

TWH Bariatric Surgery Program Nutrition Homework

STEP 1: Read the TWH Bariatric Nutrition Manual

STEP 2: Complete your bariatric scorecard and create 3 nutrition goals

STEP 3: Work on dietary changes at home (use your '3 Goals' as a guide)

STEP 4: Keep 14-day food records demonstrating dietary changes

STEP 5: Email the scorecard, 3 goals, and 14-day food records to your Dietitian

STEP 6: Attend your Bariatric Nutrition Assessment Appointment (via MS Teams)

Suggested Apps for Food Tracking:



If you have any questions or concerns, please email:

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BARIATRIC SCORECARD

Over the last two weeks, how often have you done the following:

	Not At All	Some Days	Most Days	Every Day
1. Eat 3 meals a day	0	1	2	3
2. Eat 1 to 3 snacks a day	0	1	2	3
3. Eat vegetables and fruit	0	1	2	3
4. Use portion control (e.g.: weigh or measure food, use plate model)	0	1	2	3
5. Keep a food journal (e.g. tracking app, or diary)	0	1	2	3
6. Cook food at home	0	1	2	3
7. Pack food for when eating away from home (e.g.: work or school)	0	1	2	3
8. Plan meals ahead	0	1	2	3
9. Include a protein food at each meal	0	1	2	3

	Not At All	Some Days	Most Days	Every Day
10. Drink sugary or carbonated drinks (e.g.: pop, juice, chocolate milk)	3	2	1	0
11. Eat fast food	3	2	1	0
12. Eat high fat and/or high sugar snacks (e.g.: chips, chocolate, cookies)	3	2	1	0
13. Eat until I feel stuffed/uncomfortably full	3	2	1	0
14. Eat to cope with emotions (e.g.: stress, boredom, loneliness)	3	2	1	0

Did you score any 0's or 1's?

These are area's you can work on to improve your chance of successful weight loss long term.

Develop your 'Action Plan' and start making changes today!

My Action Plan

Name: _____

Using your Bariatric Scorecard, write down **THREE** goals to work on.
 This should be based on scorecard items you scored 0 to 1.

Example	
My goal	<i>Eat more vegetables and fruit.</i>
When will I start?	<i>Next Monday, after I go grocery shopping.</i>
What will make this difficult?	<i>Having the time to wash, cut and prepare vegetables or fruits at meal time.</i>
How will I make it easier?	<i>I will buy some pre-washed and cut, and/or frozen veggies/fruit for convenience.</i>
Goal 1	
My goal	
When will I start?	
What will make this difficult?	
How will I make it easier?	

Goal 2	
My goal	
When will I start?	
What will make this difficult?	
How will I make it easier?	
Goal 3	
My goal	
When will I start?	
What will make this difficult?	
How will I make it easier?	