Upbeet NUTRITION

VERONICA BUSH GERSTEN MS, RDN

Healthy Dietary Habits: Nutrition Guidebook

Your Dietary Guidelines For Before and After Surgery

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Upbeet NUTRITION
VERONICA BUSH GERSTEN MS, RDN

Hello and Welcome to the Upbeet Nutrition family!

We are so glad to be able to provide you with bariatric nutrition counseling and support during your weight loss journey, and we appreciate that you chose us to be part of your team. Our goal is for you to understand your nutrition needs and to have great success after weight loss surgery.

This is the start of a new life-long commitment, and we are here to give you guidance throughout the process. As you know, weight loss surgery is just a tool to help you to lose weight. Our nutrition and support will help you to lose weight in a healthy manner and to maintain weight loss. This is not a diet, but a lifestyle change. We will work together to build healthy dietary habits before weight loss surgery so that you can continue to be healthy for life.

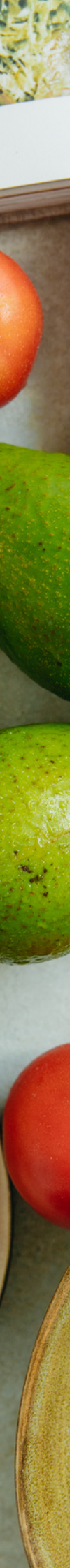
You will be working with me, Veronica, and my team of registered dietitians who specializes in bariatric nutrition counseling. We have helped thousands of patients with pre-op and post-op counseling with weight-loss surgery. We are caring, compassionate, and patient to answer your questions. Thank you for letting us work with you.

Please read the Bariatric Surgery Nutrition Guidebook and any handouts carefully before your surgery and be sure to revisit each section of the Guidebook multiple times as you go through that stage of the diet. You can always contact us if you have a question, we are happy to help you.

By following our nutrition guidelines for bariatric surgery and having an accountable and supportive community, you will be successful during your weight loss journey.

Thank you again for allowing us to be a part of your success.

Veronica Bush, RDN, MS, MEd
Upbeet Dietitian Founder



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Healthy Dietary Habits before Surgery

REMINDER

These tips are for general weight loss guidelines to live a healthier lifestyle.

For post-op bariatric surgery tips, refer to our post-op handbook.

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MONTH I: HEALTHY EATING TIPS

Visit 1

HEALTHY DIETARY HABITS BEFORE SURGERY



Congratulations

on your journey to a healthier you! This first handbook has healthy dietary guidelines to help you before having surgery. If you are considering Weight Loss Surgery (WLS), this is a toolbox of how to eat in a healthy way. It is not the pre-op diet, but rather it has helpful dietary tips to achieve a healthy diet. We will help explain the importance of eating regularly and frequently, discovering the importance of proteins and fiber in a healthy diet, choosing appropriate portion sizes, meal planning, examining a nutrition label, knowing how to shop at the grocery store, dining out, implementing physical activity, and more. Working together with your dietitian, including physical activity, and having a good support system that will help you lose weight and maintain the weight loss.

You have made the decision to improve your health and wellbeing and that means making a commitment to yourself. Think about what your goals are why you want to make the commitment to change. We are going to work together to form lifelong healthy dietary habits regarding what and how you eat.

Healthy Dietary Habits Before Surgery

1. Eating 3 meals a day

Eating consistently helps our body to burn fuel and keep our metabolism running. We want to eat within 1 hour of waking up, and eat every 2-3 hours throughout the day. Eat 3 meals a day and include a morning and afternoon snack. Skipping meals slows down our metabolism, and makes it difficult to lose weight.

2. Have intentional Snacks, not Grazing

We want to eat a small snack filled with protein and fiber, in between our meals. This 100 calorie snack has a protein to keep up satiated and we have fiber found in a vegetable or fruit, to keep us full. The snack also helps us to eat smaller amounts at lunch and dinner. If we go long periods without eating, we generally want to eat a larger meal and the carbohydrate first to help our blood sugar from going down too far.

Grazing is different. Grazing usually involves eating a carbohydrate based snack like cheese crackers, graham crackers, saltines, or similar, and we never feel full or satisfied!

Limit snacks to 2-3 a day, with about 100 -150 calories, including protein and fiber.

If you are full from a meal, you may not need to eat a snack, only if you feel hungry. However, your meal could have been too big as well.

3. Proteins – Eating Lean Protein at Each Meal

Protein is essential for many functions in our body, such as for tissue repair, growth, maintaining muscle mass, our immune system, and for wound healing. Protein containing foods help us to feel fuller for a longer period of time and actually help us to lose weight. After surgery, protein is necessary for wound healing and to decrease recovery time. Include lean proteins at every meal. Protein can be found in meats, seafood, milk, cheese, yogurt, nuts/seeds, meat substitutes, and lentils and beans.

LEAN PROTEINS TO INCLUDE

CHICKEN/TURKEY – White or dark meat (remove skin), ground chicken/turkey (90-95% lean)

FISH/SHELLFISH –tuna, salmon, tilapia, catfish, Cod, flounder, lox, clams, shrimp, squid, mussels, crab, scallops, lobster

EGGS – Egg whites, 1-2 whole eggs daily

BEEF – Round, sirloin, or flank steak, tenderloin roast, 95% lean ground beef

a. USDA Select or Choice grades of lean beef, trim fat

LAMB – Roast, chop, leg, or loin

PORK – Tenderloin, center loin chop, fresh, canned or boiled ham,

DAIRY – Milk (fat-free, skim, skim plus, 1%, unsweetened soy, Fairlife, Protein Nut Milk) Low sugar yogurt (light, plain, Greek), 8 g of sugar or less, Low Fat Cheese (made with skim, 1% milk, or reduced fat), low fat ricotta, low fat cottage cheese

MEAT SUBSTITUTES – 1-2 tbsp of natural peanut butter, almond butter, 4 oz of tofu, seitan, tempeh

BEANS– 1/2 cup of black, kidney, soybeans, white, lentils, chickpeas

4. AVOID JUICE/SUGARY BEVERAGES

Sugary beverages such as juice and soda, sweetened teas/coffee - have empty calories, which means they don't fill us up and are full of calories in the form of sugar. What happens to sugar if it is not burned right away? It is stored away and converted into fat if it is not used. It also increases our cholesterol and triglycerides. So sugary drinks can elevate our cholesterol level, not just fried foods.

Drinking sugary beverages is an easy way to load up on calories, and to gain weight. Some coffee sweetened drinks alone can have 500 calories or more in them! With 2-3 soft drinks a day and a Gatorade or 2, it may be possible to have 150g-200g of sugar a day. Limit added sugar to 25g of sugar per day. We want to eat our calories instead, and not drink our calories. Look for a beverage that is less than 10 calories per serving. Try these sugar-free options:

Water
Fruit infused water
Propel Water®
Smart Water®
Dasani® Drops
Vitamin Water Zero®
PowerAde Zero®
Crystal Light®
Unsweetened tea
Decaffeinated tea

Country Time Diet Lemonade
Wyler's Diet Lemonade®
Sugar-free Kool-Aid®
Ocean Spray® lite juices
Diet V-8® Splash Diet
Snapple
Aqua Extra®
Mio®
Bai5®

HOW TO: WATER INTAKE

Approximately half of one's own body weight in fluid ounces (water preferably)

Sweetened beverages = **EMPTY CALORIES** (They don't fill us up and are full of calories.)

WE WANT TO EAT VERSUS DRINK OUR CALORIES!

5. EAT PLENTY OF FRUITS AND VEGETABLES

Fruits and vegetables are full of vitamins and minerals, are low in calories, and have a great source of fiber to keep you feeling full. Eat the rainbow. Ever wonder why fruits and vegetables are different colors? Why is a carrot orange and an eggplant purple? Every color has a different set of vitamins and minerals associated with it.

Adding Fruits and Vegetables to your Diet:

- Aim for 2-3 fruits a day and an unlimited amount of vegetables to your diet.
- Add your favorite vegetables to an omelet: spinach, kale, tomatoes, onion
- Add vegetables to your sandwich such as cucumbers, peppers, tomatoes, lettuce, avocado
- Eat vegetables as snacks: load a sandwich bag with baby carrots, grape tomatoes, or bell peppers.
- Add vegetables to a salad
- Instead of chips, use cucumbers or bell pepper slices to dip into hummus or guacamole
- Frozen fruit and vegetables are convenient, are frozen at the peak time of ripeness, and have a great source of vitamins and minerals
- Add 1 tbsp of natural peanut/almond butter to apples, banana, or celery. Top with a few unsalted nuts for healthy fats.

HOW TO ADD MORE FRUITS AND VEGETABLES

Fruits & Vegetables are full of vitamins & minerals, low calorie, and a good source of fiber! They also provide antioxidants and phytochemical to help us to lower the risk for cancer.

EAT THE RAINBOW!

Add veggies to omelette

Add veggies to salad or sandwhich

Use sliced veggies instead of chips for dips/hummus

Try Veggie-based noodles

Add natural nut butters to apples, banana & celery

Eat your veggies as a snack add 1 tbsp of natural nut butter

Starchy Vegetables

Vegetables are great source of vitamins and minerals, water, and fiber, but not all vegetables are equal. Some vegetables are considered a starch because of their high carbohydrate content. It doesn't mean they are bad or need to be completely removed from our diet. Having a higher starch content just means that this beautiful vegetable has more **ENERGY**. Thus starchy vegetables have more calories, and we just need to be more mindful of how much we consume.

- Potato, sweet potato, yams, beets, squash, pumpkin, corn, peas, cassava (yucca), batata, malanga, yautea, plantains (technically a fruit)
- **How much to consume:** consume ½ cup of starch at each meal

HOW TO EAT COMPLEX CARBOHYDRATES

Vegetables are full of vitamins & minerals, water, and a good source of fiber!
Limit to 1/2 c per meal of complex carbs at each meal for ENERGY.

Be mindful of how much we consume!

Potato with skin

Sweet Potatoes

Peas

Beans, Lentils

Oatmeal w/low fat milk

Carrots

6. Limit Sweets

Sweets such as cakes, cookies, and pastries are filled with added sugar and fat that can make us gain weight. Keep intake of sweets to a minimum for special occasions and look for a healthier alternative with about 100 calories. Substitute regular sugar with a zero-calorie sugar substitutes like Splenda (Truvia) or Just Like Sugar.

You may want to eat the real deal dessert, just have a few bites of it, about 100 calories worth, and keep it to limited occasions. They say the first bite is the best, anything in between is just filler, and the last bite is the one to remember. Try keeping it to 3 bites!

HOW TO: LIMIT SWEETS

Look for healthier alternatives with sweets 100 calories sub sugar for Splenda/Truvia/Just Like Sugar
"Try cottage cheese ice cream, it is high in protein!"

It's around 100-150 calories

7. TAKING A MULTIVITAMIN

Eating a variety of whole foods with colorful fruits and vegetables can meet a large part of our
nutrient needs. Sometimes life gets in the way, and for certain conditions, dietary preferences, or life stages, some nutrients are harder to get from some foods. A supplement is an addition to a healthy diet, not a replacement for one. Choose a multivitamin that is **NOT** gummy and says “complete multivitamin.” Store brand or generic is also fine.

8. DO PHYSICAL ACTIVITY

Incorporate physical activity daily to start building healthy habits. Remember that weight loss surgery is just a tool to help with weight loss. Building healthy habits and doing physical activity daily will help you to maintain weight loss after surgery. Our goal is to build up to at least 150 minutes per week of moderate activity (doing it, you would be able to talk, but can **NOT** sing - you would get out of breathe).

- The American Heart Association recommends 30 minutes a day of moderate-intensity aerobic activity.
- Always follow the guidance of your health care physician.
- Physical activity includes walking, taking the stairs, cleaning, vacuuming, yoga, Zumba, online workout videos, group sports activities, bicycling, walking your pets, weight lifting, group exercises, swimming, yard work, aerobics and more.
- Also check out Youtube for free exercises: chair exercises, chair yoga, plus-size yoga or Zumba, Fitness Dance Marshall, Has Fit and more...

HOW TO: PHYSICAL ACTIVITY

150 Minutes moderate aerobic activity per week

Make it fun!!!!

You can do 15 min of walking in the morning, 15 min on your lunch break by bringing food instead of going out.
Start slowly and build up your endurance safely.

Ask a friend or family member to join you.

Park further away, take the stairs, all the little things add up!

PROTEIN BREAKFAST IDEAS

Here is a list of protein breakfast ideas to help you increase protein and fiber in the morning. Try to eat within the first 30-60 minutes of waking up to increase your metabolism. If you haven't eaten breakfast in a while, do not expect to have an appetite. You will have to train your body to eat consistently for a few weeks until you have build up an appetite.

We are looking for at least 15-20g of lean protein to help us feel satiated (feeling of satisfaction, not hungry later), and we want at least 3 g of fiber to help us feel full for a few hours. Anything more for protein and fiber, would be great. Our aim is for at least 80-90 g of protein for the whole day, with 30 g of protein at lunch and dinner and 6-15 g of protein at snacks. Look for breakfast foods below that you can start putting into your routine, try something new, you may like it!

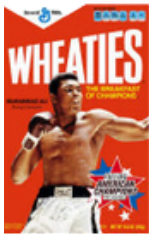
BREAKFAST IDEAS

PROTEIN DAILY
Protein Breakfast Goals: 10-20g
Protein Daily Goals: 80-90 g per day

Breakfast Ideas

Overnight Oats or Oats w/ protein shake

Egg, Turkey/Chicken Sausage, & Cheese Mcmuffin



AM & PM PROTEIN SNACK IDEAS

We want to have protein at our snacks to help us feel satisfied after eating, it helps to also control our blood sugar, and it helps with weight loss. We want to eat the protein first, then we eat a vegetable or small low-sugar fruit second. Make snacks 100-150 calories and aim to eat them 2-3 hours after breakfast or lunch.

PROTEIN DAILY

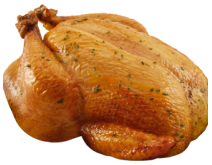
6-15 g protein at snacks (2x daily)

100 Calorie Snacks
Protein + Vegetable/small fruit

PROTEIN SNACK IDEAS

Choose a protein on the left and eat it first, then eat a fiber food on the right; a vegetable or small fruit (eat more veggies than fruit!)

CHOOSE A PROTEIN



Rotisserie chicken

2 oz Lunch meat

Boiled eggs

6-8 nuts

Lowfat String cheese

Yogurt Veggie Dip

Roasted Chickpeas

Turkey Pepperoni 16 slices

Cottage Cheese

VEGETABLE

Cucumber

Baby Carrots

Celery

Mixed greens

Bell Peppers

ASPARAGUS

Brussel Sprouts

Brocolli

1/4c Tomatoes

PROTEIN SNACK IDEAS

Choose a protein on the left and eat it first, then eat a fiber food on the right; a vegetable or small fruit (more veggies!)

CHOOSE A PROTEIN

1 oz. turkey jerkey

1-2 oz. Tuna

4-5 oz. Greek Yogurt

1-2 oz. Chicken Salad- homemade w/ Greek yogurt

2 oz. smoked salmon

1/2 cup Edamame

1 tbsp Nut Butter- 1-2x a week

1-2 oz. Chicken

2 oz. Shrimp

LOW SUGAR FRUITS

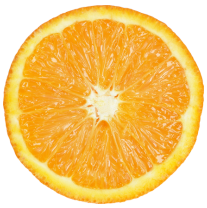
1 c of Strawberries

1 Kiwi

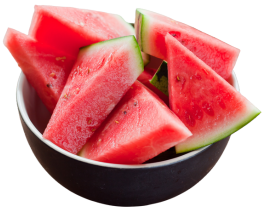
1 c of Raspberries

2-3 slices of Avocado

1c of Blackberries



1 Orange

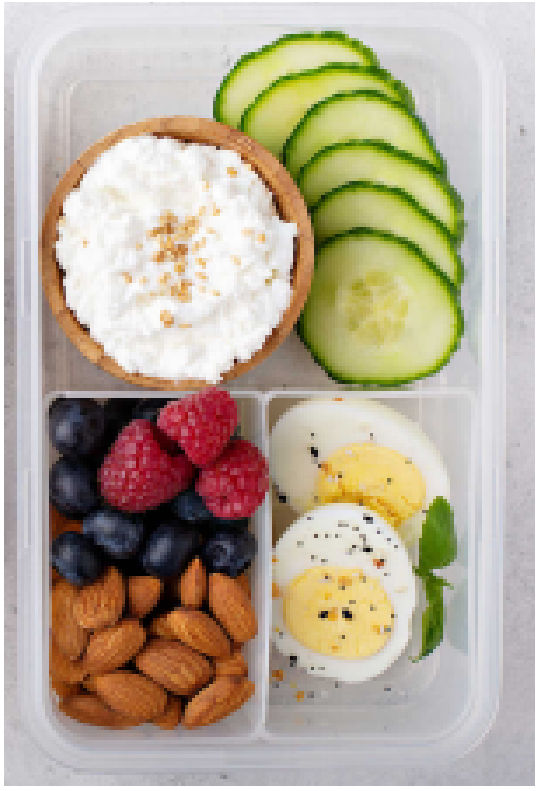


1 c Watermelon

1/2 of a Grapefruit

Apple

EXAMPLES OF SNACKS WITH PROTEIN AND FIBER COMBINED



Bell pepper and
2 tbsp hummus

EXAMPLES OF SNACKS WITH PROTEIN AND FIBER COMBINED

CHIA PUDDING

2-4 TOTAL

LIGHT MOZZARELLA
+ TOMATO BASIL

2-3 TBSP CHICKEN
SALAD

LIGHT CREAM CHEESE,
ETBTB SEASONING

TURKEY PEPPERONI
+ VEG

SNACKS WITH PROTEIN

Chia Pudding

EXAMPLES OF WRONG SNACKS

Just protein bar=Over 200 calories, too much carbs/fat

Just eating fruit= Lacking Protein

SNACK PLANNING

ORGANIZE AT HOME

- Plan your snacks in advance just like you do your meals.
- Plan for protein and vegetables or sometimes a fruit
- Put in storage bags and organize in your fridge
- Take with you to work,bring with you in cooler, or have a cooler in your car

ON THE ROAD

CAR

MONTH 2: MEAL PLANNING

Visit 2

WEIGHT MANAGEMENT: MONTH #2
MEAL PREP IDEAS

MEAL PREP

- Plan in advance: Saves $, time, you eat healthier, and **reduces stress**!
- Spend time looking for a recipe! Online, Pinterest, Instagram, TikTok, review diabetes, keto, low-carb, bariatric recipes, Food Network, Allrecipes, Simply recipes, Eating Well, Taste of Home
- Make a shopping list and stick to it
- **Check what's on sale:** check online or grocery store circular to save on protein!
- **Prep as soon as you get back from the store:** Roast vegetables, roast chicken, brown beef, cut cucumbers and tomatoes and stack in your fridge.
- **Prepare a batch of chicken:** it can be ready to go for whatever you are feeling like: low- carb wraps, pitas, soups, paninis, pastas, stir-fry and more.
- **Prep batches of vegetables ahead of time:** roast/blanch/steam broccoli, cauliflower. For salads: lettuce, onions, peppers, shredded carrots, tomatoes, cucumbers, zucchini – store in Tupperware and you have a salad bar for the week

BLANCHING VEGETABLES

Blanching vegetables is a great way to have them last long and stay fresher in the refrigerator, they have a crunchier texture, and brighter green veggies. Blanch vegetables are prepared by boiling vegetables for 1-2 minutes in salted water. Then you immediately transfer to a bowl of ice water to stop the cooking process. Then drain, dry and store the veggies in Tupperware. When you reheat the vegetables, they are not mushy and they last longer in the fridge.

Equipment: slotted spoon, strainer, tongs or frying spider
Ice Bath: In a large bowl, add water and ice
Blanch food to times listed: add veggies to boiling water, bring water back up to a boil.
Shock Veggies: remove from boiling water, put in ice bath
Drain: when cooled, drain on paper towels or clean kitchen towel

Broccoli, cauliflower, brussel sprouts, and winter squash: cut into floretes or chunks - 3 min until brightly colored

Potatoes, asparagus and other vegetables for grilling: helps veggies cook to the center, before being burned on grill - 2-3 min

Zucchini, carrots, cabbage, shelled peas, and kale: 1-2 min
Fresh herbs- 15 seconds

WEIGHT MANAGEMENT: MONTH #2
MEAL PREP IDEAS

MEAL PREP

- **Now the batches of food are in the fridge, reheat for leftovers!** You can prepare a fresh protein daily, and use already cooked/blanched veggies to make your meals quick! Saves stress and less dishes!
- **Plan for leftovers:** you will save time, money, stress, and calories! Instead of going spending 30 min picking up lunch, you now have time to walk.
- **Invest in good Tupperware:** so you can stack your food easily, many have are pre-portioned and have dividers
- **Cook a big batch of hard-boiled eggs:** eat 2 with fruit for a quick breakfast, add them to your salad for protein, add veggies to omelets at the end of the week.
- **Stock your pantry:** have ½ cup whole-wheat pasta, pasta sauce, canned beans/lentils, quinoa, couscous, canned tuna/chicken that can be made in minutes

MEAL PREP

- **Stock your freezer:** frozen produce can be just as rich in nutrients, and it helps prevented veggies from spoiling, also cheaper too!
- Love your crockpot/Instapot: Let it do the work! Pulled chicken breast: add chicken breast, 1 cup of chicken stock, seasonings and 2 tbsp of butter and cook low for 6-7 hours. Enjoy sandwiches or w/ ½ cup of beans and vegetables.
- Have Friday be: clean out the fridge night: you eat only leftovers, look in pantry for canned goods
- Make sure you are chewing well and eating mindfully!

OTHER OPTIONS:

www.jaroflemons.com/50-quick-healthy-dinners-30-minutes-or-less/

- Salmon w/ Dill
- Omelet w/ Peppers
- Meat stuffed peppers
- Shrimp and zucchini noodles
- Margarita bread pizza
- Egg muffins - breakfast
- Slow cook pinto beans
- Teriyaki bowl
- Egg salad sandwich
- Chicken salad wrap

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WEEKLY SAMPLE MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Prep: Roast chicken/brown beef. Roast Vegetables(broccoli, cauliflower, carrots or small potatoes). Buy bag of salad mix and shredded carrots or shredded cabbage, avocado, low sugar pasta sauce. Cut tomatoes, onions, and cumbers. Cook a pot of rice/quinoa	Roasted Chicken with broccoli/cauliflower mix and rice/quinoa Or Low carb wrap 	Grilled chicken Cobb salad: Add Salad mix with chicken, hard boiled egg, tomato, onion, cucumber, shredded carrots, and 2tbsp of light dressing. 	Chicken or beef tacos with salsa – 1 tortilla (can buy pre-made pico de gallo, tacos mix) – OR Skip tortillas and use lettuce wraps and Greek yogurt as sour cream. 	Pasta night: Cook ½ cup of pasta per person. Add zucchini noodles to get more volume. Heat up pasta sauce and beef/chicken. Add vegetables you made earlier in the week to fill ½ of your 9-inch plate. 	Rice/Quinoa Bowl: Empty out fridge. In a bowl of quinoa or rice, add vegetables. Add protein. Add Fresh vegetables, added shredded cabbage, tomatoes, cucumbers, etc. Add 1-2 tbsp of low-fat dressing if desired. Or Vegetable soup. 

MEAL PLANNING TIPS

- Plan a list of recipes to cook for the week while listening to the music/news/podcast on Sunday.
- Look at the weather: Make salads/wraps when it's hot, soups when it's cold
- Look at your work schedule and try to make pre-made meals for the family to easily heat up for dinner during the week.
- Use the instapot or crockpot!
- Make the hardest meal on Sunday, so you can eat it during the week a few times.
    - For example: Cornish hens, roasted chicken and vegetables, lasagna with zucchini to substitute pasta.
    - Batch cook vegetables on Sunday to use them throughout the week.
    - Make a side of squash, zucchini, peppers, and onion and used it for tacos one night and then used it for roasted chicken sausage and peppers another other night! So smart!
    - Keep a bag of frozen shrimp on hand at home and the freezer at work.
- Get excited: Go to a healthy grocery store in your neighborhood (i.e. Sprouts, Whole Foods, Trader Joe, Central Market) and see what's on sale and find a new vegetable you have never ever tried before
- Then look up a recipe for it. For example: rutabaga/sweet potato/kale & "chips" in the air fryer, air fried chickpeas, try fresh sliced jicama (crunchy), roasted fresh beets, try broccoli and cauliflower au gratin (make the roux with flour and light butter).
- Challenge yourself to cook vegetables that you used to not like and find a recipe that makes it taste good. (This happened to me too as a child!) I hated microwaved to death Brussel sprouts until I ate crispy roasted Brussel sprouts)!

MEAL PLANNING TIPS CONT.

Store cut-up bell peppers to make easy omelets, stir frys!
Use for omelet in the morning for quick breakfast.

Sweet Peas Chickpea recipe:
https://sweetpeasandsaffron.com/crispy-air-fryer-chickpeas/

Use this menu planner to help decide what's for dinner this week. Store ideas below.

MEAL PLANNING IDEAS





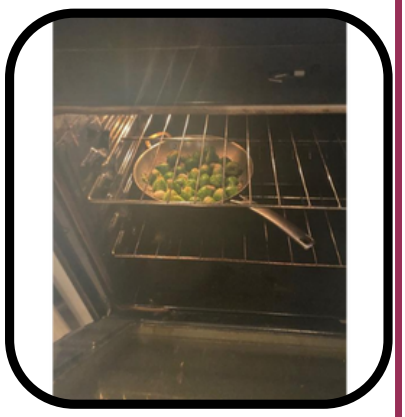






MEAL PLANNING IDEAS











MEAL PLANNING IDEAS












RECIPES:

1

Instant Pot Chicken Noodle Soup

www.jocooks.com/recipes/instant-pot-chicken-noodle-soup/

2

Instant Pot Honey Garlic Chicken

www.familyfreshmeals.com/2018/04/instant-pot-honey-garlic-chicken.html

3

Instant Pot Coconut Chicken Curry

pipingpotcurry.com/coconut-chicken-curry-instant-pot/

4

Easy Instant Pot Cabbage Soup

https://whatgreatgrandmaate.com/instant-pot-cabbage-soup-with-ground-beef/

RECIPES:

5

Instant Pot Short Ribs

https://www.pressurecookrecipes.com/instant-pot-short-ribs/

6

Instant Pot Turkey Chili

https://www.acedarspoon.com/instant-pot-turkey-chili/

7

Instant Pot Arroz Con Pollo

https://www.feastingathome.com/instant-pot-arroz-con-pollo/

HELPFUL GADGETS

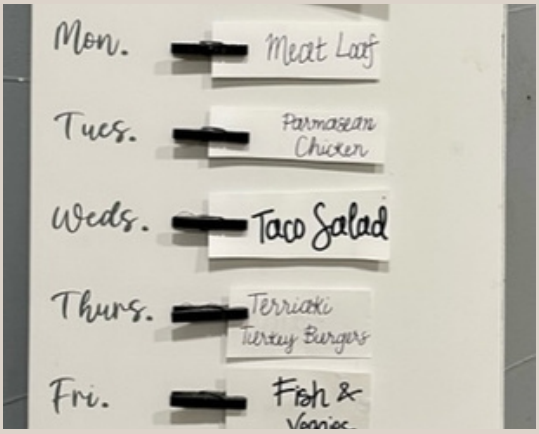
Air fryer for healthier cooking of meats, potatoes, vegetables, (broccoli, cauliflower, chickpeas!

Crock pot or insta pot for easy recipes that sit and cook all day, such as shredded BBQ chicken!

Containers for meal prep, leftovers, salad dresing, & shakes

Portion control plates sold on Amazon, to limit portion sizes

HELPFUL GADGETS CONT.



Menu board for planning the week ahead. Credit to patient Becca for her picture!

Steamers for vegetables, around $10, great way to steam shrimp and veggies

Spiralizer for making noodles out of vegetables sold on Amazon

SAMPLE MENU

ROAST CHICKEN/BROWN BEEF.

Roast Vegetables (broccoli, cauliflower, carrots or small potatoes), Buy bag of salad mix and shredded carrots or shredded cabbage, avocado, low sugar pasta sauce. Cut tomatoes, onions, and cumbers. Cook a pot of rice/quinoa.

SAMPLE MENU

ROASTED CHICKEN W/ BROCCOLI/CAULIFLOWER MIX & RICE/QUINOA OR LOW CARB WRAP

Roast Vegetables (broccoli, cauliflower, carrots or small potatoes), Buy bag of salad mix and shredded carrots or shredded cabbage, avocado, low sugar pasta sauce. Cut tomatoes, onions, and cumbers. Cook a pot of rice/quinoa.

SAMPLE MENU

GRILLED CHICKEN COBB SALAD

Add Salad mix with chicken, hard-boiled egg, tomato, onion, cucumber, shredded carrots, & tbsp of light dressing.

CHICKEN OR BEEF TACOS W/SALSA

1 tortilla (can buy pre-made pico de gallo, taco mix or skip tortillas and use lettuce wraps and Greek yogurt as sour cream.

SAMPLE MENU

PASTA NIGHT

Cook 1/2c of pasta per person. Add zucchini noodles to get more volume. Heat up pasta sauce and beef/chicken.
Add vegetables you made earlier in the week to fill 1/2 of your 9-inch plate.

SAMPLE MENU

RICE/QUINOA BOWL

Empty out fridge. In a bowl of quinoa or rice, add vegetables. Add protein. Add fresh vegetables, add shredded cabbage, tomatoes, cucumbers, etc. Add 1-2tbsp of low-fat dressing if desired. Or vegetable soup.

Upbeet NUTRITION
VERONICA BUSH GERSTEN MS, RDN

Use the meal plan worksheet to decide what to make for your meals. Start with breakfast and protein snacks. Lunch and dinner should have 20 g of protein at least, then create 2-3 dinner ideas that you can use for multiple days and leftovers. Meal planning also helps with saving money too! An example is done for you.

	BREAKFAST	PROTEIN POWER UP	LUNCH	PROTEIN POWER UP	DINNER
SUN	Egg Muffin x2 (12g Protein)	Cheese Stick & 1/2 apple (7g Protein)	3 oz Roasted Chicken (21 g Protein), green beans, zucchini	low sugar yogurt (15 g Protein)	4 oz of salmon (28 g Protein) with salad, 2 tbsp LF dressing +small sweet potato
MON					
TUE					
WED					
THUR					
FRI					
SAT					

MONTH 3: LOW FAT EATING AND MINDFUL EATING

Visit 3

WEIGHT MANAGEMENT: MONTH #3
LIMITING DIETARY FATS AND MINDFUL EATING

Choose low fat dairy

- Dairy products like milk, yogurt, and cheese are naturally high in fat. Choose a low fat version instead. Swap whole milk for fat-free, skim, or 1% milk, unsweetened soy milk. "Lite" yogurts are healthier options. Fruited yogurts often have added sugars – choose yogurts with less than 8g of sugar or choose plain yogurt and add your own fruit. Look for cheeses made with 1% or skim milk to cut calories. Spend time looking for a recipe! Online, Pinterest, Instagram, diabetes, low-carb, bariatric recipes, Food Network, Allrecipes, Simply recipes, Eating Well, Taste of Home

Limit added fats

- We don't realize how much fat is in the foods we eat, for example meat, cheese, nuts, bread, etc. Fats are often added to foods too (i.e. butter, peanut butter, olive oil). Fat in foods you eat daily can add up very quickly–try to limit or choose low fat when possible.

Tricks to Limiting Your Fat Intake

- Make sure to measure "healthy fats" (i.e. peanut butter, olive oil, canola oils, spreads, avocado, nuts) – only consume 1 serving/meal or 1 Tablespoon per meal
- Limit oil, margarine, and butter to 1 tbsp per meal
- Choose foods that are baked, broiled, grilled, steamed, or boiled (rather than fried)
- Choose lean proteins (see list on "weight management month #1" handout)
- Use light, plain, or Greek yogurt in place of yogurts made with whole milk
- Choose low fat or fat-free salad dressings and mayo – limit to 1-2 tbsp per meal
- Add seasonings like herbs, spices, or a twist of lemon to cooked/fresh vegetables
- Avoid pastries, donuts, muffins, bagels, , cookies, cakes, brownies, and candy

WEIGHT MANAGEMENT: MONTH #3
LIMITING DIETARY FATS AND MINDFUL EATING

Eat slowly

- Make sure to chew your food slowly and thoroughly. Eating too fast usually leads to overeating and makes it difficult to find pleasure in each bite of food. Try to chew each bite at least 20-25 times. When you eat slowly you will often feel full before you finish the food on your plate.

Eat at the table

- Avoid eating in front of the television, at the computer, while reading or on the phone. When you are distracted while eating, it prevents your brain from sending the message that you are satisfied to your stomach. This also leads to overeating or "mindless eating." Try to use all the senses, touch, taste, smell, hear, see your beautiful, delicious food! Eating mindfully will help you enjoy your meal and feel satisfied.

HOW TO: MINDFUL EATING

Eat slower, it takes 20 min for the brain to get the message you are full, you end up eating less!

Eliminate Distractions

Chew until food is applesauce consistency. You will have better digestion and will eat less

Practice eating slower by putting a fork down between bites, wait 10-20 seconds

The Hunger-Satiety Scale

Use this Hunger-Satiety Scale to get in touch with your hunger and satiety cues. Aim to stay within the blue zone, 4-7, as much as possible.

When you reach 3 or 4...

Aim to start eating when you reach a 3-4. By not waiting too long, it may make it easier to thoughtfully choose what you'd like to eat and eat until you are satisfied, rather than overly stuffed. Keeping nutritious snacks available, especially while running errands, can help tide you over until your next meal if necessary. Some tasty snack ideas include whole fruit, nuts, hard-boiled eggs, veggies and hummus, or plain yogurt with fruit.

When you reach 6 or 7...

Once you reach a 6, you would be just about satisfied. Within 15-20 minutes, you will likely be at a 7, full but not uncomfortable. To make this a bit easier, check in with your hunger cues before and/or during meals and snacks, keep serving dishes on the counter rather than on the dinner table, and take your time while eating by engaging all of your senses.

COURTESY OF UNIVERSITY OF CALIFORNIA, BERKLEY

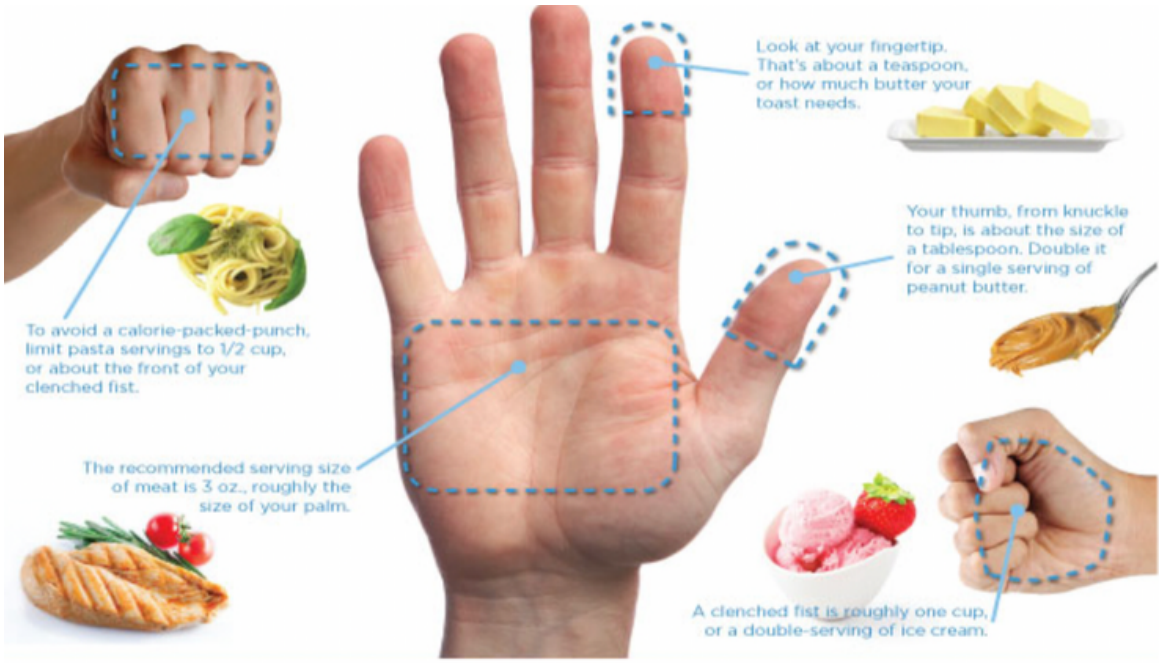
MONTH 4: PORTION SIZES AND NUTRITION LABEL

Visit 4

WEIGHT MANAGEMENT: UNDERSTANDING PORTION SIZES & FOOD LABELS

Measure your portions

Measuring your portions prevents you from eating more than recommended at a meal. An easy way to measure your portions is by using your hand as a reference. Also use smaller plates (8 or 9-inch) to decrease your portion sizes.



Pay attention to Nutrition Facts on Food Labels

Food labels provide important information about what you're eating. Start by looking at (1) Serving Size, Servings Per Container, then (2) Calories.
Look for snacks with 100 calories or less
Low Fat is considered <3g Fat

Limit Sodium to 1500 – 2400mg per day (140mg or less is considered low)
High Fiber is considered >3g (Women aim for 25g/day, Men aim for 38g/day)

Limit Added Sugars to less than 25g per day

THE NEW NUTRITION LABEL

Start Here
Check Calories

Quick Guide to % Daily Value:

Serving size
bold, larger font; some amounts have been updated to reflect more realistic serving size

Limit These

Added sugars
new addition

Get enough of these: Fiber and Protein

5% or less is low

Daily values (DV)
reflect new recommendations

20% or more is high

Micronutrients
potassium and vitamin D added; vitamins A and C removed; actual amounts, as well as DV%, declared

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dual Column Nutrition Facts label

FDA

Nutrition Facts

2 servings per container

Serving size **1 cup (255g)**

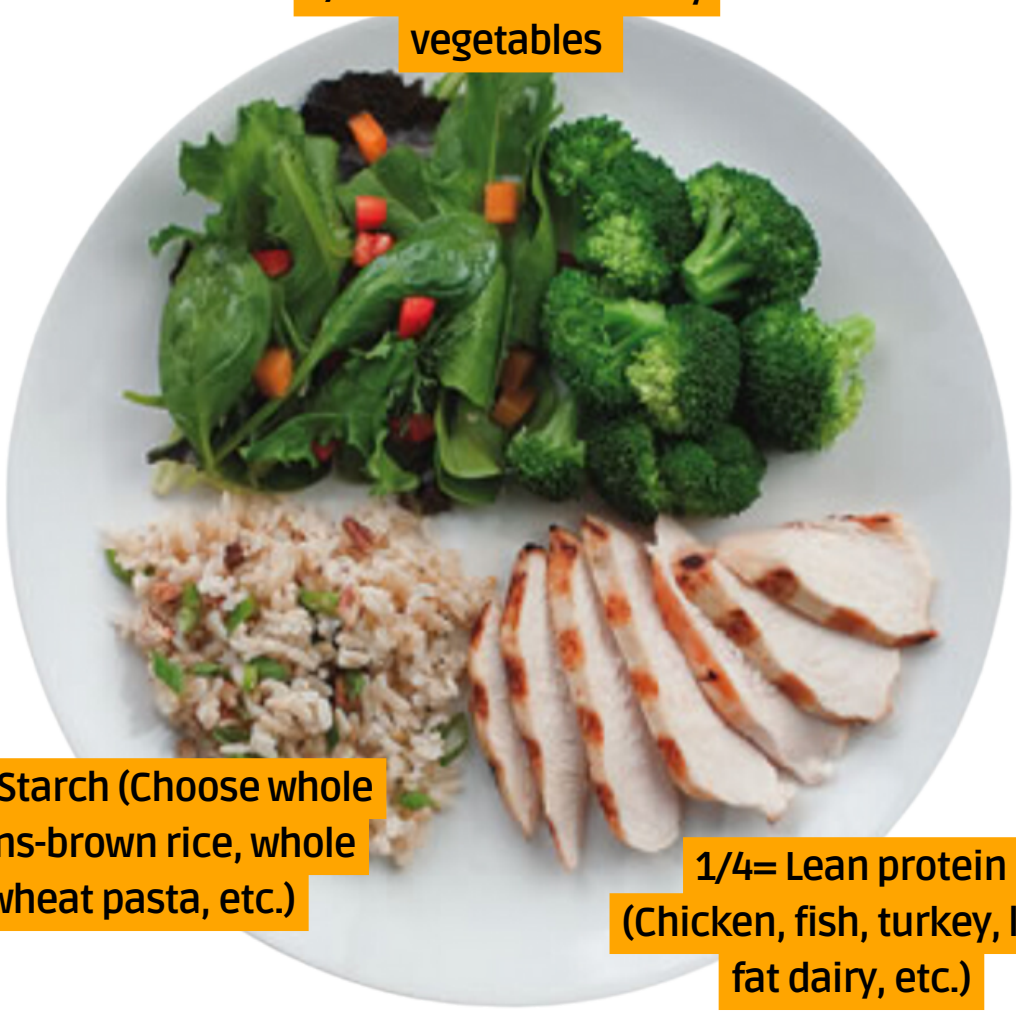
	Per serving		Per container	
Calories	**220**		**440**	
		% DV*		% DV*
Total Fat	5g	**6%**	10g	**13%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	15mg	**5%**	30mg	**10%**
Sodium	240mg	**10%**	480mg	**21%**
Total Carb.	35g	**13%**	70g	**25%**
Dietary Fiber	6g	**21%**	12g	**43%**
Total Sugars	7g		14g	
Incl. Added Sugars	4g	**8%**	8g	**16%**
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use the "Plate Method"

The plate method is a simple and easy tool to ensure that you're eating appropriate portions of different food groups. Looking at the sample plate below, notice how the largest part of the plate (half!) is vegetables and some fruits. ¼ of your plate should be lean protein and the other ¼ should be carbohydrates (i.e., starch or whole grains).

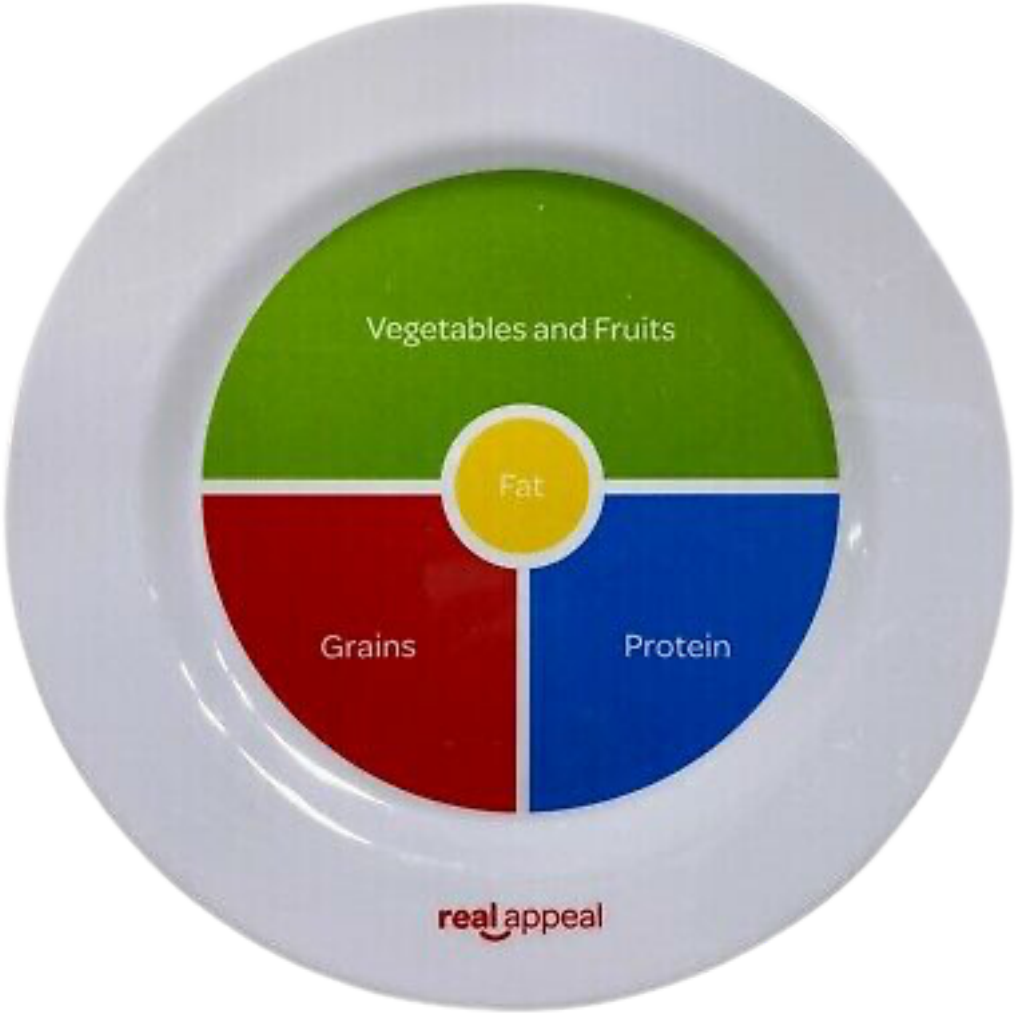
Try to stick to ½ cup of complex carbohydrates such as: potato or sweet potato with skins, beans, peas, lentils, carrots, beets, winter gourds, plantains, yuca. Whole grain starches, such as whole wheat bread, whole grain pasta, or brown rice are acceptable as well, but the complex carbohydrate vegetables are preferred.



Portion Sizes Pre-op

Plate is a saucer size 8-9 in

- Vegetables are 1/2 plate
- Complex carbohydrates are 1/2-1 cup per meal
- Protein is 4-5 oz
- Use a smaller plate and utensils
- Put your fork or sandwich down 10 seconds between bites
- Chew your food until applesauce consistency



MONTH 5: GROCERY SHOPPING AND HEALTHY EATING OUT

Visit 5

RULES TO UTILIZE AT GROCERY STORE:

Shop the perimeter (outer aisles)

Whole foods are located in those areas and all fresh foods that need refrigeration.

Pile cart with:

Fruits and vegetables
Beans, peas, legumes
Eggs
Low fat dairy
Raw nuts and seeds
Whole grain bread, pasta, cereal
Lean proteins - turkey, fish, poultry

Limit Processed foods

Found mainly in the center aisles
Have added ingredients
Found in canned or packaged food, labeled ready-to-eat or instant

EATING OUT DONE HEALTHY: HELPFUL TIPS FOR DINING OUT:

- Plan ahead, read the menu online before you get there: The restaurant's website, www.myfitnesspal.com, www.calorieking.com or www.healthydiningfinder.com
- Start with protein and vegetables, and carbs/starchy last. It will also help control blood sugar too.
- Choose foods that are baked, steamed, grilled, boiled, or braised and avoid fried, crisp, breaded, creamy, stuffed
- Ask for sauces and dressings on the side. Also ask for foods to be cooked "dry" without butter or oils.
- Be careful with bread basket, chips, popcorn - take a serving and push it to the end of the table
- Eat the low-fat, low calorie items first to fill up on: lean protein and vegetables, complex carbs last
- Chew slowly - the slower you eat the less you will consume. Be okay with taking the rest home.
- With large portion sizes, you may want to eat half the plate and box the rest for leftovers, or box it first!
- Avoid the children's menu - they may be smaller in portion but more likely to be unhealthy

HEALTHY TIPS CONTINUED

- Drink water, sugar free beverages
- Many restaurants now offer a “healthy” or “Light” menu; see what options are available.
- Ask for a small salad plate and a “to-go” box with your meal. Use the picture below to fill the salad plate with healthy portions. Put the rest of your meal in the “to-go” box so you aren’t tempted to go back for more than you need.
- To reduce fat and calories, choose light dressings, use the fork dip method by (dipping fork in side dressing) Leave off bacon, cheese, mayonnaise, nuts, avocados/guacamole, sour cream, etc. If you really enjoy these items, pick one favorite and leave off the rest. An example would be leaving off the avocados, and cheese from a salad, but using 1tbsp regular ranch dressing and use lemon to add more liquid.

HEALTHY TIPS CONTINUED

- Remember, even if you choose a sandwich, pasta, tacos, etc., you still need to focus on eating your protein! Remove one side of the bun, or eat 1 small tortilla and switch to lettuce wraps afterwards.
- Post op: Carbs should be limited to 2 bites of meal or less, choose starchy veg over breads rice and pasta. Go bun-less with lettuce wraps or sandwich wraps.
- Pre Surgery: Substitute whole grains when possible (i.e. whole wheat bread, rye bread, brown rice, etc.) or limit starch to 1/2 cup of complex carbohydrates: potato with skin, sweet potato, beans, peas, carrots, etc
- After Bariatric Surgery: Request that no drink be on the table when you first sit down. This way you won't be tempted to take a sip out of habit.

RESTAURANT TIPS

Keep in mind that when you eat out you don't have as much control over how food is prepared. Limit eating out to 1 x a week, with healthier options. If you eat out frequently, you can eat more calories. This means slower weight loss or weight gain. Use this as a guideline for picking "better" options but remember that restaurant choices may not be as healthy or bariatric-friendly as food prepared at home.

Avoid items	Choose items
Alfredo	Au Jus or in its own juice
Au Gratin	Baked
Breaded	Boiled
Butter or Butter Sauce	Braised
Creamy or Cream Sauce	Broiled
Crispy	Grilled
Crusted	Marinara
Fried	Steamed

Better Choices By Restaurant Type

AMERICAN

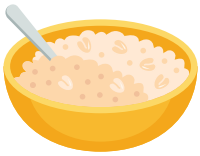
- Bun-less Grilled chicken sandwich
- Deli meat sandwich/wrap (i.e. turkey, chicken, ham, lean roast beef, etc.)
- Child's size hamburger, without bun
- Bun-less Black bean burger
- Salad with grilled chicken, shrimp, beef, etc.
- Steak (flank, sirloin, T-bone, tenderloin)
- Grilled, baked or broiled seafood
- Roasted chicken or turkey breast

Tips

- Substitute grilled/steamed vegetables, side salad or fruit for French fries

BREAKFAST

- Breakfast sandwich on 1/4 slice English muffin or whole wheat bread
- Eggs: omelet, scrambled, over-medium, etc.
- ¼ cup protein oatmeal WITH a protein food (i.e. side of ham, etc.)



Tips

- Ask for egg whites instead of whole eggs
- Add lots of vegetables to egg dishes
- Choose ham or chicken or turkey sausage over bacon or pork sausage

CHINESE

- Beef and broccoli
- Stir-fry/hibachi with beef, chicken or shrimp
- Lettuce wraps with beef, chicken or shrimp

Tips

- Choose ¼ c brown rice over white or fried rice (optional)
- Ask for all sauces on the side. Many are filled with lots of sugar and empty calories.

FAST FOOD

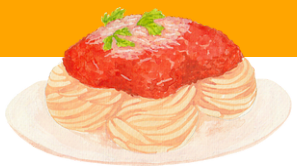
- Bun-less Grilled chicken sandwich
- Grilled chicken with ¼ wrap
- Grilled chicken salad
- Bun-less Child's size hamburger

Tips

- Choose a side salad or fruit instead of French Fries
- Limit to 2tbsp of low-fat dressing, such as Chick-fil-a's: Fat-free honey mustard, light balsamic vinegar, or light Italian dressing

Better Choices By Restaurant Type

ITALIAN



- Grilled chicken or fish dishes
- dishes that include a protein source (chicken, beef, shrimp, crab, lobster, etc.)

Tips

- Pre surgery: Ask that bread, breadsticks or rolls be served with the meal. Use these as the carbohydrate part of your healthy plate. This is important because if you eat bread first you may not be able to focus on eating protein.
- When ordering pasta: Eat only 1/2c of pasta and request extra protein and vegetables

MEXICAN

- Fajitas (not flaming) with chicken, beef or shrimp
- 1 Taco (crunchy, ½ steamed corn/ ¼ whole wheat tortillas) with grilled chicken, beef or shrimp
- "Naked" burritos or burrito "bowls"

Tips

- Pre-Surgery: Ask for chips to be served with the meal. Use these as the carbohydrate part of your healthy plate. If you eat chips first you may not be able to focus on eating protein.
- Ask for steamed corn tortillas instead of white flour tortillas
- Limit to 1 tortilla per meal if you choose the tortilla as your carbohydrate.

http://theworldaccordingtoeggface.blogspot.com and
http://www.dietfacts.com/fastfood.asp

GOALS TO SUCCESSFUL HEALTHY EATING

- Cut down portion sizes to control calorie intake.
- Have breakfast within 1 hour of waking up, incorporating lean protein (15g) and at least 3g of fiber.
- Eat regularly every 2-3 hours, either a balanced meal or a healthy snack.
- Aim for a daily protein intake of 80-90 grams.
- Slow down your eating pace by pausing 10-20 seconds between bites and thoroughly chewing your food until it reaches an applesauce-like consistency.
- Practice mindful eating by sitting at the table and avoiding distractions from screens like TV, computers, or phones.
- Eliminate sugary drinks such as soda, tea, juice, and sports drinks.
- Reduce carbohydrate consumption to 1/2 cup per meal and consider healthier alternatives like potato w/ skin, sweet potatoes, beans, peas, and lentils.
- Cut back on fatty and fried foods in your diet.
- Limit your intake of sweets and opt for healthier options like fruit.
- Decrease eating out to once a week, choosing healthier items like salads, wraps, and meals with lean protein and vegetables like chicken/fish and broccoli.
- Aim for at least 2 servings of vegetables daily.
- Choose high-protein snacks (at least 6-15g of protein per snack).
- Start taking a non-gummy multivitamin to supplement your diet.
- Incorporate 30 minutes of physical activity at least 5 times a week, totaling 150 minutes weekly. Add resistance training to improve blood sugar and add lean body mass. Increasing the duration to over 300 minutes has additional health benefits.




EXTRA TIPS:
TRAVEL TIPS
Visit6

HEALTHY TRAVELING TIPS

You've been thinking about taking a trip, and you may be asking yourself, "how can I travel and what can I eat on the road after having weight loss surgery?" At Lee Bariatrics we want your travel to be stress free by preparing for your trip ahead of time with these useful tips. An important part of being successful after weight loss surgery is to stick closely to your routines, which can be difficult when traveling, but a plan will greatly help you. Most importantly, enjoy yourself, and make memories!

1. Plan, Plan, Plan!

It's so hard when waiting until you are hungry to figure out what to eat – or if you
don't have access to a grocery store, which leaves you vulnerable to making
poor choices. If you plan ahead, it is easier to stick to eating nutritious foods. Put snacks in your carry-on and when you get to your destination, replenish them. Bring with you small packs of almonds, sliced apple, string cheese, and veggies with hummus, which you can carry on a plane and can tie you over with a delayed
flight. Request an empty mini fridge at the hotel. You can even plan the meals you want to make/eat out on paper or excel.

2. Don't skip breakfast!

It's so hard when waiting until you are hungry to figure out what to eat – or if you don't have access to a grocery store, which leaves you vulnerable to making poor choices. If you plan ahead, it is easier to stick to eating nutritious foods. Put snacks in your carry-on and when you get to your destination, replenish them. Bring with you small packs of almonds, sliced apple, string cheese, and veggies with hummus, which you can carry on a plane and can tie you over with a delayed flight. Request an empty mini fridge at the hotel. You can even plan the meals you want to make/eat out on paper or excel.

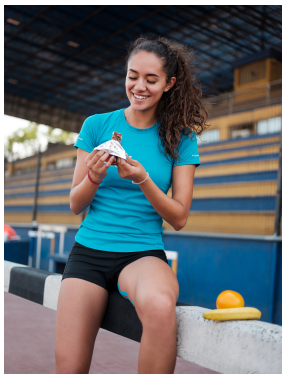
3. Containers: Bring Healthy Foods Along for the Road

If you are traveling in a car, bus, train or plane, bring snacks with you. Make sure your snacks are high in protein and low in carbs. Remember about 8-10 nuts is about 100 calories. Take with you a cooler or insulated lunch bag, or bento box with a freezer pack -to keep your food cold, and you can refreeze the freezer pack when you get to the hotel or AirBandB. You can also completely freeze your food to take to the airport, as long as it's not liquid - or pack a cooler when taking a road trip or freeze water bottles.

4. Bring Post-op Supplements

http://theworldaccordingtoeggface.blogspot.com and
http://www.dietfacts.com/fastfood.asp

Remember that you need to drink a protein shake for 6 months after surgery. Just as you would take medications, don't forget to take your post-op supplements and vitamins with you on the road, such as protein shakes/bars.



5. Look up Restaurant Menus Ahead of Time

Read the nutrition info and menu before going to the restaurant. Choose grilled/baked vs. crispy, ask to modify your meal. Hold the mayo and do the fork dip method with salads, you can share a meal. Remember to Chew, chew, chew!

6. Track Your Nutrition

Research shows patients that track their food, have better weight loss success. If you keep a written food journal or use an app like Baritastic or MyFitness pal, track your food and stick to your nutrition plan and stay accountable. It helps you track if you are getting enough protein (50%) and too much of carbs and fat.

7. Stay Active with Exercise

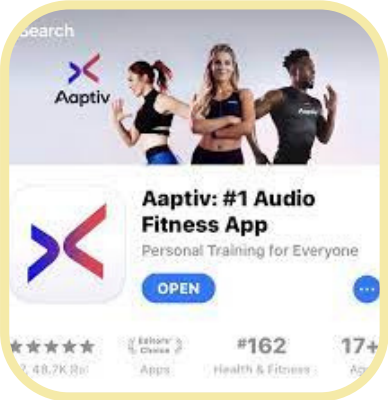
When booking your next trip, try to find a hotel that has a gym. If that isn't an option, try booking a hotel close to a park or trail, or walk the cruise boat. Walk an extra 2000 steps while waiting for your flight, stop regularly if driving far distances, walk the aisle of the plane, bring exercise bands, try to explore a new area by foot, or take a walking tour. If you trip is in the great outdoors, go hiking, biking, swimming, kayaking, walking the beach. Try fitness apps indoors:

Best Free Workout App: Nike Training Workout App

Most Versatile: Peloton Workout App

ADAPTED FROM PREVENTION.COM

Best Free with In-App Purchase: Aaptiv Workout App



Best for Walking: Apple Fitness+

Best for Home Workouts: All Out Studio Workout App

Best for Cardio: Obe Workout App

Best for Running and Cycling: Strava Workout App

Best for Heart Rate Stats: MyZone Workout App

ADAPTED FROM PREVENTION.COM

Best for Yoga: Daily Yoga Workout App, Gai is good too!

Best for Boxing: Boxx Workout App

Best for Minimal Equipment: Sweat App

Best With Guided Meditations and Cardio: FitOn App

Consider Virtual Reality exercise games!

Thrill of the Fight

ADAPTED FROM PREVENTION.COM

Knockout League

Beat Saber

Les Mills BodyCombat

Fit VR

8. Drink Lots of Water and Whoa Nelly, Go Easy on the Alcohol

Stay hydrated – bring your water bottle everywhere, and refill at the airport inside security. Make sure to get in 64 oz of sugar-free fluids per day. Wait 30 min after a meal to drink fluids. Staying hydrated keeps you from thinking you're hungry. Avoid alcohol, and drink water afterwards if you do plan on having a low calorie alcoholic drink. Be safe.

9. Be Kind to Yourself

Remember that if you don't eat as well when traveling as you hoped, don't let that derail your weight loss journey It is more important what you do CONSISTENTLY. Get back on track and do your BEST. Happy Travels!

HEALTHY TRAVEL SNACKS:

- [ ] 100 calorie nut packs 

- [ ] Beef or Turkey Jerky 
- [ ] LF Cheese Sticks 
- [ ] Fresh fruit/Veg and 10 nuts 
- [ ] High Protein Chips 

- [ ] Lean deli meats 
- [ ] Low fat bean dip/hummus 

- [ ] Dehydrated Veggies 
- [ ] Low sugar yogurt 

- [ ] Blender ball shaker cups 
- [ ] Buy 1% milk at the airport 

- [ ] 1 scoop protein powder in Ziploc or in a small baby formula dispenser 

HEALTHY TRAVEL SNACKS:

- [ ] 1 Tbsp of natural PB, max 2x a week

- [ ] Tuna/crab packets

- [ ] Crystal light tubes

- [ ] Bento box w/ wraps/eggs

- [ ] Celery/cucumbers

- [ ] Protein bars (LAST RESORT/TRAVELING) w/less than 15g of carbs and 150 calories or less

- [ ] Tea Bags/Tea tubes

EMOTIONAL EATING STRATEGIES

Extra Tips

EMOTIONAL EATING STRATEGIES

What is it? And how to overcome it.

Emotional eating is eating for any reason than being hungry: when you are sad, mad, stressed, anxious, depressed, bored, tired, trying to avoid feelings

How does Emotional Eating affect Obese Patients?

Is there a difference in degree of emotional eating between adults who have a healthy weight, are, overweight or have obesity? A Meta analysis study shows--Yes

The degree of emotional eating is greater among patients who are obese, compared to adults with a healthy BMI. Behavioral support is needed for obese patients who want better weight control.

EMOTIONAL EATING CONNECTION

You may miss eating the foods that you used to eat.

However, the long-term health benefits and improved quality of life associated with bariatric surgery usually outweigh the temporary longing for certain indulgences. It's a journey towards better health and well-being that requires commitment and adaptation.

You can find support and guidance from healthcare professionals and support groups to navigate this transformative process and make the most of your bariatric surgery journey.

OVERINDULGE

Even following bariatric surgery, there might be instances when you eat until you're satisfied, and moments when you may feel disheartened.

Validate how we feel:
It's crucial to acknowledge these feelings. Occasionally, you may indulge a bit, and if you overindulge, there's no need to be discouraged.

What to do:
Instead, focus on resetting your mindset and quickly getting back on track.

Always remember the reasons behind your decision and why you embarked on this journey.

CELEBRATE NON-SCALE VICTORIES

Celebrating non-scale victories is just as important as tracking the numbers on the scale. It's a reminder that our journey to a healthier, happier self is about more than just weight. Every day, we achieve so much more than what those digits can show. From feeling more energetic, fitting onto fair rides with your kids, to making better food choices and feeling a boost in confidence – these are all significant milestones on our path to success. So let's not forget to take a moment to appreciate and celebrate these non-scale victories, because they're the ones that truly count in the long run. Keep up the amazing work!

DEVELOP A DAILY NUTRITION PLAN

Creating a daily nutrition plan tailored to your body and goals is a powerful step towards a healthier, happier you. It's like crafting a roadmap to your best self. By carefully choosing the right balance of nutrients, you can fuel your body, boost your energy, and work towards your objectives, whether that's weight management, enhanced athletic performance, or just overall well-being.

Remember, it's not about depriving yourself; it's about nourishing yourself. So, take the time to plan your meals, listen to what your body needs, and make choices that align with your aspirations. Your future self will thank you for it!

EMOTIONAL EATING STRATEGIES

Emotional Eating isn't Horrible

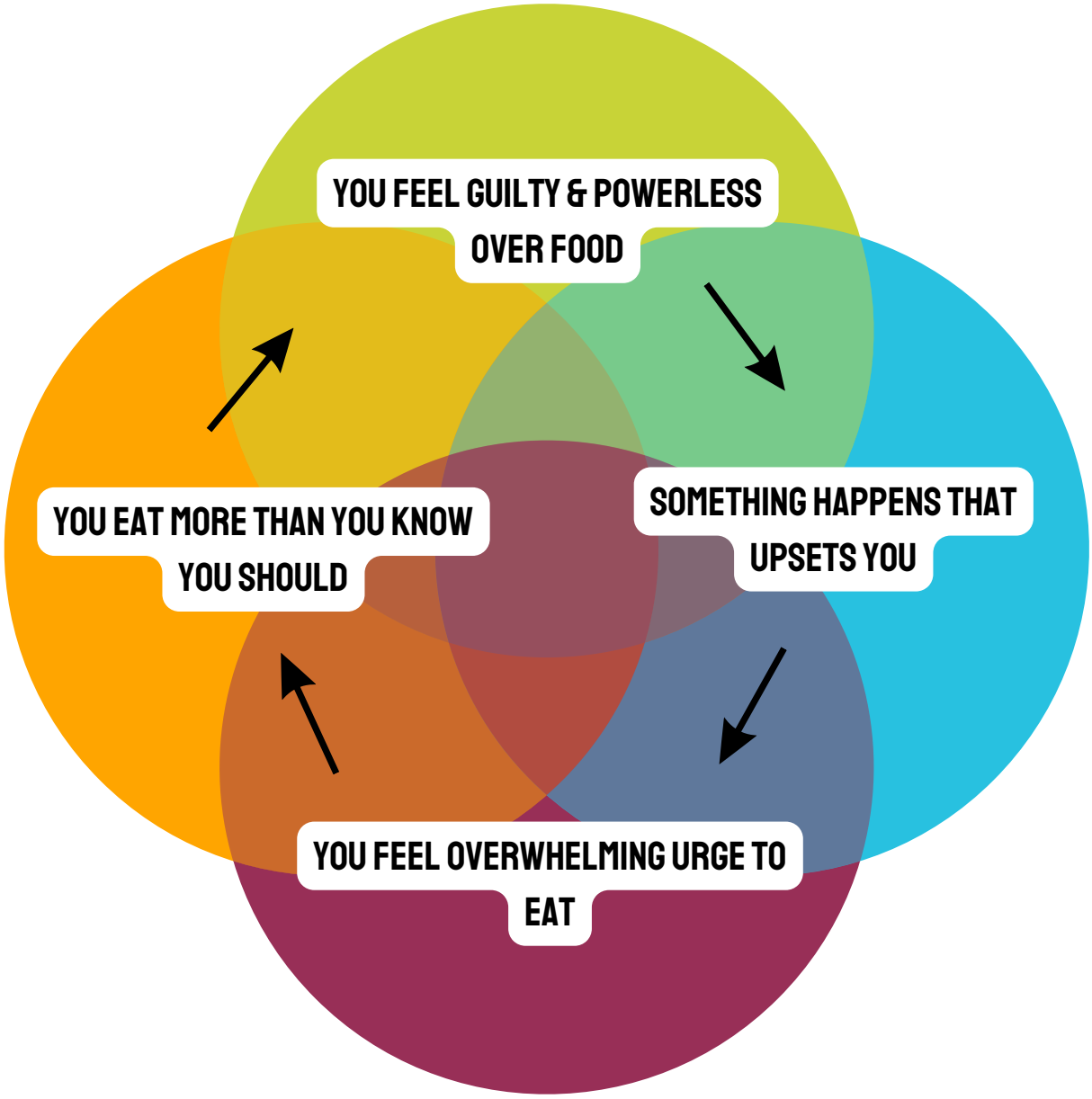
- Food is emotional and connects us. It brings us happiness, it's a way of sharing love
- It's okay to have emotional eating from time to time.
- But it can be a problem: if it's the ONLY coping mechanism and you feel shame and guilt, which causes further emotional eating
- Eat healthy 90% of the time, & its ok to indulge in a small craving from time to time. If you restrict, you will end up binging on the foods restricted. It's better to allow & control them into the diet in small quantities.

EMOTIONAL EATING STRATEGIES

When food is the only coping mechanism

- If we regularly avoid our feelings by eating until we are stuffed, to numb our feelings, that's a sign that there's a bigger issue at play
- We feel out of control and not able to stop
- It could be binge eating disorder, reach out to a therapist , a binge eating disorder dietitian, and the National Eating Disorder Association provider database.

THE EMOTIONAL EATING CYCLE



DECREASE INTAKE OF SUGAR

- Sugar is addicting.
- When we eat sweets, we activate the brains reward system: the mesolimbic dopamine system
- Dopamine is a brain chemical released by neurons in the brain's reward system, it indicates pleasure
- Eating sugar gives us dopamine "hits". The more we eat, the more we want it, it amplifies cravings
- We need more sugar to feel the same reward each time, to get the same "high"
- Limit to 25 g of added sugar a day, eat more balanced diet, more protein, better complex carbohydrates in small quantities

Bright line eating

SUGAR AFTER BARIATRIC SURGERY

Sugar management after bariatric surgery is a crucial part of your ongoing journey to better health. While sugar may have been a comforting indulgence in the past, your surgery has reshaped your relationship with it. Excessive sugar consumption can lead to unpleasant side effects like dumping syndrome, which can cause nausea, sweating, and discomfort.

(These side effects depends on person to person)

- By making mindful choices and reducing sugar intake, you can protect your well-being and ensure that your surgery's benefits continue.
- Focus on healthier alternatives, like natural sweeteners and whole fruits, and remember that a balanced diet is key to your long-term success.
- Embrace the positive changes, and your body will thank you with improved health and vitality.

UNDERSTANDING HUNGER VS. CRAVINGS

STOMACH HUNGER	BRAIN HUNGER
You show physical signs of hunger, hunger pains or stomach growls 	You don't show physiological signs of hunger, your brain tells you are hungry 
Any food works for you, you don't crave for something in particular	You have a very specific craving
You drank water and still hungry after 10 mins 	You drank water and no longer feel hungry 
Your hunger built over time and won't go away	Your hunger popped out of nowhere and goes away in a bit

HUNGER

- Gradually arise
- Physiological response to a need- you can feel your body changing as you get hungry
- involves replenishment and (fullness) followed by satisfaction

CRAVING

- Come suddenly
- Mental/emotional response to a situation
- Involves immediate satisfaction followed by guilt, “I need this, and I need it now!”

EMOTIONAL EATING STRATEGIES

Feeling the emotions

- We learn from our feelings when we address them.
- Pause to feel that emotion, acknowledge it, try a coping strategy
- Let the emotion pass over you, like a storm
- Get help from a professional to learn how to let the storm pass. When we drive through it, we get out faster.

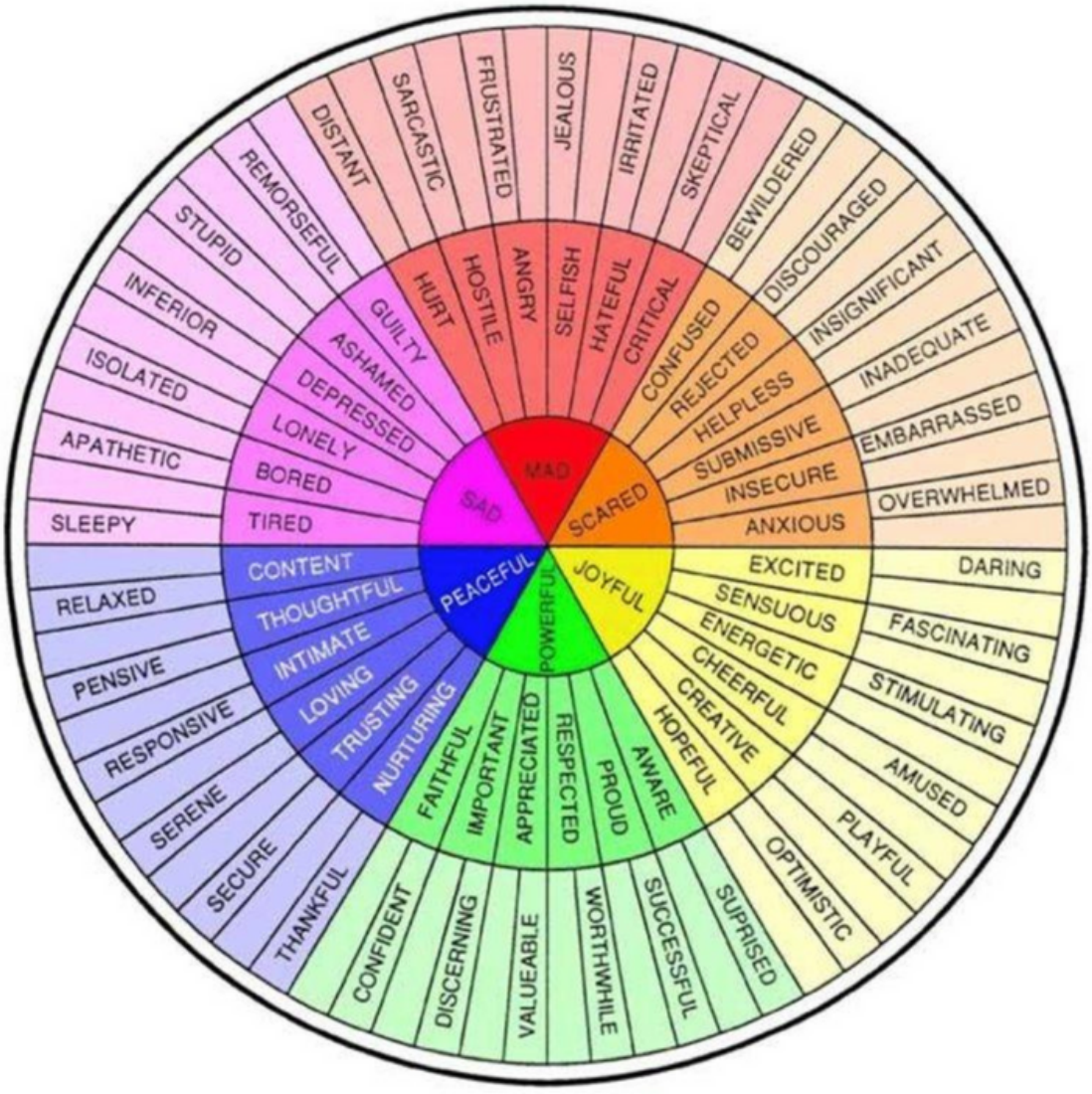
EMOTIONAL EATING STRATEGIES

Be mindful to prevent emotional eating

- Prior to eating, ask yourself “Am I really hungry or am I just craving this?” Is my stomach growling?
- Eat slowly and without distraction to know you are full. Chew your food until mush.
- Take the time to enjoy your food, sit at the table, and use all 5 senses to eat.
- Eat until you are no longer hungry, rather than stopping only when we are too full.

IDENTIFY YOUR EMOTIONS – GET TO THE ROOT OF THE PROBLEM

- To feel more in tune with our emotions, start by identifying the emotion.
- It helps understand what is going on in our life and what needs are not being met. Am I unhappy at work, relationship, finances? Have I given myself self-care?
- Journal about it: what caused it, what is the emotion I'm feeling, how can I cope with it? Is this hunger or a craving? What is getting in the way of reaching my goals?
- See a pattern – what situations do I see repeat?



PREP AND PLAN MEALS/SNACKS WITH PROTEIN!

- Can help you make better and healthier choices, when you have foods ready to eat.
- If you don't have a plan, and no healthy food available, when you are hungry or upset, you may go reaching for that high sugary food
- Out of Sight, Out of mind – to the junk food: make it where you would have to drive to get it

DON'T DEPRIVE YOURSELF AND COMPLETELY CUT IT OUT

- Bariatric patients at times, try to avoid certain foods that are perceived as unhealthy.
- Sometimes when we emotionally eat and have triggers, we are overindulging in those same foods we have avoided.
- Try to eat healthy 90% of the time, the other 10% can be small 100 calorie dessert amounts of the more pleasurable foods. And that's OK!

STEPS TO HELP: INTERVENTIONS

It's important to learn regulation skills and destress tolerance strategies. These include mindfulness, coping strategies, acceptance and therapy.

- Feeling alone? – reach out to a loved one or supportive person; join a community group to make new friends
- Feeling upset/anxious/stressed?– try exercising, deep breathing, meditation or listening to calming music, playing with an animal
- Helping Others: Volunteer to help others, feel better helping others who are in need

EMOTIONAL EATING COPING STRATEGIES

- joy/celebration – choosing a non-food way to celebrate such as tickets to see a movie/concert, get nails done, or a self-care night at home
- Self-Care (nurturing)– try having a hot bath, aromatherapy, candles in the bathroom, talking to a supportive person, watching a feel-good movie or listening to music, doing a face mask, hair, hands care

COPING STRATEGIES CONT.

- Connecting with Self: reading a good book, writing a journal about your feelings, where you are and where you want to go, what's in the way?
- Music: play an instrument, sing a song, put on music to fit your mood or change it, watch a musician's documentary
- Hobbies: figure our what you really are passionate about

COPING STRATEGIES CONT.

- The Arts: draw, paint, color an adult coloring book, paint by numbers, diamond painting, zen-tangle, COOK – try healthy recipes and start making them yours with your own inventions
- Organizing Time/Space: Organize a closet, drawer, start to work on a task little by little.
- Gardening – great way to see change, and see things bloom!

STRESS RELIEF: CRAFTS

Another way to relieve stress is to do something you enjoy: try a craft: sew or knit, crochet, scrapbook, woodworking, card making, cross stitch, paint by number, beading

STRATEGIES TO COPE WITH ANXIETY

1. Deep Diaphragmatic Breathing – helps
    a. To try it out, place one hand on your chest and the other on your stomach as you slowly breathe in and out through your nose.
    b. Your hand on your chest should barely move. Your hand on your belly is what should move. Dr. Mona Potter, M.D., Medical Director at the McLean Anxiety Mastery Program

2. Paced Breathing: breathe in for 3 seconds, hold your breath for 1, and exhale for about six seconds so that your exhale is longer than your inhale. Try 5-10 x.

Starts to initiate the parasympathetic system that calms and relaxes after stressful events

STRATEGIES TO COPE WITH ANXIETY

- Get moving! Physical activity decreases anxiety by 50% Svensson, et al.
- Do a physical chore: clean your shower or scrub your floors.
- Go outside : change of scenery does wonders for your brain! Reduces stress, improves mood, and lowers blood pressure.
- Muscle relaxation exercises- tensing and relaxing: try with toes, then calves, thighs, move up, fists

GET SOME REST & GET SUPPORT

- Aim for 7-9 hours at night of sleep
- Lack of sleep negatively affects our stress and appetite-regulating hormones, then we end up having **cravings for high-fat and high-sugar foods**.
- Well-rested brain is better able to deliberately respond to emotional triggers
- Stop blue screens 2 hours before bed, read for 20-30 min before bed. Meditate and review your day, jot down the things you would like to complete tomorrow

- It's as equally important to have a network of family, friend, professional help, as it is to have your own motivation and effort.
- People who have strong social support systems are less stressed than those without these social supports, according to MedicineNet.
- Get support from a mental health provider and registered dietitian

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