

## **Empower Weight Management Class 4**

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# Presentation Overview

- Post-Surgical Behaviors That Promote Long-Term Weight Loss
- Measuring Success
- Questions/Wrap-Up

# Post-Surgical Behaviors: Your Keys to Success

- #1 - Diet
- #2 - Physical Activity
- #3 - Vitamins/Minerals
- #4 - Follow Up





# #1 – Diet: Recommended Behaviors

- Eat 3 meals/day; avoid skipping meals or grazing
- Consume lean proteins: chicken, fish, eggs, beans and low fat dairy products
- Choose non-starchy vegetables/fruits
- Avoid high fat - high sugar foods
- Consume 48-64oz of low calorie fluids; separate from meals



# Shopping Tips

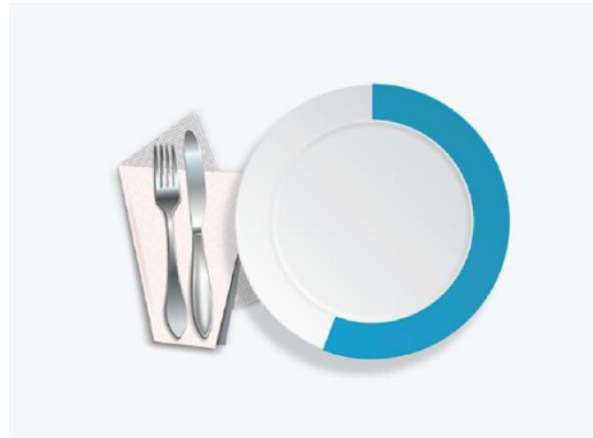
- Read labels, look for foods with  $>5\text{gm}$  protein and  $< 15\text{gm}$  sugar/serving
- Make a list (and stick to it)
- Avoid walking down every isle
- Focus on whole foods: fresh fruit, vegetables, foods that are high in fiber/complex carbohydrates
- Choose unsaturated vs. saturated fats





# Dining Out

- More than 56% of those who dine out will do so 2-3 x per week, including restaurant dining, take out and meal delivery.





# Tips for Dining Out

- Watch your portions.
- Plan ahead ! Check out menus online.
- Look at how your protein is prepared; choose baked/grilled/steamed vs. fried/breaded.
- Ask for condiments to be served on the side, & choose low calorie options such as salsa, relish or mustard.
- Consider substituting starchy side dishes with salad or vegetables.
- Avoid carbonated beverages, alcohol and drinking with meals.



# Diet: Mindful Eating

“Eating with intention and attention”

“Bariatric surgery physically limits the amount of food you can eat, but mindful eating helps you mentally limit it.”







# Benefits of Mindful Eating

- Allows us to pay attention to hunger/satiety cues
- Helps us to feel satisfied with less food
- Reduces the chance we will over-eat
- Helps with digestion
- Promotes eating for health vs. emotional reasons





# How to Eat Mindfully

- Eat without distractions- T.V., computer
- Eat at the table, use a placemat
- Pay attention to the flavor, appearance and texture of food
- Chew slowly; take 20-30 minutes for meals
- Put your fork down between bites



# #2 Physical Activity (PA)

- PA is one of the strongest predictors of post-op weight loss, yet it is one of the least-followed
- PA is an important part of weight maintenance
- PA helps maintain muscle mass, and helps manage stress
- Changing your PA patterns can help manage weight plateaus





# Sleep

Lack of sleep (<7hrs/night) is linked to:

- Diabetes
- Obesity
- Hypertension
- Heart Disease

Sleep can affect our immune function, stress and appetite hormones.



# #3 Vitamins/Minerals

Taking supplements on a daily basis is a key component in preventing post-op nutritional deficiencies

Consider....

- Does it meet recommendations?
- How many pills/chews do you need to take?
- How does it taste?
- Price and availability?





# # 4 Follow-Up

- 45-89% of patients fail to attend medical appointments
- Follow-up visits can identify problems & solutions that can help you stay on track (referrals, medication changes, lab work, pharmacology)





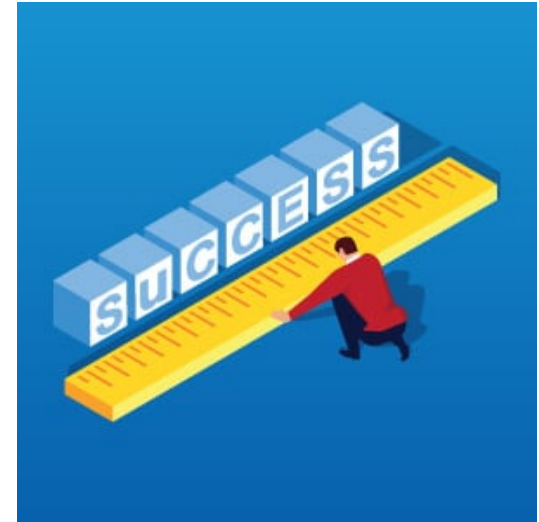
# Support Groups

- ❖ Creates a place to talk openly
- ❖ Opportunity to gain practical advice/perspective
- ❖ Safe space to share problems/emotions
- ❖ Ongoing guidance & support



# Measuring Success

- Strive for progress, not perfection
- Set small, achievable goals (start now!)
- Consider using technology (FitBit) or apps (Baritastic or MyFitnessPal)
- Non-scale victories (NSV): weight doesn't tell the whole story!

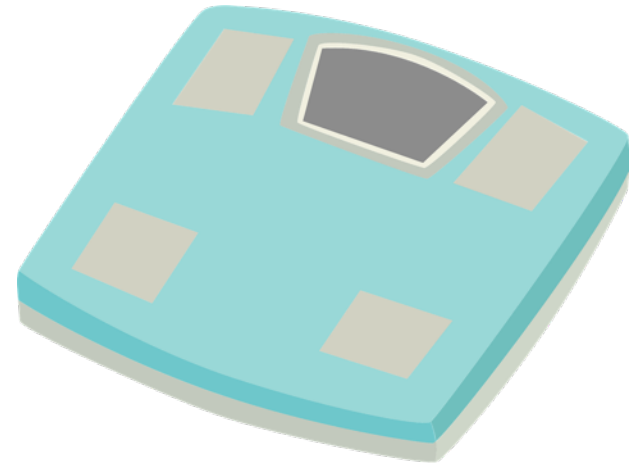






# Looking Beyond the Scale...

- Body measurements
- Clothing size
- Weight-related conditions
- Feeling more comfortable in public
- Greater mobility
- More energy
- Enjoying being active





# Goals for the Month:

- Avoid “The Last Supper Syndrome”.
- Keep a food record (optional).
- Meet with your MD next month to review your pre-operative tests and any medication changes.

