is digested in the small intestine. If your body does not produce enough enzyme to breakdown lactose you will be lactose intolerant.

## What can you do?

- Stop drinking milk  
You may be able to eat yogurt and cheese without any symptoms
- Try lactose free milk like Lacteeze®
- Take Lactaid® (an enzyme supplement)  
You will need to take it right before you have milk products  
You can purchase the chewable or liquid formula



## Diarrhea

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Some people have soft or liquid stool for a few months after surgery.

### Why does this happen?

This can happen because your body is getting used to digesting food in a new way. It can also happen when you have dumping syndrome.

### What can you do?

#### Step 1 - Avoid these foods:

- foods that cause dumping syndrome (see dumping syndrome page 45)
- fatty foods
- foods high in sugar alcohols (see sugar alcohols page 24)
- caffeinated beverages
- milk products (see lactose intolerance page 39)

#### Step 2 - Increase the amount of soluble fibre in your diet.

You can do this by:

- taking a fibre supplement
- eating bananas, applesauce or oatmeal

Talk to your Registered Dietitian if you have questions about what fibre supplement to use.



*If you have diarrhea make sure you drink extra fluids.  
For ideas on how to make water more exciting see page 36.*

#### Consult your family doctor if:



- You have diarrhea that continues for more than 3 days
- You have diarrhea that is so serious it is interfering with your daily life



# Constipation

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True constipation happens when stool is hard, dry, painful or difficult to pass.

Some people think they are constipated when they have fewer bowel movements than they had before surgery. This is not true constipation. This is probably happening because you are eating less food.

It is normal to have 1 to 3 bowel movements of soft stool every 1 to 3 days.

## Why does this happen?

This happens because you are:

- eating less fibre
- not drinking enough fluids
- taking pain control medicine

## What can you do?

- make sure you drink enough water
- increase physical activity
- eat high fibre foods such as:
  - bran cereal
  - fruits and vegetables
  - legumes (beans and lentils)
  - whole grain bread



# Hypoglycemia

---

Hypoglycemia is low blood sugar. Even if you did not have diabetes before surgery you may experience hypoglycemia after surgery. The type of low blood sugar you can get after surgery is called **reactive hypoglycemia**. Reactive hypoglycemia is low blood sugar that usually happens after you eat a meal or a snack that is high in sugar.

## What are the signs and symptoms?

- Hunger
- Dizziness
- Cold and clammy skin
- Weakness or shakiness
- Nervousness
- Feeling confused or anxious

These signs happen **after** you eat. Symptoms usually happen a few hours after eating. They usually go away after you eat again.

## Why does this happen?

Foods high in sugar may pass into the small intestine before they have been adequately broken down. This causes the pancreas to secrete more insulin than is needed which brings the blood sugar level down too low.

## How can you prevent it from happening?

- eat balanced meals
- eat meals on time
- have protein with each meal and snack
- choose carbohydrates that are high in fibre and low in sugar
- avoid sugar and high sugar foods
- avoid alcohol
- avoid skipping meals



*To help control your blood sugar eat the protein portion of your meal first.*

## What should you do if your blood sugar is low?

If you think you have reactive hypoglycemia get a blood glucose meter and measure your blood sugars.



If your blood sugar goes **below 4 mmol/L** you need to:

1. **Have 15g of fast acting sugar.**

This sugar can be in the form of:

- 3/4 cup of juice
- 3 dextrose tablets
- 1 tablespoon of honey
- 1 tablespoon of sugar in 2 tablespoons of water

2. **Wait 15 minutes and check your blood sugar again.**

3. **If your blood sugar is still below 4 mmol/L, repeat steps 1 and 2 until your blood sugar is above 4 mmol/L.**

4. **Eat a snack that contains protein and carbohydrate.**

Some examples are:

- apple and peanut butter
- melba toast and cheese
- greek yogurt and fruit
- hummus and carrots



### Do not do this if you have low blood sugar:



**Do not eat foods that are high in sugar, like cookies or candies, to raise your blood sugar.** It is important that you have a controlled amount of fast acting sugars. Trying to raise your blood sugar with cookies or candies can be unsafe because they can have different amounts of sugar depending on what kind you buy.

## Gas

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After surgery it is normal to have pain or discomfort from gas in your abdomen.

### Why does this happen?

Swallowing air can happen when you eat and drink. With the new small stomach pouch, even a small amount of swallowed air can cause painful gas.

After surgery you also digest food differently, this can cause your body to produce gas.

### What can you do?

- eat slowly
- do not use straws
- do not chew gum
- eat protein with carbohydrate food
- use an over-the-counter product recommended by your pharmacist

If you have gas pains with specific foods, avoid those foods for a few weeks. Try them again later in small amounts.



*Remember: Use a food journal to keep track of foods that cause you discomfort.*

# Dumping syndrome

---

Dumping syndrome happens when food moves too quickly through your stomach pouch and into the small intestine.

Signs that you might have dumping syndrome:

- Very fast heart beat (heart palpitations)
- Stomach cramping and pain
- Explosive diarrhea
- Nausea or upset stomach
- Dizziness
- Cold sweats
- Flushing
- Sweating

## When does it happen?

Early dumping syndrome happens 15 to 30 minutes after eating.

Late dumping syndrome happens 2 to 4 hours after eating.

## Why does this happen?

Dumping syndrome happens when undigested sugar or fat passes out of the stomach and into the small intestine. In other words, it happens when food is “dumped” into the intestine before it has been broken down. Foods can also be dumped into the intestine if solid food and liquids are consumed at the same time.

**Many patients find they get dumping syndrome with foods that have more than 10g of sugar per serving.**

Knowing which foods are high in sugar will help you avoid foods that can cause dumping syndrome. There is no exact amount of sugar that will cause dumping syndrome.

## What can you do?

Everyone’s digestive tract is unique. Not everyone will get dumping syndrome from the same foods. Know what foods cause **you** to have dumping syndrome. It will help you to avoid these foods and prevent dumping syndrome in the future. Also remember to separate your liquids and solid food by 30 minutes.

**These foods may give you dumping syndrome:**

- Ice cream
- Frozen yogurt
- Gelato
- Sorbet
- Popsicles®
- Dried or candied fruit
- Fruit juice (undiluted)
- Canned or frozen fruit in syrup
- Cakes, cookies, pies, pastries and doughnuts
- Muffins
- Sugar coated or sweetened cereal
- Regular Jell-O® or pudding
- Sweetened yogurt
- Milkshakes
- Chocolate milk
- Sweetened ice tea or lemonade
- Sports drinks
- Regular soft drinks
- Jellies and Jams
- Sweetened sauces (like BBQ sauce, Sweet and Sour sauce)
- Sweet pickles
- Chocolate
- Candy
- Honey
- Molasses
- Syrup
- White or brown sugar
- Hot dogs
- Ketchup
- Deep-fried food

## Hair loss

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Hair loss is a common side effect of weight loss surgery. Usually this happens between 4 months and 9 months after surgery.

### **Why does this happen?**

Hair loss can happen for many reasons. Sometimes it is related to nutrition and sometimes it is not.

Reasons related to nutrition are:

- Iron deficiency
- Zinc deficiency
- Low protein intake

Reasons not related to nutrition are:

- Major surgery
- Rapid weight loss

Hair loss not related to nutrition cannot be avoided after weight loss surgery. Usually, this kind of hair loss will happen very soon after surgery.

Hair loss that happens much later after surgery is often caused by vitamin and mineral deficiencies. Follow the diet and supplement schedules you learn about in this book to prevent this kind of hair loss. Your Registered Dietitian can help you manage any deficiencies. This is why it is important to complete your blood work before appointments with the Registered Dietitian.

### **What can you do?**

There is no way to prevent hair loss. But, you can do these 3 things to minimize it:

1. Make sure you are eating at least 60g of protein a day
2. Make sure you are taking all of your vitamin/mineral supplements
3. Complete your blood work on time. This will allow your Registered Dietitian to see if you have any vitamin or mineral deficiencies

When your weight begins to stabilize your hair will grow back. Your hair may grow back differently from before. For example, if you had straight hair it may grow back curly.

## Vitamin and mineral deficiency

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A vitamin or mineral deficiency means that your body is not getting enough of a vitamin or mineral.

### Why does this happen?

There are 2 main reasons why this happens:

1. You are eating less food.
2. Because of the change in your digestive tract your body absorbs fewer nutrients than it did before surgery.

This is common after gastric bypass surgery. It is important to make sure you have your blood work done regularly so that your Registered Dietitian can help you manage any deficiencies.

### What vitamin and mineral deficiencies are common?

- Iron
- Vitamin D
- Vitamin B<sub>1</sub> (thiamine)
- Folate
- Calcium
- Potassium
- Vitamin B<sub>12</sub>
- Zinc
- Vitamin C
- Vitamin A

### What are the signs and symptoms?

Vitamin and mineral deficiencies can effect every part of your body including:

- Coordination
- Eyesight
- Sense of taste
- Memory
- Mood
- Metabolism
- Bone strength

### What can you do?

1. Eat a healthy diet with a variety of different foods.
2. Follow your supplement regimen (see page 59).



# Vitamin and Mineral Supplements

---

Malnutrition is a possible complication of bariatric surgery.

This is because you are:

1. Eating very small amounts of food.
2. Your body is not absorbing as many nutrients as it was before surgery.

It is important to take your supplements to try to prevent malnutrition.

Read this section to learn:

1. How to choose your supplements
2. When you need to take them

**For 1 to 3 months after surgery** you will need to take protein supplements.

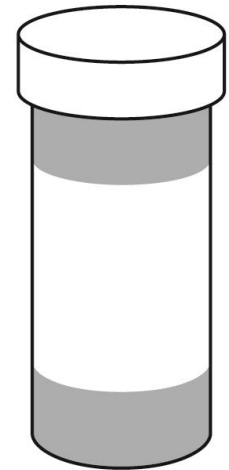
**For the rest of your life** you will need to take at least 3 separate supplements:

1. **Multivitamin-mineral**
2. **Calcium with vitamin D**
3. **Vitamin B<sub>12</sub>**

Other supplements may be recommended by your Doctor or Registered Dietitian.

## What type of supplement should you take?

- For 4 to 6 weeks after surgery all supplements should be chewable, liquid, sublingual (dissolves under your tongue) or by injection
- After 4 to 6 weeks you can switch to pill form supplements but you may want to cut or break them into smaller pieces if you find they cause discomfort when swallowed whole



# Protein Supplements

## Why do you need protein supplements?

Protein is important for building muscle and healing after surgery. After surgery the size of your new stomach pouch will be much smaller. It will make it hard for you to eat all the protein you need. So, it is important for you to take protein supplements for at least **the first 4 weeks after surgery.**

## There are 2 types of protein supplements:

1. Protein powders
2. Protein shakes



### 1. Protein powders

The best protein powders are made from milk (whey), soy or egg. These come in plain or a variety of different flavours.

You can add plain powders to hot or cold foods. Try adding it to oatmeal, cream of wheat, cream soups, yogurt, mashed potatoes, pureed vegetables or fruit. You can also make your own shake by adding protein powder to milk or water. Do not mix them with juice.

To make your own shakes blend protein powder with 1% or skim milk, or low-fat no sugar added yogurt and 1/4 cup of fruit. Try adding flavourings, extracts and artificial sweeteners for extra flavour. Do not add sugar, honey, juice or sweetened syrups.

### What should you look for in protein powder?

30 grams of protein powder should have:

- 20 to 30g of protein
- Less than 5g of carbohydrate

Nutrition Facts	
Per 1 scoop (32g)	
Amount	% Daily Value
<b>Calories</b> 120	
<b>Fat</b> 2.5 g	4 %
Saturated 1 g	4 %
+ Trans 0 g	
<b>Cholesterol</b> 35 mg	
<b>Sodium</b> 60 mg	3 %
<b>Carbohydrate</b> 4 g	1 %
Fibre 1 g	5 %
Sugars 1 g	
<b>Protein</b> 29 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	6 %

### Make your own strawberry banana shake

1 scoop	protein powder
1/2 cup	skim milk, frozen into ice cubes
1/2 cup	plain low fat yogurt
4 whole	frozen strawberries (unsweetened)
2-inch piece	banana
1/2 teaspoon	vanilla
1 package	artificial sweetener (optional)



Place all ingredients in a blender and blend until smooth.

Try this recipe with 1/4 cup chopped frozen unsweetened peaches in place of the strawberries and banana.

## 2. Protein shakes

If you do not want to make your own shakes, pre-made shakes are available in ready to drink containers.

**Drink 2 protein shakes every day.** These can either be protein shakes you have made yourself using protein powder or protein shakes that are pre-made. Do this for at least the first month after surgery. Protein shakes are necessary until you are able to eat enough high protein food. After the first month, your Registered Dietitian will tell you how many shakes you need and when to stop taking them.



## Why do you need to take multivitamin-minerals?

---

There are 2 reasons you need to take a multivitamin-mineral:

1. Your stomach pouch is very small. It does not allow you to eat enough food to get all of the vitamins and minerals you need.
2. Vitamins and minerals are not being absorbed as well as they were before surgery.

Taking a multivitamin will help prevent common deficiencies after gastric bypass surgery like:

- Iron
- Vitamin D
- Vitamin B<sub>1</sub> (thiamine)
- Folate
- Calcium
- Potassium
- Vitamin B<sub>12</sub>
- Zinc
- Vitamin C
- Vitamin A

Not having enough of these vitamins will have serious effects on your:

- Coordination
- Eyesight
- Sense of taste
- Memory
- Mood
- Metabolism
- Bone strength



*All bariatric surgeries will make it harder for your body to absorb nutrients. This includes the gastric sleeve surgery. It is important for you to have your blood work done so your Registered Dietitian can make sure you do not have a deficiency.*

## How much should you take?

Type of supplement	What it should contain	How much?
Multivitamin-mineral	100% Daily Recommended Intake of all vitamins and minerals 18mg of iron 1mg of copper	Take 2 every day. Depending on your blood work, the amount may be adjusted. Follow instructions from your bariatric team.

## What should your multivitamin-mineral contain?

Look for an adult type multivitamin-mineral. It can be hard to find a multivitamin-mineral that has enough iron. If you are having trouble finding the right multivitamin-mineral ask your Registered Dietitian for a list of appropriate brands.

## Things to remember when taking your multivitamin-mineral:

- Both can be taken at the same time
- Do not take multivitamin-minerals with your calcium supplement. They can block each other from being absorbed
- For 4 to 6 weeks after surgery you will need to take chewable supplements
- Chewable multivitamin-mineral supplements will not contain enough iron but this is alright because you are only using them short-term
- At 4 to 6 weeks, you can switch from a chewable to a pill form multivitamin-mineral supplement that follows the guidelines listed above



*You will need to take multivitamin-mineral supplements every day for the rest of your life.*

## Calcium with vitamin D

---

### Why do you need to take calcium with vitamin D?

Calcium and vitamin D work together to keep your bones healthy and strong. If you do not get enough you are at a high risk for bone loss, bone fractures and osteoporosis (low bone density).

Your multivitamin-mineral supplements will not give you enough calcium or vitamin D. Aim for 1200 to 1500 mg of calcium citrate with 800 to 1200 IU of vitamin D each day. You will need to take calcium with vitamin D supplements 2 to 3 times a day. Your body can only absorb about 500mg of calcium at a time. Any extra you take would go to waste.

Choose calcium “citrate” rather than calcium “carbonate” as it is more easily absorbed after gastric bypass surgery.

### How much should you take?

---

**Choose one of these options:**

Type of supplement	Calcium dosage	How often you take it
Pill or chewable	500mg to 600mg	Take 1 pill 3 times a day
Pill	300mg	Take 2 pills 2 times a day

Do not take your calcium with vitamin D supplements with your multivitamin-mineral. They block each other from being absorbed.

Additional vitamin D may be recommended if your blood test results show low levels.



*After surgery you must take calcium with vitamin D supplements for the rest of your life.*

## Vitamin B<sub>12</sub>

---

### Why do you need to take vitamin B<sub>12</sub>?

Vitamin B<sub>12</sub> has many functions in your body including:

- energy metabolism
- red blood cell production
- nervous system function
- allowing your body to use folic acid

Your multivitamin-mineral supplements do not have enough B<sub>12</sub> so you need to take extra B<sub>12</sub> supplements.

### How much should you take?

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Choose one of these options:

Type of supplement	Dosage	How often you take it
Chewable	500mcg	Every day
Sublingual strip (strip that melts on your tongue) or pill	1000mcg	Every other day
Liquid	1000mcg to 1200mcg	Every other day
Injection (needle shot)	1000mcg	Every month



*Your B<sub>12</sub> vitamin can be taken with any of your other supplements.*



## Planning your supplement schedule

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Not all vitamins can be taken together because your body will not be able to absorb them well enough.

You do not have to take your supplements at the same time every day.

You may find it helpful to have different schedules such as:

- work day schedule
- weekend schedule
- shift work schedule

### You can do this:

- Take your 2 multivitamin-minerals together
- Take your Calcium with Vitamin D pills 2 hours apart
- Take your vitamin B12 with your other supplements

### Do not do this:

- Do not take your Calcium with Vitamin D pills all at once
- Do not take your Calcium with Vitamin D pills with your multivitamin-minerals



*Use a pill box to help you organize your supplements. Keep two sets of supplements. One at home and one at work.*



## Supplement Schedule Example

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**Breakfast (9am):**      2  **Multivitamin-minerals** & 1  **B12**

**Lunch (Noon):**      1  **Calcium with Vitamin D**

**Dinner (5pm):**      1  **Calcium with Vitamin D**

**Bedtime (10pm):**      1  **Calcium with Vitamin D**

# My supplement schedule

Time	Supplement
Meal/activity: _____  Time: _____	
Meal/activity: _____  Time: _____	
Meal/activity: _____  Time: _____	
Meal/Activity: _____  Time: _____	
Meal/Activity: _____  Time: _____	

## Preparing for Surgery: Optifast®

---

### Why do you need to drink Optifast® prior to surgery?

Drinking Optifast® will:

- Reduce the size of your liver
- Reduce the fat tissue inside and around your liver

These changes will make surgery easier and safer for you. Optifast® will cause some weight loss.

**Do not consume Optifast® after surgery.**

**Optifast® is not a protein shake and should not be used as one.**

### What is Optifast®?

Optifast® is a nutrition supplement.

It is low in carbohydrate and fat, and high in protein. It will give you all of the vitamins and minerals your body needs to keep you healthy before surgery.

### How long will you need to be on it?

Your surgeon will tell you how long you need to drink Optifast® for. You will count back that many weeks from your surgery date. You will start your Optifast® on the same day of the week as your surgery.

For example, if your surgery is on a Monday and you are told to take Optifast® for three weeks then you will start it on the Monday three weeks prior to your surgery.

### How do you prepare it?

Mix 1 package of powder with 1 to 2 cups of water. Shake or stir before you serve.

### How often do you drink it?

Drink 4 packages of Optifast® every day.

Drink 1 package of Optifast® at each meal time (breakfast, lunch and dinner).

Save the fourth package to have as a snack.

## Preparing for Surgery: Optifast®

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### When do you stop drinking Optifast®?

Stop drinking Optifast® by midnight the night before your surgery.

### How long can you store mixed Optifast®?

Mixed Optifast® can be kept at room temperature for up to 4 hours.  
It can be kept in the refrigerator for up to 24 hours.

### What is a calorie-free fluid?

Here is a list of calorie-free fluids you can drink.  
Drink 6 to 8 cups a day while preparing for surgery.

- water
- black coffee or tea with artificial sweetener
- green, herbal or white tea
- chicken, beef or vegetable broth. Read the label to make sure they have less than 10 calories in a serving
- calorie free beverages such as sugar-free drink crystals, diet iced tea, diet pop
- no sugar added Jell-O®
- sugar-free Popsicles®. You can buy these or make your own using calorie free drinks

**Remember to avoid carbonated beverages (diet pop) after surgery.**



*'Progress has little to do with speed, but much to do with direction'*

*-Robert G Allen*

## Optifast® recipes

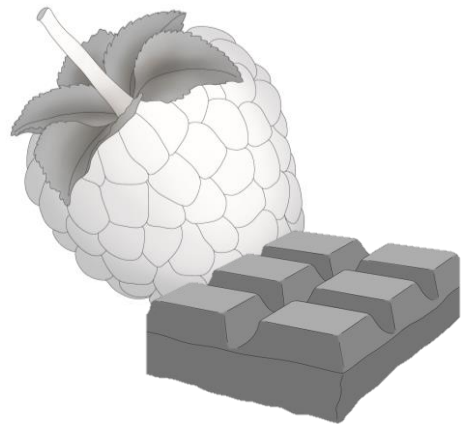
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Use these recipes to add some variety to your Optifast® diet.

Add calorie-free flavourings like instant coffee, flavouring extracts (peppermint, rum, banana) and no sugar added Jell-O powder, ugar-free flavouring syrups or artificial sweeteners.

### Chocolate Raspberry Shake

10 to 12 ounces	Water
2 cups	Crushed Ice
1 package	Chocolate Optifast®
1 package	Raspberry sugar-free drink crystals

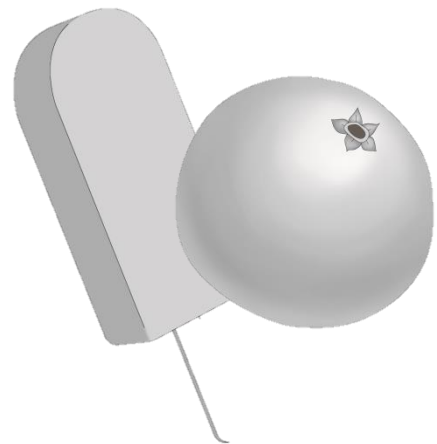


#### **How to prepare it:**

Blend until smooth.

### Orange Creamsicle™ Shake

10 to 12 ounces	Water
2 cups	Crushed Ice
1 package	Vanilla Optifast®
1 to 2 drops	Orange extract



#### **How to prepare it:**

Blend until smooth.

## Optifast® recipes

---

### Bananas Foster

10 to 12 ounces	Water
2 cups	Crushed Ice
1 package	Vanilla Optifast®
1 teaspoon	Rum extract
1 teaspoon	Banana extract
1 package	Artificial sweetener



#### **How to prepare it:**

Blend until smooth.

### Root beer float

12 ounces	Water
1 package	Vanilla Optifast®
1/8 teaspoon	Root beer extract
Pinch	Cloves



#### **How to prepare it:**

Blend together.

Put it in the freezer for 1.5 to 2 hours.

Take it out of the freezer and blend it again until slushy.

## Optifast® recipes

---

### Hot chocolate

8 ounces Hot water (not boiling)

1 package Chocolate Optifast®

1 to 2 drops Coconut extract (or try almond, cherry or mint extract)



### **How to prepare it:**

Blend until smooth.

### Black forest chocolate pudding

6 ounces Water

1 package Chocolate Optifast®

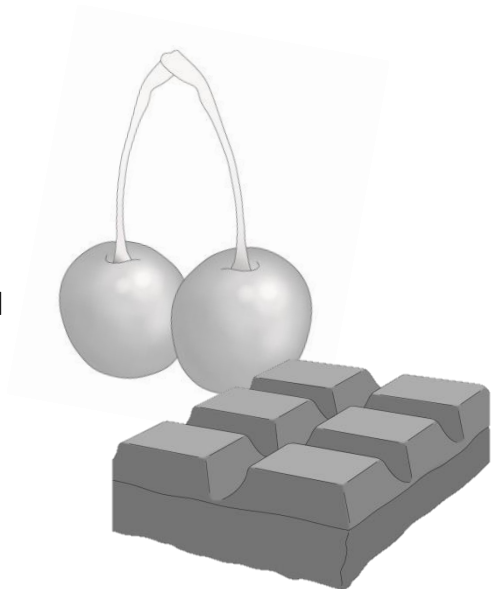
1 teaspoon Rum extract

2 tablespoons Sugar-free cherry Kool Aid powder

1 package Artificial sweetener

### **How to prepare it:**

Blend until smooth.





## Optifast® side effects

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### Hunger - What can you do?

- Only have 4 packages of Optifast® a day. Do not have extra calories. Extra calories can stop ketosis and make you more hungry. Ketosis is the process of your body creating ketones. This happens when you eat a very low carbohydrate diet. Drinking Optifast® while preparing for surgery will cause your body to go into ketosis. After 3 to 4 days these ketones will make you less hungry.
- Drink Optifast® at regular meal times.
- You may want to avoid sitting with others when they eat.

### Headache - What can you do?

- Make sure you drink all your fluids. You should drink 6 to 8 cups of calorie-free fluid every day. This amount does not include your 4 servings of Optifast®.
- Speak to your pharmacist about over-the-counter pain relief medications.

### Bad breath that smells like alcohol - What can you do?

- Chew sugar-free gum.

### Diarrhea - What can you do?

- Make sure you drink all your fluids. You should drink 6 to 8 cups of calorie-free fluid every day. This amount does not include your 4 servings of Optifast®.
- Take 1 to 2 sugar-free fibre capsules with each package of Optifast® you drink.

### Constipation - What can you do?

- Make sure you drink all your fluids. You should drink 6 to 8 cups of calorie-free fluid every day. This amount does not include your 4 servings of Optifast®.
- Drink a glass of warm water or herbal tea with each Optifast® drink.

**Leave a message for your bariatric health team at 416-603-5800 extension 6145 if:**



You have had diarrhea or constipation for more than 72 hours.

## How to buy Optifast®

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Your surgeon will tell you how many weeks of Optifast® you will need. The surgeon will tell you this after you have provided consent for surgery.

Your Optifast® order must be placed through the hospital.

**To order Optifast® during your hospital appointment** you will need a credit card or pre-paid credit card. If you would like to pay by debit or cash, you will need to go to the store to pay after the hospital has placed the order for you.

### Medical Mart

550 Matheson Blvd West  
Mississauga, ON, L5R 3L9

Telephone: 905-624-2011

Toll free number: 1-800-379-4780

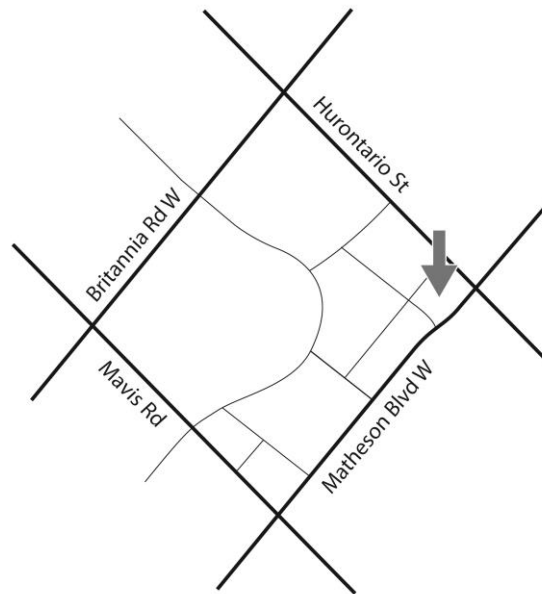
### Hours of Operation

Monday to Friday 9:00am to 8:00pm

Saturday 10:00am to 6:00pm

### How much will Optifast® cost?

Optifast® is about \$87.50 a week, but the price may change.



Number of weeks you need it	Cost (approximately)
2	\$ 175.00
3	\$ 265.00
4	\$ 350.00
5	\$ 440.00
6	\$ 525.00

## Other things to do before your surgery

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It is important to prepare for surgery. Use these 2 checklists.

Prepare yourself and your home to help ensure you have a safe recovery.

### Do these things before surgery

- Practise eating the way you will need to after surgery.**  
Start eating 3 meals and 1 to 2 snacks a day. Eat slowly and chew your food 20 to 30 times for each bite.
- Plan to have someone help you prepare meals.**
- Plan to have someone check in on you for the first 2 weeks after surgery.**
- Choose an exercise you want to do after surgery.**  
Plan your routine. Choose exercises that you enjoy.
- Read through this manual at least once more before surgery.**  
Contact your Registered Dietitian if you have any questions.
- Plan to make regular follow up visits with your Bariatric Team.**
- Remove any food you should not be eating after the surgery.**
- Get the right equipment to help you prepare your food.**
- Make up some of your own pureed food and freeze it.**
- Shop for the items on the “to-buy” checklist on the next page.**

## **Buy these things before surgery**

- Optifast®**
- Sugar-free flavouring (for Optifast® shakes)**
- Protein supplement/shakes (enough for at least 2/day for 4 weeks)**
- Chewable multivitamin-mineral supplement**
- Chewable calcium with vitamin D supplement**
- Dissolvable vitamin B12 supplement**
- Other vitamins and minerals (if recommended by your Bariatric health Team)**
- Blender or Food Processor**
- Small bowl, cups, plates and utensils**
- Small food storage containers and freezer bags**
- Canned broth**
- No sugar added Jell-O®**
- Sugar-free Popsicles®**
- Smooth texture soups**
- No sugar added yogurt**
- No sugar added pudding**

# Eating After Your Surgery

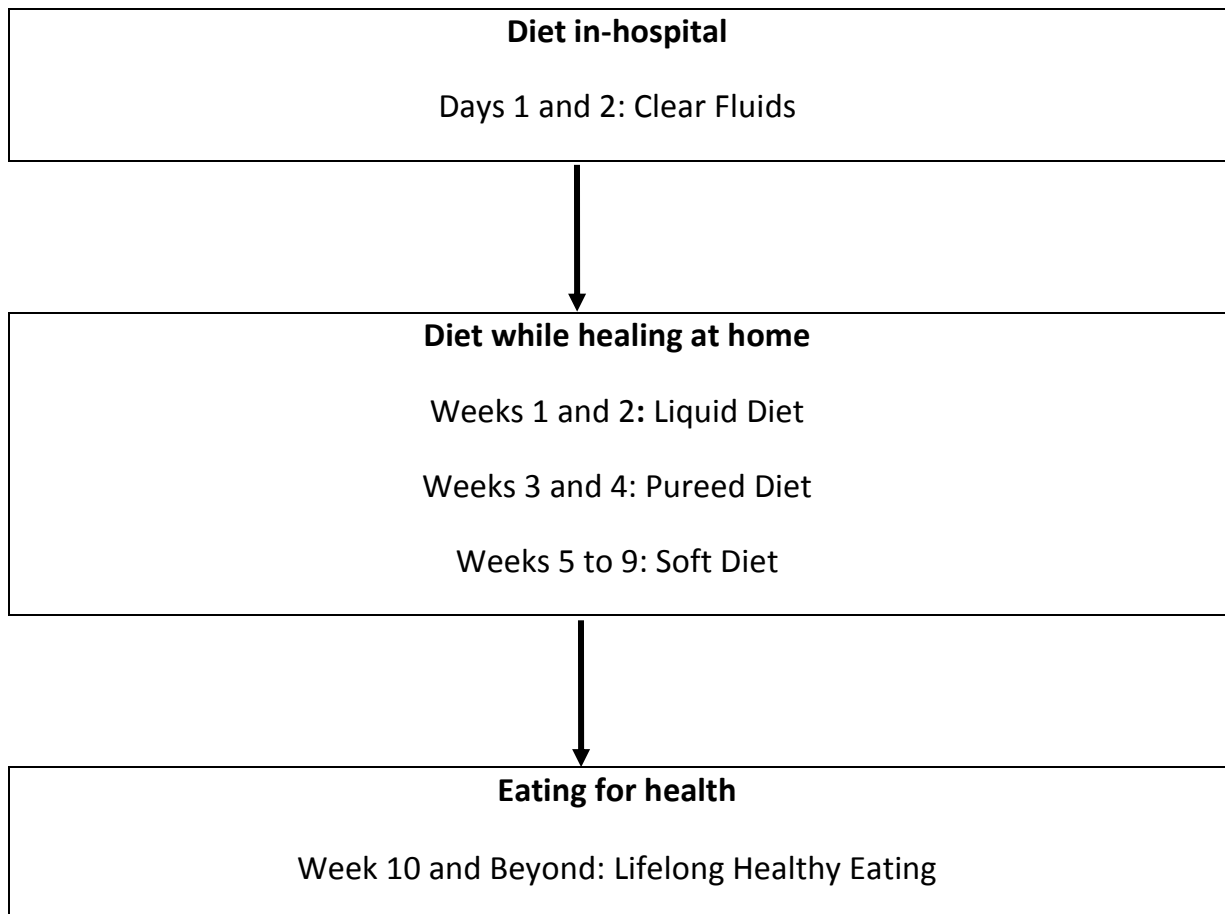
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After surgery your body will need to slowly get used to eating normal food again.

Read this section to learn what you need to eat and drink for 2 months after surgery.

Record everything you eat and drink in a food journal.

Food journaling helps to make you aware of the food you are eating. Research has also shown that people who food journal tend to lose more weight. They also maintain their weight loss longer than people who do not food journal.



# Diet in-hospital

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## Day 1: Clear fluids

Start this diet when you wake up after surgery. Follow it for 1 day after surgery.

When you first wake up after surgery you probably won't feel like drinking anything. However, it is important to start sipping fluids to make sure your digestive system is working properly.

Slowly sip **15 ml of clear fluid** every 15 minutes. 15ml of fluid is **half a medicine cup**.

The fluids you can have include:

- water
- 15 ml diluted fruit juice (To dilute juice use equal parts juice and water)
- broth
- tea
- no sugar added Jell-O®

Do not worry about being dehydrated. You will be getting all the hydration you need through an IV (intravenous).

## Day 2: Clear fluids

Start this diet 2 days after your surgery. Follow it until you go back home.

Slowly sip **30 ml of fluid** every 15 minutes. 30ml of fluid is **a full medicine cup**.

The fluids you can have include:

- water
- 30 ml diluted fruit juice (To dilute juice use equal parts juice and water)
- broth
- tea
- no sugar added Jell-O®

Do not worry about being dehydrated. You will be getting all the hydration you need through an IV (intravenous).



*If any carbonated drinks show up on your tray do not drink them, let the nurse know you have gotten the wrong tray.*

## Diet while healing at home

---

### Weeks 1 and 2: Liquid diet

Start this diet when you leave the hospital. Follow it for 2 weeks after surgery.

#### You will need to:

1. Start taking your chewable vitamin and mineral supplements.
2. Start taking your protein supplements.
3. Drink 2 to 4 cups of water every day.
4. Eat/drink only the liquid foods and drinks listed below.

#### How should you take your vitamin and mineral supplements?

See pages 53-56 for a list of the vitamin and mineral supplements you need to take.

#### How much protein will you need?

- add unflavoured protein powder to hot or cold liquids 1 to 3 times a day.
- drink 1 to 2 protein shakes a day.

This diet is high in milk products because milk is a good source of protein.

If you cannot tolerate milk products see page 39 for information on lactose intolerance.

#### How should you eat?

- **eat slowly.** Your meals should take 30 to 40 minutes
- eat or drink 1 tablespoon every 5 minutes
- stop eating if you feel any discomfort or pain
- keep water nearby and slowly sip it throughout the day

**Try posting the above list on your fridge to act as a reminder of how you should eat.**

## What foods can I eat?

Type of food	Foods you can eat	Foods you need to avoid
<b>Fruit and vegetable</b>	Tomato Juice Unsweetened apple sauce	All other
<b>Grain and starch</b>	Cream of wheat Oatmeal (less than 10 grams of sugar)	All other
<b>Soup</b>	All smooth texture soups e.g. butternut squash, tomato, potato All other soups strained to make smooth	All other
<b>Beverages</b>	Sugar-free clear fluids Water	All other
<b>Desserts and sweets</b>	No sugar added pudding No sugar added ice cream	All other
<b>Protein sources</b>	Protein powder Protein shakes Milk (skim or 1%) Lactose free milk Natural/Plain soy beverage Cottage cheese Yogurt with no sugar added	All other



**Go back on the liquid diet for 24 hours if:**



If you ever have nausea, vomiting or abdominal pain.

If these problems continue for more than 12 hours call your bariatric health team or family doctor.

**Example liquid diet day 1**

	<b>Name of food</b>	<b>What is in it</b>	
<b>Breakfast</b>	Oatmeal	1/4 cup	oatmeal
		1/4 cup	milk
		1 tablespoon	protein powder
	Yogurt	1 small container	low fat no sugar added yogurt
<b>Morning snack</b>	Protein shake	1 cup	protein shake
<b>Lunch</b>	Cream of mushroom soup	1/4 cup	strained cream of mushroom soup
		1 tablespoon	protein powder
	Applesauce	1/4 cup	applesauce
<b>Afternoon snack</b>	Protein shake	1/2 cup	protein shake
<b>Dinner</b>	Cottage cheese	1/4 cup	low fat cottage cheese
	Yogurt	1 small container	no sugar added yogurt
		1 tablespoon	protein powder
<b>Evening snack</b>	Protein shake	1/2 cup	protein shake

## Example liquid diet day 2

	Name of food	What is in it	
<b>Breakfast</b>	Strawberry Vanilla Shake	1 scoop	unflavoured protein powder
		1 cup	skim milk
		1 teaspoon	vanilla extract
		1/2 packet	strawberry flavoured sugar-free drink crystals
		1/2 cup	crushed ice
	Yogurt	1 small container	low fat no sugar added yogurt
<b>Morning snack</b>	Protein shake	1 cup	protein shake
<b>Lunch</b>	Cottage cheese	1/4 cup	low fat cottage cheese
	Yogurt	1/4 cup	low fat plain yogurt
	Tomato juice	1/4 cup	tomato juice
<b>Afternoon snack</b>	Protein shake	1/2 cup	protein shake
<b>Dinner</b>	Cream of chicken soup	1/4 cup	strained cream of chicken soup
		1 tablespoon	protein powder
	Applesauce	1/4 cup	applesauce
<b>Evening snack</b>	Protein shake	1/2 cup	protein shake

## Example of a LACTOSE-FREE Liquid Diet

	Name of food	What is in it	
<b>Breakfast</b>	Peach Chai Protein Shake	1 scoop	vanilla flavoured protein powder
		1/3 cup	brewed Chai Tea
		1/3 cup	Lactose-free milk or unsweetened soy beverage
		¼ teaspoon	pumpkin pie spice
		2	ice cubes
		1/2	fresh peach or 4 slices frozen peach
<b>Morning snack</b>	Oatmeal	½ cup	oats
		1 cup	lactose-free milk or unsweetened soy beverage
<b>Lunch</b>	Potato and leek soup (strained)	1/2 cup	potato and leek soup
		1 tablespoon	unflavoured protein powder
	Tomato juice	1/4 cup	tomato juice
<b>Afternoon snack</b>	Protein water	1 scoop	unflavoured protein powder
		1 cup	water
		1 packet	crystal Light
<b>Dinner</b>	Vegetable soup	1/2 cup	strained vegetable soup
		1 tablespoon	protein powder
	Applesauce	1/4 cup	applesauce
<b>Evening snack</b>	Cream of wheat	1/4 cup	cream of wheat

## Weeks 3 and 4: Pureed diet

Moving slowly from a liquid diet to a regular diet is an important step. Eating this way allows your stomach pouch to slowly adjust to regular food. Use a blender or food processor to puree your food, or buy baby food. You can still enjoy all the foods from the liquid diet during this time.

Follow this diet for 2 weeks.

### You will need to:

1. Continue taking your chewable vitamin and mineral supplements.
2. Continue taking your protein supplements.
3. Drink 4 (1 litre) to 6 cups (1.5 litres) of calorie-free fluid each day.
4. Eat/drink only the pureed foods and drinks listed below.

### How much protein will you need?

- Drink 2 protein shakes a day
- Add unflavoured protein powder to your food whenever possible

### How should you eat?

- **Eat slowly.** Your meals should take 30 to 45 minutes
- **Separate your liquids and solids.** Stop drinking 30 minutes before a meal. Wait 30 minutes after eating to start drinking again
- Choose food from all food groups. Make sure everything is pureed or blended
- Do not worry if you cannot finish your meals
- Stop eating if you feel any discomfort or pain

### How to poach an egg

Fill a shallow pan or skillet with 1 to 2 inches of water. Bring to a boil. Then reduce heat to a low simmer. Crack an egg on to a shallow bowl and then let the egg 'slip' into the water. Cook gently until done but still soft.



## What foods can I eat?

Type of food	Foods you can eat	Foods you need to avoid
<b>Fruit and vegetable</b>	Tomato Juice Unsweetened apple sauce Cooked pureed vegetables Cooked or canned pureed fruit	Seeds and tough skins Dried fruit Raw fruits and vegetables
<b>Grain and starch</b>	Cream of wheat Oatmeal (less than 10 grams of sugar) Cold cereal (not sugar coated) soaked in milk until soft Soda crackers Melba toast	Bread Pasta Rice All other cereal
<b>Soup</b>	All soups, pureed	All other
<b>Beverages</b>	Sugar-free clear fluids Water Juice diluted in half with water Low fat meat or vegetable broth Decaf tea or coffee	Carbonated beverages Caffeinated beverages Full strength juice Alcohol
<b>Desserts and sweets</b>	No sugar added pudding No sugar added ice cream No sugar added Jell-O®	All other
<b>Protein sources</b>	Protein powder Protein shakes Milk (skim or 1%) Lactose free milk Natural/Plain soy beverage Cottage cheese Ricotta cheese Cream cheese No sugar added yogurt Fish (moist and mashed with a fork) Soft poached egg Hummus Pureed chicken, beef, pork	Peanut butter Nuts and seeds Eggs (unless poached) Hard cheeses 2% or homogenized milk Cream

## How to make your own pureed food

Plan your pureed diet before your surgery. Make the foods and freeze them before surgery. That way, it will be ready for you when you need it.

You can buy pureed baby food, or try making your own pureed food. With the right equipment it is easy to make your own. The pureed diet is an important step and allows your stomach pouch to adjust to thicker food before it is ready for soft food.

### What foods should you puree?

Vegetables and fruit are the easiest to puree. Red meat and poultry are harder to puree. Try the recipes on page 80.

### How long can you keep your pureed food?

Frozen pureed fruits and vegetables can be kept for 6 to 8 months.

Frozen pureed meat and fish can be kept for 10 weeks.

### What will you need?

1. Blender or food processor
2. Small containers with lids to store food
3. Use ice cube trays to freeze small amounts and transfer to a freezer bag once frozen
4. Label all food with the name and date they were made

Avoid combination baby food, for example Vegetables, Beef and Spaghetti Casserole. These are not high enough in protein therefore a better choice would be Beef with Broth.



*Commercial baby food can be bland. Try adding your own seasonings and spices.*

Type of food	How much liquid to add before blending	How long you need to blend it	How much you will have after
<b>Fruits:</b> 1/3 to 1/2 cup (75 to 125ml) cooked fruit	2 teaspoons (10 ml) water	15 to 45 seconds	1/3 to 1/2 cup (75ml to 125 ml)
<b>Vegetables:</b> 3/4 cup (200ml) cooked vegetables	3 teaspoons (15 ml) vegetable liquid, broth or water	1 to 2 minutes	1/3 to 1/2 cup (75ml to 125 ml)
<b>Meat:</b> 1/2 cup (125ml) cooked meat	4 tablespoons (60 ml) vegetable liquid, broth, or liquid that meat is cooked in	Until smooth	1/3 to 1/2 cup (75ml to 125 ml)

### **Savoury beef puree**

1/2 pound (225g)	boneless lean beef, cut into 1 inch cubes
1 cup	water or broth
To taste	salt and pepper



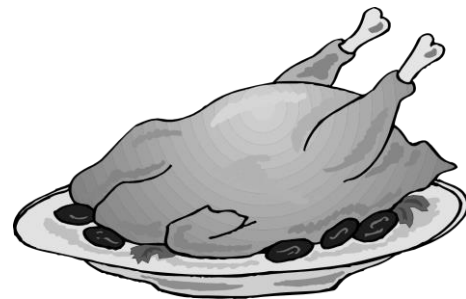
#### **How to prepare it:**

1. Place meat and water in a saucepan and bring to a boil
2. Reduce heat and simmer for 30 minutes, or until meat is tender
3. Remove from heat and let cool. Refrigerate until chilled
4. Blend or puree meat with a little broth or cooking water until smooth
5. Season with salt and pepper
6. Pour into containers, cover, label and freeze

**Tip:** To improve the colour, add a tablespoon of tomato sauce or a teaspoon of tomato paste while blending.

### **Perfect poultry puree**

1 pound (500g)	chicken or turkey pieces (bone in, skin on)
2 cups	water or broth
1/2 tsp	thyme
To taste	salt and pepper



#### **How to prepare it:**

1. Place chicken or turkey pieces in saucepan with water
2. Bring to a boil then reduce heat and simmer for 45 minutes, or until chicken is cooked and the meat separates easily from the bone
3. Remove from heat and let cool. Reserve the cooking liquid
4. Remove skin, fat and bones. Cut meat into small pieces
5. Puree meat with some of the cooking liquid, salt, pepper and thyme



6. Pour into containers, cover, label and freeze

**Tip:** Add extra flavour by cooking chicken with a small onion and carrot. Puree the meat and vegetables together.

**Power packed legume puree**

- |                |   |
|----------------|---|
| 1 cup (250 ml) | dried legumes<br>(peas, lentils or beans) |
| 8 cups         | water or broth                            |
| ½ tsp          | cumin or curry powder                     |
| To taste       | salt and pepper                           |



**How to prepare it:**

1. In a medium saucepan combine legumes and 3 cups of water
2. Bring to a boil over medium heat. Boil gently for 2 minutes or soak overnight
3. Remove from heat and let stand for 1 hour. Skip this step if you are making lentils
4. Drain legumes. Add 5 cups of fresh water. Bring to a boil, reduce heat and simmer for 40 to 60 minutes
5. Remove from heat and blend with 3/4 cup cooking liquid, or vegetable broth
6. Season with salt, pepper and a pinch of cumin or curry powder
7. Pour into containers, cover, label and freeze

**Tip:** Canned legumes are already cooked. Just rinse and puree with a little broth or vegetable juice.

## Example pureed diet

	Name of food	What is in it	
<b>Breakfast</b>	Cream of wheat	1/4 to 1/3 cup	cream of wheat
		2 to 4 tablespoons	milk
	Fruit	2 tablespoons	pureed fruit
<b>Morning snack</b>	Protein shake	1 cup	protein shake
<b>Lunch</b>	Egg	1	soft poached egg
		Melba toast	1 to 2 pieces
<b>Afternoon snack</b>	Yogurt	1 small container	no sugar added yogurt
<b>Dinner</b>	Meat or fish	2 to 4 tablespoons	pureed meat or mashed fish
		Mashed potato	2 tablespoons
		1 tablespoon	unflavoured pure protein powder
	Carrots	2 tablespoons	pureed carrots
<b>Evening snack</b>	Protein shake	1 cup	protein shake

## Weeks 5 to 9: Soft diet

Once you are tolerating pureed food well, you are ready to start eating soft food. You will need to use trial and error to figure out what foods will work for you, and what foods will not. If you have problems with soft food go back to pureed food for a few days and then try again.

Eat moist, tender food. Food cooked in a slow cooker or crockpot like stew, chili and curry is very well tolerated because of its soft texture.

**In addition to the foods you have already been eating on the Pureed Diet, here is a list of foods that you can now start to incorporate into your Soft Food Diet:**

- **Ground meat/poultry or diced meat/poultry cooked in a chili, stew, or curry**
- **Cheese** – all types in 30g or 1 inch cube portions
- **Legumes** - soft and cooked, in a sauce (e.g. beans, lentils, chick peas)
- **Eggs** - cooked with little or no fat (e.g. boiled eggs, scrambled eggs)
- **Well-cooked fruits and vegetables** (e.g. boiled broccoli, canned beans, canned fruit, potato or sweet potato)
- **Soft fruits** (e.g. mango, banana, peeled apple)
- **Pita bread, tortilla wraps**
- **Bread**- thin sliced, well toasted
- **Cereal**- high fibre, low sugar
- **All soups**
- **Peanut, almond or cashew butter** (limit to 1 tbsp serving)

**You will need to:**

1. You can switch to pill form vitamin and mineral supplements. You may want to cut or break them into smaller pieces if you find they cause discomfort when swallowed whole
2. Continue taking your protein supplements.
3. Drink 6 cups (1.5 litres) to 8 cups (2 litres) of calorie-free fluid each day.

## How much protein will you need?

Aim for 60 to 80g of protein every day. You may need to continue drinking protein shakes. Your Registered Dietitian will tell you when to stop drinking them.

## How should you eat?

- **Eat slowly.** Your meals should take at least 20 to 40 minutes
- **Separate your liquids and solids.** Stop drinking 30 minutes before a meal. Wait 30 minutes after a meal to start drinking again
- **Eat 3 meals and 2 to 3 small snacks per day.** You will slowly be able to eat more food at each meal.
- **Cut food into pieces the size of a pea**
- Eat the high protein foods first
- Stop eating before you feel full
- Stop eating if you feel any discomfort or pain
- Choose food from all food groups

## What problems might you have?

- Vomiting/regurgitation (see page 34)
- Dehydration (see page 35)
- Boredom. Avoid eating the same foods over and over again. Add seasonings to your foods. Try new recipes. See page 122 for a list of cookbooks.



*Record what you eat and drink in a food journal. Try new foods one at a time and write down how well you tolerate them. If eating a food does not go well the first time wait a couple of weeks before trying it again.*

## Example soft diet day 1 (80g of protein)

	Name of food	What is in it	
<b>Breakfast</b>	Ricotta cheese	1/4 cup	ricotta cheese
	Peaches	1/4 cup	diced, no sugar added canned peaches
	Bran flakes	1 tablespoon	bran flakes
		sprinkle	cinnamon
<b>Morning snack</b>	Protein shake	1/2 cup	protein shake
<b>Lunch</b>	Bean soup	1/2 cup	bean soup
	Cheese string	1	cheese string
	Melba toast	1 piece	Melba toast
<b>Afternoon snack</b>	Yogurt	1 small container	no sugar added yogurt
<b>Dinner</b>	Chicken	2 oz	stewed chicken
	Mashed potato	1/4 cup	mashed potato
	Vegetables	2 tablespoons	well cooked vegetables
<b>Evening snack</b>	Tuna pita	1/4 cup	tuna
		2 teaspoons	light mayo
		1/4 small	whole wheat pita
	Protein shake	1/2 cup	protein shake

## Example soft diet day 2 (65 g of protein)

	Name of food	What is in it	
<b>Breakfast</b>	Omelette	1 whole	egg
		2 tablespoons	diced ham
		1 tablespoon	shredded low fat cheese
		1/2 slice	toasted whole wheat bread (dry)
<b>Morning snack</b>	--	--	--
<b>Lunch</b>	Chili	1/2 cup	chili
	Fruit	1/4 cup	chopped, unsweetened canned or frozen fruit
<b>Afternoon snack</b>	Hummus	2 tablespoons	hummus
	Tortilla	1/4 small	whole wheat tortilla
<b>Dinner</b>	Fish	3oz	baked fish
	Beans	1/4 cup	well cooked green beans
	Mashed potatoes	1/4 cup	mashed sweet or regular potato
<b>Evening snack</b>		1 cup	milk

## Lifelong Healthy Eating: Week 10 and Beyond

---

After the recovery process, you will need to adopt a healthy new way of eating. In this section we provide examples and tips to help you do this.

Bariatric surgery of any kind is not a “magic bullet” for weight loss. Having the surgery is not enough to guarantee you will lose weight. There is always the chance of regaining weight.

Follow this diet for the rest of your life.

### **You will need to:**

1. Continue taking your vitamin and mineral supplements.
2. Drink 6 to 8 cups (250 ml) of calorie-free fluid each day.

### **How much protein do you need?**

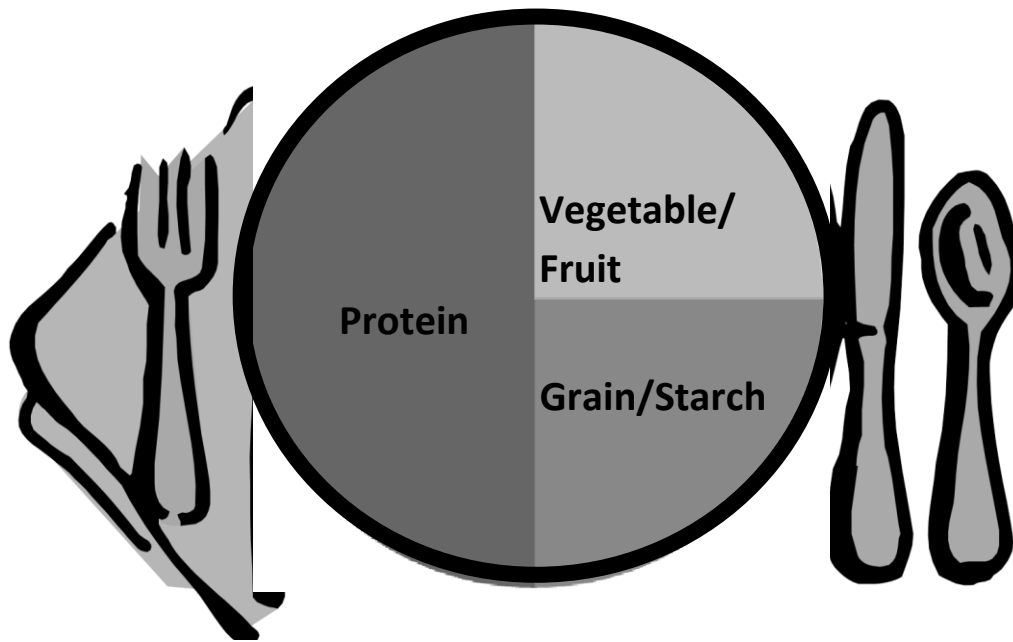
You should aim to eat 60g to 80g of protein every day.

*‘Success depends on getting good at saying no without feeling guilt. You cannot go ahead with your own goals if you are always saying yes to someone else’s projects. You can only get ahead with your desired lifestyle if you are focused on the things that will produce that lifestyle.’*

*-Jack Canfield*

## How should I eat?

---



**Eat your food in this order:**

**1. Protein first**

Eating the protein portion of your meal first helps you to get enough protein even if you are too full to finish the entire meal. Your body needs 60 to 80 grams of protein each day. Because of the small amount of food you are eating it is important to make sure half (50%) of the food you eat is protein. Choose a good source of protein at every meal and snack (see page 90 for ideas).

Record what you eat in a food journal. Aim to eat 60g to 80g of protein a day.

**2. Vegetables/fruit second**

**3. Grain/starch third**

**Should you 'clean your plate'?**

No. While it is important to make sure you are getting enough protein in your diet this does not mean you should try to force yourself to eat when you are full. Pay attention to your hunger and fullness cues and let your body tell you when you are done eating.



- **Give yourself time**  
Set aside 30 to 45 minutes to eat each meal. Aim to chew your food 20 to 30 times for each bite and put your fork down in between each bite. Slow down, relax and enjoy your food.
- **Get friends and family on board**  
Explain to them why you need to eat slowly so they do not urge you to eat faster.
- **Take small bites**  
Remember to cut your food into small bites. You may also find it easier to use smaller plates and bowls to keep your portion sizes small.
- **Enjoy your food**  
Eat slowly and savour the taste of your food. Practice mindful eating. See page 110 to learn more.
- **Stop when you are full**  
Let your body, not the portion, tell you when you are full. Do not try to clean your plate. Before surgery you could probably get away with over-eating, you might have felt a little uncomfortable but not too bad. After surgery, over-eating, even a small amount, can cause vomiting and discomfort.
- **Eat 3 meals a day and 1 to 2 snacks a day.**  
Do not graze. Eat only at set meal or snack times. Grazing or picking at food in between meals can slow down your weight loss and may stop you from reaching your goal.
- **Make every bite worth it**  
You are not eating very much, so make every bite count. Choose the best and most nutritious foods possible.

## High Protein Foods

Use the following chart to help guide your food choices in order to maximize your protein intake. Have one of the following foods as part of each meal and snack.

<b>Goal: 60 – 80 grams each day</b>		
<b>Protein Source</b>	<b>Amount</b>	<b>Protein (grams)</b>
<b>Meat and Chicken:</b>		
Beef (Roast or steak)	¼ cup diced	11
Beef (Hamburger – lean)	¼ cup crumbled	9
Chicken	¼ cup diced	10
Turkey	¼ cup diced	10
Pork	¼ cup diced	10
Deli ham	¼ cup chopped	6
Deli turkey breast	¼ cup chopped	6
<b>Fish:</b>		
Salmon (Filet or canned)	¼ cup flaked	9
Smoked salmon or lox	¼ cup chopped	6
Tuna (Fresh or canned)	¼ cup flaked	10
Fish (all other varieties)	¼ cup flaked	9
Shrimp	¼ cup	8
Scallops	¼ cup	8

<b>Protein Source</b>	<b>Amount</b>	<b>Protein (grams)</b>
<b>Meat Alternatives:</b>		
Peanut butter	1 Tbsp	4
Chickpeas	¼ cup	4
Kidney beans	¼ cup	5
Lentils	¼ cup	5
Baked beans (Canned)	¼ cup	3
Bean or split pea soup	½ cup	9
Chili	½ cup	9
Hummus	¼ cup	5
Edamame (Soybeans)	¼ cup	6
Tofu (Soft)	¼ cup	3
Tofu (Firm)	¼ cup	5
Textured vegetable protein	¼ cup dry	12
Meatless ground meat	1/3 cup	10
Egg, whole	1	6
Egg, yolk only	1	3
Egg, white only	1	3
<b>Milk and Milk Alternatives:</b>		
Milk (Skim, 1%)	½ cup	4
Soy beverage, plain	½ cup	3

<b>Protein Source</b>	<b>Amount</b>	<b>Protein (grams)</b>
Yogurt, regular, (Plain or flavoured)	100 g (1/3 cup)	4
Yogurt, low fat (Plain or flavoured)	100 g (1/3 cup)	4
Greek yogurt (Plain)	100 g (1/3 cup)	8
Cheddar cheese	1" cube (30 g)	7
Cheese slices, processed, regular	1 slice	3
Cheese slices, processed, light	1 slice	4
Mozzarella, regular	1" cube (30 g)	6
Mozzarella, light	1" cube (30 g)	7
Mini Babybel, regular	1 serving (20 g)	4
Mini Babybel, light	1 serving (20 g)	6
Laughing Cow cheese wedge, regular	1 serving (16 g)	5
Laughing Cow cheese wedge, light	1 serving (16 g)	6
Black Diamond cheese strings	1 string (21 g)	6
Cottage cheese, 1%, or 2%	½ cup	8
Ricotta cheese, whole or part-skim	¼ cup	7
Skim milk powder	2 Tbsp	5

## What does 1 serving of protein look like?



**1 Egg =  $\frac{1}{4}$  cup**



**1 Billiard Ball =  $\frac{1}{2}$  cup**



**A pair of dice = 1 oz**



**1 golf ball = 2 Tbsp**

## How should I drink?

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### Do this:

- **Keep drinks separate**  
Do not drink anything 30 minutes before a meal. Wait 30 minutes after a meal before you start drinking again. Drinking may push the food through your pouch too quickly. It will allow you to eat more at each meal.
- **Drink slowly**  
Sip your drinks do not “gulp” them. Pay attention to how you are feeling.
- **Drink often**  
Sip throughout the day. Always keep a water bottle with you to avoid becoming dehydrated.

### Avoid these:

- **Carbonated beverages**  
When you drink carbonated beverages you risk stretching your pouch. Research has shown that patients who drink carbonated beverages regain more weight than those who continue to avoid them.
- **High calorie beverages**  
High calorie beverages like fruit juice, chocolate milk, and specialty coffees are generally low in nutritional value and high in sugar. Liquids can pass quickly through your stomach pouch so they do not make you feel full, even though they are giving you a lot of calories. These drinks are quickly absorbed into your blood which causes a rapid rise in blood sugar levels. Drinking high calorie beverages can slow down or even stop weight loss and may lead to weight gain.
- **Too many alcoholic drinks**  
These are not only high in calories but because of the small amount of food you are eating you may get ‘tipsy’ from alcohol faster than you did before the surgery. Drinking alcohol in the first 6 months after surgery can increase your risk of ulcers.

**What if there are foods you still cannot eat comfortably?**

After 9 weeks of healing, you should now be able to eat most foods comfortably. However, you may find there are still some that you find hard to digest.

Try to eat foods that you find hard to digest from time to time.

Your tolerance may change over time.

**Write down foods you find hard to eat here:**

Discuss this list with your Registered Dietitian. Your dietitian may have suggestions for different cooking techniques that may make the food more tolerable.

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## What Should I Eat?

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Read this section to learn how to make a meal.

Simply pick:

- 1 food from a list of protein options
- 1 food from a list of fruit/vegetable options
- 1 food from a list of grain/starch options

There are suggestions for breakfast, lunch and dinner foods (pages 98 to 106). You can combine them with any meal you want.

The important thing is to make sure you have 1 protein, 1 fruit/vegetable, and 1 grain/starch at each meal.

Read the food labels of the foods you are eating when planning meals.

**Learn how to read food labels on page 19.**





## Tips for cooking at home

- **Boost your protein**

Add skim milk powder directly to cold liquids, if you want to add it to hot foods first mix it with some cold water and then add it to the hot food. Try adding 2 tablespoons of skim milk powder to a glass of milk. Protein powder is another great way to boost the protein of your food. Before adding it to food, mix it with a little cold water to form a thin paste.

- **Use your freezer**

Freeze low fat milk and low fat gravy or broth in ice cube trays. Once frozen store in freezer bags. Add the milk cubes to shakes. Thaw a gravy or broth cube to moisten meat.



- **Make your meat moist**

Canned gravy is often low in fat and calories. It is a great way to moisten meat and make it easy to digest.

- **Missing pasta night?**

Make meatballs and spaghetti sauce like you normally would but skip the pasta on your plate. This way you can enjoy pasta night with your family and not have to worry about causing yourself discomfort.

- **Craving coffee?**

Get a low fat protein boost by ordering a “skinny latte” at your favorite coffee place. Some coffee shops even have their own protein powder that they can add for you.



## Breakfast choices

Choose 1 serving of protein		
Amount of food	Type of food	Grams of protein per serving
1/2 cup	ricotta cheese	14
1 tablespoon	peanut butter	4
1/2 cup	low fat yogurt, plain or flavoured	6
1/2 cup	cottage cheese	8
1/2 cup	milk (skim, 1%)	4
1/2 cup	soy beverage, plain	3
1/2 cup	greek yogurt	13
1 whole	light cheese slice	4
1 whole	egg	6
Choose 1 serving of vegetable or fruit		
Amount of food	Type of food	Grams of protein per serving
1/2 whole	small pear	---
1/2 whole	small banana	---
1/2 cup	blueberries	---
1/2 cup	diced melon	---
2 to 3 whole	strawberries	---
3	tomato slice	---

<b>Choose 1 serving of grain or starch</b>		
<b>Amount of food</b>	<b>Type of food</b>	<b>Grams of protein per serving</b>
1/2 whole	slice of toast	---
1/2 whole	english muffin	---
1/2 whole	small bran muffin (the size of half of a tennis ball)	---
1/2 cup	high fibre cereal	---
1/2 cup	oatmeal	---
2 to 3 tablespoons	bran buds	---

## Quick meal ideas for breakfast

Not sure what to make? Try these ideas:

### Berry Breakfast Parfait

Top 1/2 cup low fat sugar-free vanilla yogurt with 1/4 cup high fibre cereal and 2 to 3 strawberries (sliced).

### Savory Start to the Day

Top 1 to 2 Ryvita crackers (or 1/2 English muffin) with 1 tomato slice and 1/4 cup cottage cheese. Grind a little pepper on the tomato for some more flavour.

### Breakfast Egg Wrap

Scramble one egg with 1 slice of deli ham (diced) and 2 slices tomato (diced). Roll egg into 1 whole wheat wrap. Cut in half. Enjoy one half now. Refrigerate the other half and re-heat for a quick breakfast tomorrow.

### Fruity Breakfast Wrap

Top a whole wheat wrap with 2 tablespoons almond butter, a sprinkle of cinnamon and 1/4 cup apple sauce. Roll and cut in half. Enjoy one half now. Refrigerate the other half for a quick breakfast tomorrow.

<p><b>My Breakfast Idea:</b></p> <p>Protein: _____</p> <p>_____</p> <p>Fruit/Vegetable: _____</p> <p>_____</p> <p>Grain/Starch: _____</p> <p>_____</p>
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## Lunch choices

Choose 1 serving of protein		
Amount of food	Type of food	Grams of protein per serving
1/2 cup	deli ham or turkey	12
1/4 cup	hummus	5
1/2 cup	canned tuna	20
1/2 cup	canned salmon	18
3/4 cup	split pea soup	12
3/4 cup	chili	12
1" cube	light cheddar cheese	7
1" cube	light mozzarella cheese	7
1 whole	light Mini Baby Bell®	6
1 whole	cheese string	6
1 whole	light Laughing Cow® cheese wedge	6
1 whole	light processed cheese slice	4
Choose 1 serving of vegetable or fruit		
Amount of food	Type of food	Grams of protein per serving
1/2 cup	steamed vegetables	---
1/2 cup	pineapple (cut in small chunks)	---
4-6 slices	cucumber	---

½ small	avocado	---
¼ cup	tomato bruschetta	---
1/2 whole	peeled apple	---
3/4 cup	chopped spring mix salad	---
<b>Choose 1 serving of grain or starch</b>		
<b>Amount of food</b>	<b>Type of food</b>	<b>Grams of protein per serving</b>
1/4 cup	pearl barley	---
1/2 whole	slice toast	---
1 whole	small whole wheat tortilla	---
1/2 whole	whole wheat pita	---
1 to 2 whole	large crackers	---
1 to 2 whole	slices toasted baguette	---
4 whole	small crackers	---

## Quick meal ideas for lunch

Not sure what to make? Try these ideas:

### Cheesy Quesadilla

Top 1 small whole wheat wrap with 2 slices of tomato, 6 spinach leaves (remove the stems) and 1/4 cup shredded low fat cheddar cheese. Fold the tortilla in half and bake in the oven until the cheese is melted.

### Summer Fresh Sandwich

Top 1/2 of a toasted English muffin with 1/4 cup hummus and 2 to 3 cucumber slices. Add a sprinkle of salt and cracked black pepper on top.

### Smoked Salmon Sandwich

Top 1/2 of a toasted English muffin with 1 light laughing cow cheese wedge, 1/4 cup chopped smoked salmon and 2 to 3 capers. Enjoy this sandwich with 1/2 cup chopped spring mix salad with 1 teaspoon low fat dressing.

### Soup and Sandwich

Top 1 to 2 slices of toasted baguette with 1 to 2 tablespoons of tomato bruschetta. Enjoy with 1/2 cup split pea soup.

#### My Lunch Idea:

Protein: \_\_\_\_\_

Fruit/Vegetable: \_\_\_\_\_

Grain/Starch: \_\_\_\_\_

## Dinner

Choose 1 serving of protein		
Amount of food	Type of food	Grams of protein per serving
1/2 cup	beef, roast or steak	22
1/2 cup	lean ground beef	18
1/2 cup	diced chicken, turkey or pork	20
1/2 cup	salmon, tuna and other fish	18
1/2 cup	shrimp or scallops	16
1/2 cup	chickpeas	8
1/2 cup	kidney beans and lentils	10
1/2 cup	canned baked beans	6
1/2 cup	edamame	12
1/2 cup	soft tofu	6
1/2 cup	firm tofu	10
1/2 cup	textured vegetable protein	24
1/2 cup	meatless ground meat	15
Choose 1 serving of vegetable or fruit		
Amount of food	Type of food	Grams of protein per serving
1/2 cup	cooked mixed vegetables	---
1/2 cup	chopped tomato and cucumber	---



3/4 cup	salad	---
1/2 cup	stir fried zucchini	---
1/2 cup	steamed green beans	---
1/2 cup	cooked mushrooms	---
2 to 3 whole	small broccoli spears	---
2 to 3 whole	small pieces of cauliflower	---
<b>Choose 1 serving of grain or starch</b>		
<b>Amount of food</b>	<b>Type of food</b>	<b>Grams of protein per serving</b>
¼ cup	sweet potato	---
¼ cup	white potato	---
¼ cup	quinoa	---
¼ cup	whole wheat couscous	---
8-10	baked oven fries	---
1/2 whole	whole wheat roll	---

## Quick meal ideas for dinner

Not sure what to make? Try these ideas:

### Burger and Fries

Enjoy 1/2 of a vegetarian burger patty, or homemade hamburger patty on a bed of spring mix with 3 to 4 oven baked fries on the side.

### Breaded Chicken

Coat 2oz of chicken in 2 tablespoons of bran buds (crushed). Bake in the oven until chicken is fully cooked. Serve with 1/2 cup tomato and cucumber salad. Add some balsamic vinegar to the salad for extra flavour.

### Chili

Top 1/2 cup of mixed greens with 1/2 cup of chili. Add 1 tablespoon of low fat sour cream and a sprinkle of shredded cheese.

### Shrimp Stir Fry

In a small amount of oil cook 4 shrimp and 1/2 cup vegetables (try peppers and mushrooms). Serve on ¼ cup couscous and add a few dashes of reduced sodium soy sauce.

#### My Dinner Idea:

Protein: \_\_\_\_\_

Fruit/Vegetable: \_\_\_\_\_

Grain/Starch: \_\_\_\_\_

## Going Out to Eat

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Eating is a very social activity.

We use food to celebrate and share moments with friends and family.

At the beginning it may be hard to attend social functions. If you are in one of the post-op diet phases you may have to bring your own food with you.

Rest assured, eventually you will be able to attend parties, social functions, go out to eat, and enjoy it!

### Tips for eating at a party

- Use a small plate
- Eat slowly
- Walk around and mingle
- Keep a napkin in one hand and a glass of water in the other. This will stop you from mindlessly eating
- Offer to bring a dish. Make sure it is something you can eat



*Do not try new foods when you are out. Nobody wants to get sick and have to leave the party early. Stick to foods you know you tolerate or bring your own food from home.*

## Tips for eating at a restaurant

- Share your meal with someone
- Order a half portion or appetizer size as your main dish
- Ask for half of the meal to be put in a takeout container
- Eat slowly, put your fork down between each bite
- Avoid high fat and high sugar foods
- Avoid breaded, battered or fried food
- Choose baked or grilled options
- Ask for all dressings and sauces on the side
- Ask how the food was prepared
- Ask the server not to bring a bread basket



Not all restaurants are the same. You may find some are easier to eat at than others.

Here are some specific types of restaurants:

### Fast Food

- Try soups and chili
- If low-fat/low-calorie dressings are available try salads

### Buffet

- Use a small plate
- Try soup
- Choose baked protein options (like fish or chicken)

### Chinese

- Ask for the food to be steamed not sautéed
- Avoid all sauces, they are usually high in fat and sugar and may cause dumping

### Mexican

- Many high fat foods that may cause dumping, try ordering fajitas but only eating the meat and vegetables. Skip the tortillas and use salsa instead of the sour cream and guacamole

## Italian

- Pasta dishes can cause discomfort
- Try having soup and meatballs

## Steak House

- You might find steak hard to digest and may want to avoid these restaurants
- If you find you can digest steak try ordering the most tender cut medium-rare to rare, such as a filet mignon
- Try having chicken or fish instead of steak



*Even if you try to make good choices restaurant meals are almost always higher in fat and calories than meals you make at home. Save eating out only for special occasions.*

## Plan Ahead

Most restaurants have their menus available online and many provide nutrition information.

Review the menu before eating out. Try to pick a balanced option with protein, vegetables, and starch/grain.

# Mindful Eating

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## What is “Mindful Eating”?

Mindful eating means paying attention to your body’s signals of hunger and fullness. It helps you to make emotionally balanced choices about food. It is about creating a new relationship with food and your body.

## The 5 parts of mindful eating:

### 1. Slow down.

Set aside time to practice. Even short periods like 5 minutes, can go a long way. It will help you develop the ability to understand what you are thinking and feeling.

### 2. Be persistent.

It takes time and practice to feel the benefits of mindful eating. Trying it once or even every day for a week, usually is not enough.

### 3. Be open to whatever comes up.

Mindfulness helps you to become aware and accepting of whatever is going on in the present moment. Sometimes you may feel relaxed after practicing mindfulness. Sometimes you may not. Both are okay. You are practicing mindful eating as long as you are bringing your attention back to whatever is happening in the moment.

### 4. Be willing to let go of judgment.

People who struggle with their weight often have many negative feelings about themselves. Sometimes the people around them are critical and judgemental too. Mindfulness is an opportunity to notice those judgments for what they are— thoughts or opinions, not facts—and to come back to what is happening in the present moment.

### 5. Do just one thing.

Mindfulness involves paying attention to one thing in the moment. This means focusing on eating instead of eating in front of the TV or while reading.

### **The 3 aspects of mindful eating:**

After bariatric surgery you will experience huge changes in your relationship with food. You can use mindful eating to help you learn to handle these changes.

Use these 3 aspects of mindful eating both before and after bariatric surgery.

#### **1. Combine your inner wisdom and outer wisdom.**

It is important to combine both inner and outer wisdom to have a positive experience with bariatric surgery.

Outer wisdom is the information based on research, professional knowledge and other peoples' experience. This includes the many guidelines about the kinds of foods you should and should not eat, and when to eat them.

Inner wisdom is your hunger and fullness cues. It is your actual experience of eating. It is also how you feel physically and emotionally after eating.

#### **2. Value quality over quantity.**

Many people have been raised to believe that they have to eat everything on their plate. Mindful eating helps us develop an appreciation for the quality of food. Quality involves freshness, nutritional value and taste.

It also means allowing yourself to leave food on your plate when you have had enough.

#### **3. Learn your personal triggers for mindless eating and overeating.**

Mindful eating helps people to become more aware of the types of food, situations, and emotions that trigger overeating. You can use this information to make better choices about how to handle those triggers.

## How do I practice mindful eating?

Do these 4 exercises. They will help you get started with mindful eating.

You may find it helpful to journal about your experience afterwards.

### 1. Give yourself 3 minutes of breathing space.

- a. Be aware. Bring yourself into the present moment by sitting with a straight back and good posture. If it is comfortable for you, close your eyes. Put whatever you are experiencing right now into words. For example, say in your mind, “a feeling of anger is here”, “self critical thoughts are here” or “boredom is here”.
- b. Gather in. Gently redirect your full attention to your breathing. Follow each breath all the way in and all the way out.

Try counting breaths: inhale one, exhale one, inhale two, exhale two...

- c. Expand. Bring your attention to your whole body. Pay special attention to any discomfort, tension or resistance. If these feelings are there, then think about them while you are breathing in. Then breathe out and let go of these feelings softly.

When you breathe out, say to yourself, “It is okay. Whatever it is, it is okay. Let me feel it.”

Become aware of your posture and facial expression. Adjust them. Open your eyes. Keep this kind of awareness for the rest of the day.

### 2. Experience hunger.

- a. Before a meal or snack focus your attention on slowly breathing. Do this for about 1 minute. Let yourself relax.
- b. Return your mind to your breathing if it goes to other feelings or thoughts.



- c. Focus your attention to your feeling of hunger.
- d. Ask yourself, “What are my feelings of hunger?”. Use a scale of 1 to 7. 7 is as hungry as possible. 1 is not hungry at all. What number is your hunger? How do you know?
- e. Now think about how you want to use this awareness. Do you still want to eat? If so, how much? What type of food would satisfy you the most? Are there any parts of the meal that will be hard to eat the amount you want?
- f. Think about how you will handle these foods and still enjoy your meal. As you begin eating, stop every few moments. Think about how hungry you are at that moment. Are you getting more hungry? Are you getting less hungry? How do you know?

### **3. Experience enough.**

- a. Be aware of the feelings in your stomach while you are eating.
- b. Stop eating completely for a few moments. Focus on your breath and relax.
- c. Pay attention to how the hunger signals from your stomach begin to change and disappear.

Continue to eat. Focus your awareness as much as possible on your experiences of your stomach becoming full. Use a scale of 1 to 7. 7 is as hungry as possible. 1 is not hungry at all. What number is your experience of fullness at different times in the meal? How do you know?

- d. How do you want to use this information? Do you want to eat more? If so, how much more? What can you do to help yourself eat only that much more? Think about how you will do this best and still enjoy your meal.
- e. Continue to eat. Think about how full you are at that moment. What number is

it? How do you know? What level of fullness on your scale of 1 to 7 is “just right” for this meal or snack?

#### **4. Taste your food.**

- a. Choose a time when you are medium hungry, or scheduled to eat. If you are too hungry the hunger makes it hard to eat mindfully.
- b. Choose a food that you like and has a strong flavour. It should be a food that you can easily eat in small bites. You should have more than you think you would want to eat, or at least a full serving of that food.
- c. With the food prepared and in front of you, close your eyes. Take several slow focused breaths. Rate your hunger level. Then open your eyes and pick up a piece of the food.
- d. Place the food in your mouth and chew it slowly. Appreciate and savour it as much as possible. Experience all the enjoyment and pleasure from the food before you swallow it.
- e. Take another piece and do the same thing. First see if your hunger or satisfaction changes at all. Then chew slowly again, savouring the flavour and texture, and noticing the level of satisfaction or any other experiences you notice. Notice any changes in flavour and satisfaction.
- f. Continue to eat small pieces slowly and mindfully.

It usually takes three to six bites before you will notice a decrease in flavour and satisfaction, depending on the food and how hungry you are.

- g. As you become aware of this process, you may even notice that the food stops tasting good. This may not happen with all foods or all of the time.
- h. Pay attention to the thoughts that you are having. Is this shift in experience upsetting in any way? Powerful?

- i. While you do not need to eat all of your food this way, begin experimenting with different types of food in different situations.

**This section was adapted from:**

Zindel V. Segal, J. Mark G. Williams, John D. Teasdale. Mindfulness-based cognitive therapy for depression. The Guilford Press.

Jean L. Kristeller, Ph.D., “Know your hunger”, from Spirituality and Health Magazine, (March/April 2005).

**This section was contributed by:**

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# Exercise

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After surgery what you eat will have the biggest impact on your weight loss.

Exercise has less of an impact on weight loss but is also an important part of healthy living. Exercise does not have to mean going to the gym and lifting weights. Any activity that gets your body moving counts as exercise. Your surgeon will tell you when you are ready to begin exercising.

## How much should you do?

- 150 minutes of moderate-to-vigorous aerobic activity a week
- Muscle and bone strengthening activity, like resistance training, 2 days a week
- If you have mobility issues add activities to enhance your balance

## Moderate activity (sweating and breathing hard)

- Walking
- Bike riding

## Vigorous activity (sweating a lot and out of breath)

- Jogging



## What other exercises can you try?

- Use a pedometer to count your steps
- An aqua fitness class
- Chair exercises
- Dancing
- Park in the farthest parking spot
- Take the stairs instead of the elevator

*'No matter how slow you go you're still lapping everyone on the couch'*

*- Author Unknown*

## Top 10 Things To Do To Keep Healthy

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Weight loss surgery is not a quick fix.

Weight loss surgery is a tool to help you. It is not a guarantee that you will lose weight and keep it off. It is important that you stay as healthy as possible for the rest of your life.

**Here is a list of the top 10 things you can do to keep yourself healthy:**

- 1. Plan your meals.** Plan out what you will eat for the next day, or even for the next week. Write out a meal schedule and get all of the groceries you need for those meals.
- 2. Keep a food journal.** Write down what you eat at each meal. Research has shown that people who record their meals lose more weight than people who do not.
- 3. Come to your appointments with the Registered Dietitian, and bring this book with you.** Booking appointments with the Registered Dietitian is important. It is up to you to book these appointments. Your Registered Dietitian will help you on your way towards your weight loss goal.
- 4. Eat breakfast.** It is important to eat breakfast. Research has shown that eating breakfast is an important tool for weight loss.
- 5. Eat 3 meals a day.** Remember you should be eating every 2-4 hours to keep your body fueled properly. Eating 3 meals a day will help your body meet its nutritional needs.
- 6. Eat 1 to 3 snacks a day.** Eating snacks is important to keep your body fueled between meals. It is important not to overeat so only have 1 to 3 snacks a day.
- 7. Measure your meals and use portion control.** Even though your small stomach pouch will help with portion control it is still possible to overeat. Measure out your meals so you know how much you should be eating.

- 8. Drink 6 to 8 cups of low calorie fluid each day.** It is important to keep your body hydrated. Some drinks can be high in calories. Avoid extra calories by drinking low calorie fluid through the day.
  
- 9. Be physically active for at least 20 minutes a day.** Physical activity is important for your overall health. Every bit of physical activity counts. Aim for 20 minutes a day.
  
- 10. Join a support group.** Meet with other people that have had the surgery. Sharing experiences and ideas can help you in your weight loss journey.

## Helpful Resources

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### Websites

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**Name** Eat Tracker

[www.eattracker.com](http://www.eattracker.com)

A free website that allows you to plan meals, check the calorie content of foods and track your exercise. You need to become a free member to have access to this website.

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**Name** Nutrition Data

[www.nutritiondata.com](http://www.nutritiondata.com)

A free website providing nutrition breakdown for a large database of foods. By becoming a free member you have access to an online food tracker to create daily food journals.

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**Name** Spark People

[www.sparkpeople.com](http://www.sparkpeople.com)

A free website with information on nutrition, health and fitness. This website has a large food database and allows you to create online food journals. You will need a free membership to use this site.

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**Name** Calorie Count

[www.caloriecount.com](http://www.caloriecount.com)

A free website with calorie information for over 250,000 foods. You do not need a membership to use this site.

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**Name Obesity Help**

[www.obesityhelp.com](http://www.obesityhelp.com)

An interactive website that allows you to track your weight loss goals and interact with other members through blog posts. You will need to become a member to access these resources. Membership to this website is free.

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**Name Bariatric Eating**

[www.bariatriceating.com](http://www.bariatriceating.com)

This website is run by Susan Maria Leach. Susan had bariatric surgery in 2011 and posts information on research articles, recipes and more. This website also has postings from health professionals and people who have had bariatric surgery.

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**Name My Fitness Pal**

[www.myfitnesspal.com](http://www.myfitnesspal.com)

A free website that allows you to track the food you eat and your exercise. You do not need a membership to use this site.

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**Name Canadian Physical Activity Guidelines**

[www.csep.ca/guidelines](http://www.csep.ca/guidelines)

This website allows you to download the Canadian Physical Activity Guidelines.

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**Name Bariatric Foodie**

[www.bariatricfoodie.com](http://www.bariatricfoodie.com)

This free website offers a variety of recipes from high protein snacks to easy breakfast options. Subscribe to their free monthly newsletter for even more great tips.

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**Name The World According to Eggface**

[www.theworldaccordingtoeggface.com](http://www.theworldaccordingtoeggface.com)

This free website provides helpful tips and resources from Michelle who had bariatric surgery in 2006. There are many recipes ideas as well.

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**Name Canadian Obesity Network**

[www.obesitynetwork.ca](http://www.obesitynetwork.ca)

This organization represents Canada's voice regarding obesity prevention and treatment. There are helpful resources available.

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## Books

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<b>Name</b>	<b>The Complete Weight-Loss Surgery Guide &amp; Diet Program</b>
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<b>Author</b>	Sue Ekserci and Dr. Laz Klein
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This book is written by health professionals of the Humber River Hospital Bariatric Surgery Program. It provides information on bariatric surgery procedures and the risks and benefits of these surgeries. It is the only Canadian weight loss surgery cookbook and includes 150 recipes.

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<b>Name</b>	<b>Weight Loss Surgery Cookbooks for Dummies</b>
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<b>Author</b>	Brian Davidson, David Fouts and Karen Meyers
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This book offers recipe ideas for different diet phases after bariatric surgery.

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<b>Name</b>	<b>Eating Well After Weight Loss Surgery</b>
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<b>Author</b>	Patt Levine and Michele Bontempo-Saray
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Co-written by Patt Levine, who had lap-band surgery in 2003, this book offers recipe ideas for different diet phases after surgery.

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<b>Name</b>	<b>Recipes for Life After Weight-Loss surgery</b>
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<b>Author</b>	Margaret Furtado and Lynette Schultz
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Written by a clinical dietitian and chef this book provides recipe ideas and information on entertaining and eating on the go.

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## Smartphone Applications

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**Name**    **My Fitness Pal**

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This free calorie counter has over 2 million foods to help you track your diet. You will need to create an account to use this application.

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**Name**    **Lose It!**

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This free application allows you to track your food and daily activity. The database contains food from restaurants and grocery stores.

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**Name**    **Baritastic**

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This free application has multiple tools including nutrition and exercise trackers, recipe ideas, and food timer. You will need to create an account to use this application.

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**Name**    **Eating Mindfully: Eat, Drink & Be Mindful**

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This free application will help you eat mindfully. You can track your hunger level before and after meals.

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**Name**    **Spark People**

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This application has a diet and fitness tracker. To download this application you must pay a fee.

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**Name**    **EatSlowly**

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This free application uses a meal timer to help you slow down your eating and enjoy the taste of the food you eat.

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## Patient and Family Library

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**Location**    **West Wing, 1st floor, Room 419**  
**416-603-6277**  
**[twhpfl@uhn.ca](mailto:twhpfl@uhn.ca)**  
**[www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)**

Provides free reliable and up to date Consumer Health Information in different languages.

Here you will find:

- Books
- DVDs
- Audiobooks
- eBooks
- Pamphlets
- Computers to search for health information
- List of apps for mobile devices
- Professional staff to do a health information search for you. They will email or mail it to your home.



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