

Getting started on the path to success...

# **Bariatric Nutrition Essentials**



**Today's  
slides will  
be sent to  
you!**



# Group Guidelines



This session is approximately 1 hour. Please make sure to attend the entire session



Please make sure you are in an environment where you can minimize distraction



Please ensure that you respect the privacy of fellow attendees and maintain confidentiality

# Group Guidelines

Please use the '**Raise Hand**' function in MS Teams to ask questions

You may also type your questions in the '**Chat**'

When called upon, please un-mute yourself and then lower your hand

Save personal questions for your 1:1 appointments with a clinician

Please **keep yourself muted** at all other times

# Group Guidelines

Please leave your camera on.

Appropriate attire is required (ie: dress as you would for an in person medical appointment)

If you have a friend/family member with you, please ensure they follow the same rules (ie: maintain confidentiality, wear proper attire, and stay muted)

# Agenda

1. Your bariatric journey
2. Healthy eating
3. Meal routine and planning
4. Portion sizes and food tracking
5. Getting ready for your nutrition appointment



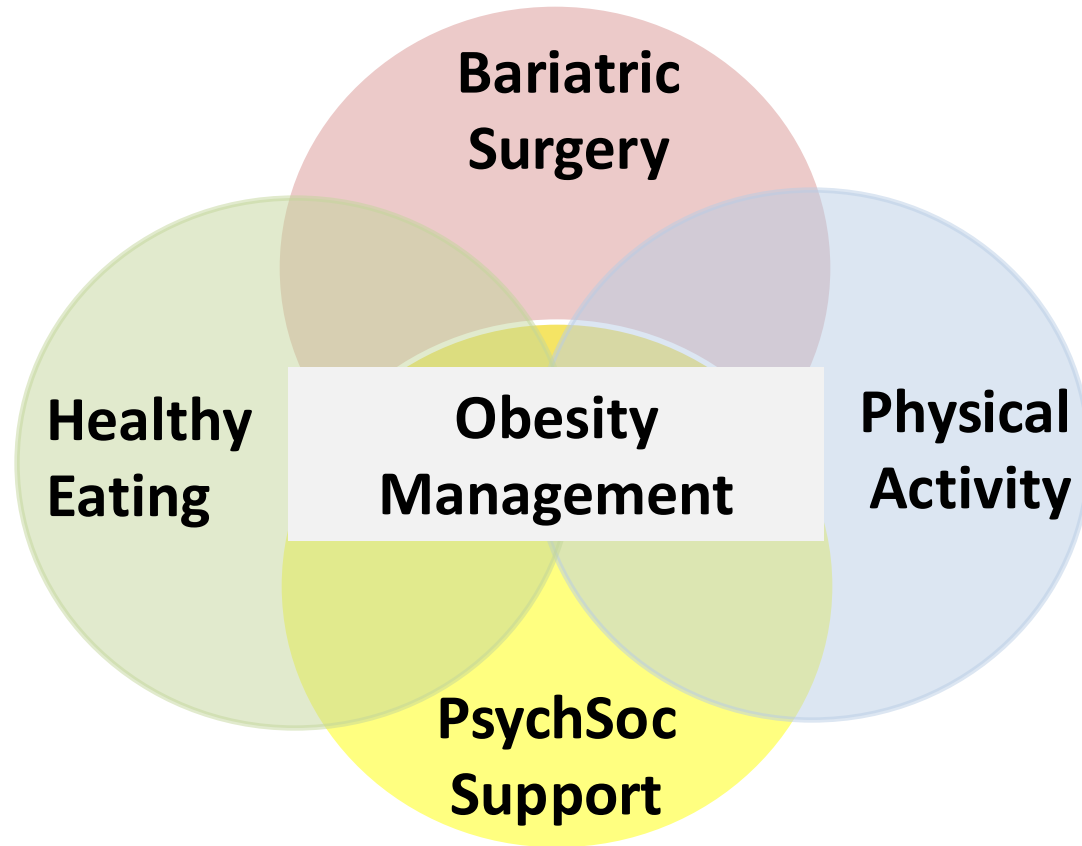


# Your Bariatric Surgery Journey



# Your Bariatric Surgery Journey

Bariatric Surgery is a tool that can help you improve your health and lose weight





# Bariatric Surgery Goals

- Improve health
  - Diabetes
  - Blood pressure
  - Cholesterol
  - Sleep Apnea
- Reduce pain, increase mobility
- Resume or adopt new activities
- More energy and feel better overall



# Your Best Weight

***‘Your best weight is whatever weight you can achieve while living the healthiest lifestyle that you can truly enjoy.’***

\*Freedhoff, Y. & Sharma, A. (2010). *Best Weight: A Practical Guide to Office-Based Obesity Management*. Obesity Canada

**At your best weight, you:**

- ✓ Are participating in the activities you enjoy
- ✓ Are able to enjoy a variety of foods in moderation
- ✓ Feel your healthiest

# Weight Loss Projections

- **Sleeve Gastrectomy**
  - Average Total Weight Loss 25%\*
- **Roux-En-Y Gastric Bypass**
  - Average Total Weight Loss 30%\*
- **Example:**
  - Highest adult weight 300 lbs
  - Projected weight loss 75 – 90 lbs
  - ❖ Some people lose more, some people lose less

**\*These projections may be influenced by prior weight loss attempts**

# Weight Regain

- Obesity is a chronic disease.
- Remission and weight recurrence are natural features of obesity
- Typically, 5-years after bariatric surgery, 80% of people maintain their weight loss (TWL >20%)
- Weight loss projections are not a guarantee and there is still risk of weight regain after surgery
- Modest weight regain 1% per year is to be expected over lifetime

# Risks of Weight Regain

- **Sugary and high calorie drinks**
  - Eg: coffee or tea with sugar, iced capps, juice, sports drinks, vitamin water, alcohol, etc
- **Eating 'slider foods'**
  - Eg: highly processed / packaged foods
- **Reliance on fast or convenient food**
  - Uber Eats, Microwave meals, etc
- **Irregular Meal pattern**
  - No set meal routine
  - Grazing/nibbling throughout the day
  - Skipping meals
- **Emotional eating**
  - Eating due to boredom, stress, sadness, etc
  - Ask your bariatric team for support
- **Lack of physical activity**
  - Minimum 30 min, 5 days per week

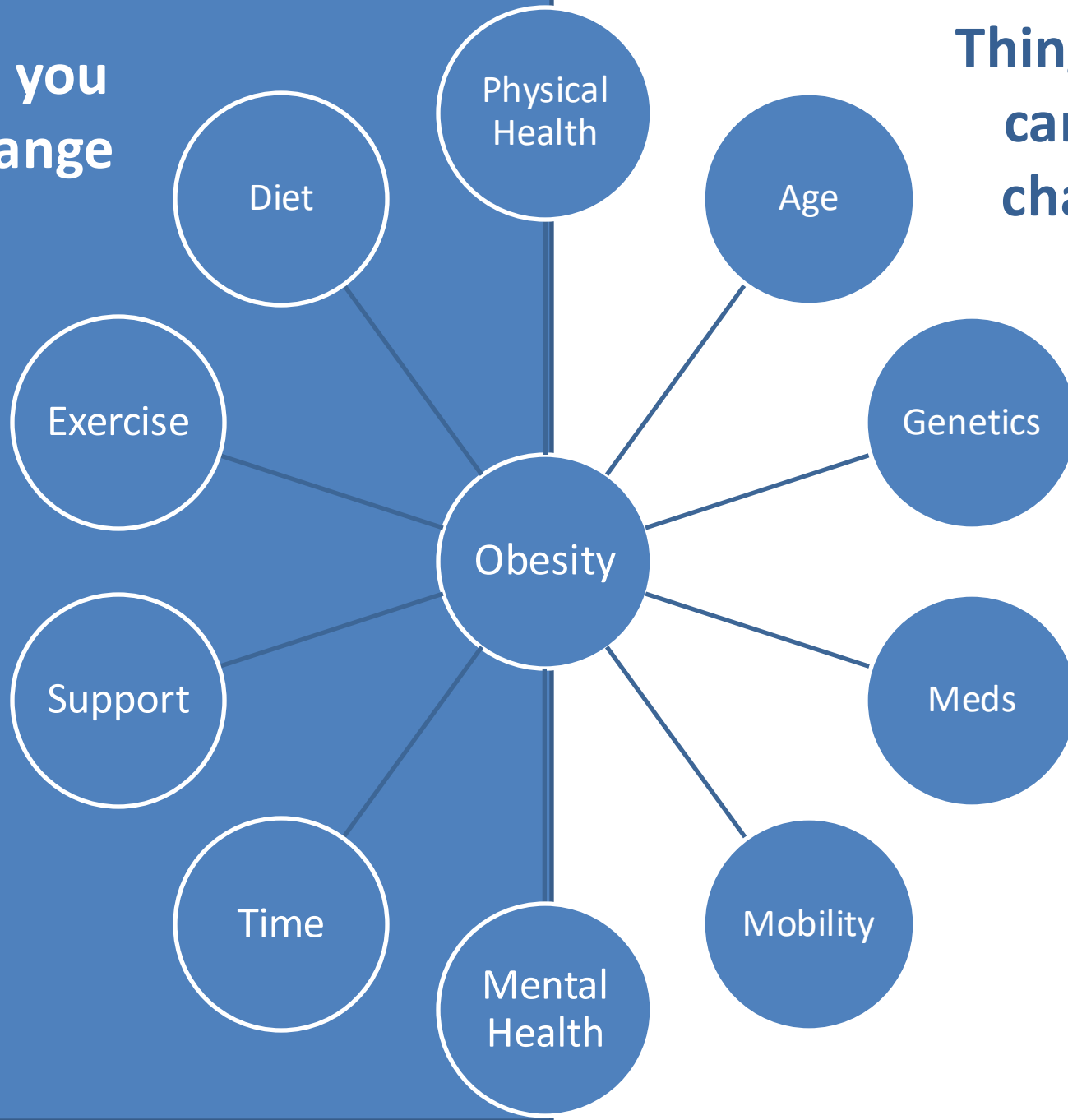
# Factors Affecting your Weight

- There are factors that affect your weight, some you can change and some you cannot.
- Today we are going to focus on the things you CAN change



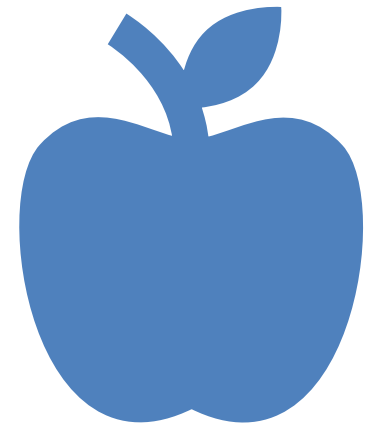
**Things you  
can change**

**Things you  
cannot  
change**





# Healthy Eating



# What is a healthy meal?



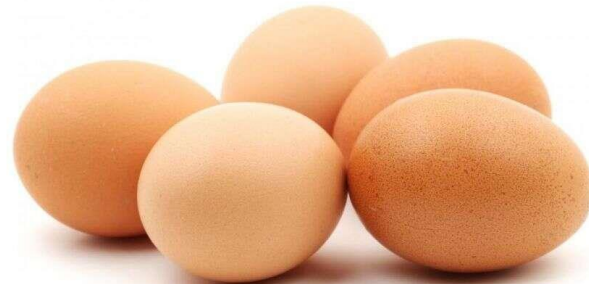
# Why is protein important?



- For healing from surgery
- Prevents muscle loss which affects weight loss
- Minimize hair loss
- Keeps you feeling full



# High Protein Foods



# High Protein Foods

## Dairy



Greek  
Yogurt



Cottage  
Cheese



Milk



Cheese



# High Protein Foods

## Vegetarian Sources



# High Protein Foods

## Beans and Legumes





# High Protein Foods

## Nuts and Seeds



# Other: Protein Supplements

- Flavour your coffee
- Eat as a snack
- When you are in a rush
- Running errands or attending appointments
- You just don't feel like eating

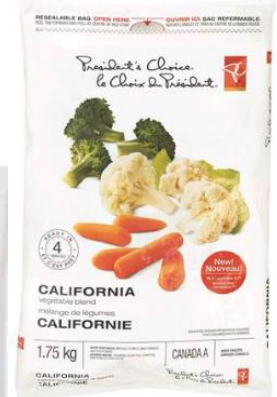


# Why are vegetables & fruit important?

- Low in calories
  - Keep you full and satisfied
  - Prevent constipation
- ❖ Important both now and after surgery.



# Vegetables and Fruit





# Why are whole grains and starches important?

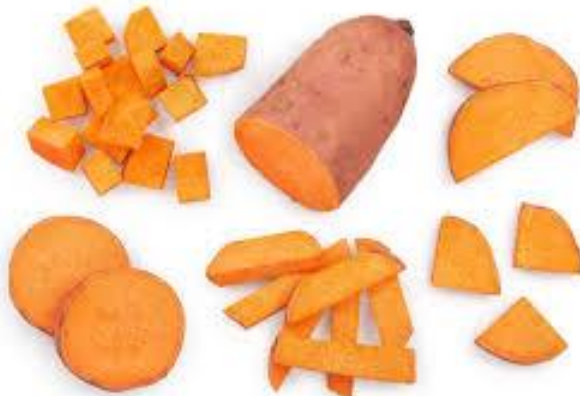


- The main source of energy for your daily activities
- Prevent constipation
- Help you feel full and satisfied

# Whole Grains



# Starchy Vegetables





# Balanced Plate

## Examples:

- Chicken and vegetable curry on brown rice
- Tuna sandwich on ww bread with a side baby carrots
- Beef and vegetable stew with dinner roll
- Whole wheat spaghetti with meat and vegetable sauce
- Spinach, tomato, cheese omelet with whole grain toast



# Why is avoiding sugary drinks important?

- Hidden calories
- Does not keep you full



# Why is avoiding carbonated drinks important?

- You will not be able to drink them after surgery because it will hurt and make you feel sick



# Liquid Calories



VS



Large Double Cream Double Sugar = 270 kcal

Chocolate Bar = 230 kcal

# What should I drink?

- Water
- Infused water
  - eg: lemon slice, frozen berries
- Other low calorie drinks



# Low Calorie Drinks

(Artificially Sweetened or Unsweetened)





# Meal Routine and Planning



# Why is meal routine & planning important?

- Prevents:
  - Excess hunger
  - Over-eating
  - Mindless snacking
  - Unhealthy food choices
  - Eating out
  - Low blood sugar
- Keeps you healthy while losing weight after surgery
- Saves time and money
- Reduces food waste





# What is your meal routine now?



Breakfast



Lunch



Dinner

If you go more than 4 hours without eating,  
add a snack between meals.

# How to cook at home?

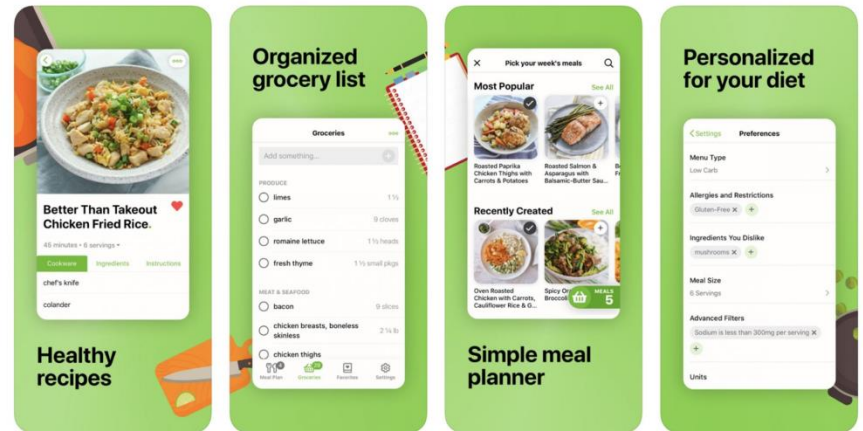
- Choose low fat cooking methods (eg: steam, bake, grill, roast, slowcooker, stew)
  - Avoid frying
- Choose herbs and spices
  - Avoid using high calorie dips, sauces
- Batch cooking
  - Freeze individual portions
  - Pack food for work, school, appointments, etc



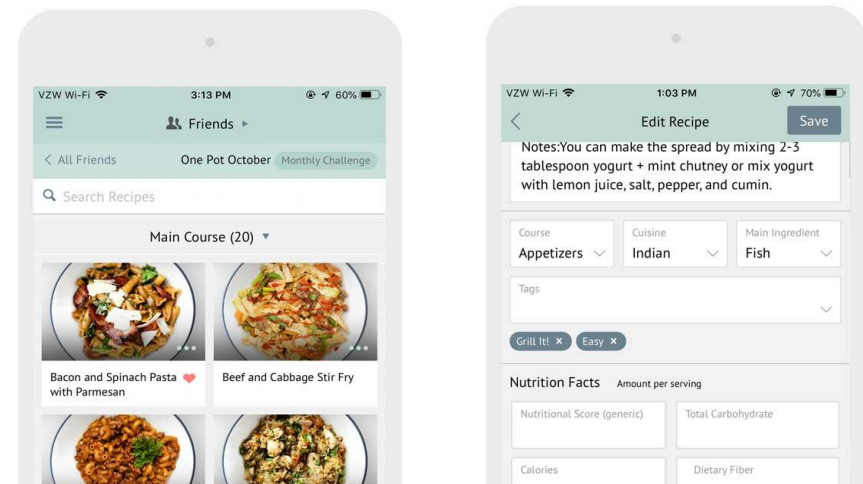
*"This is my advice to people, learn how to cook, try new recipes, learn from your mistakes and above all have fun."* Julia Child

# Helpful Resources

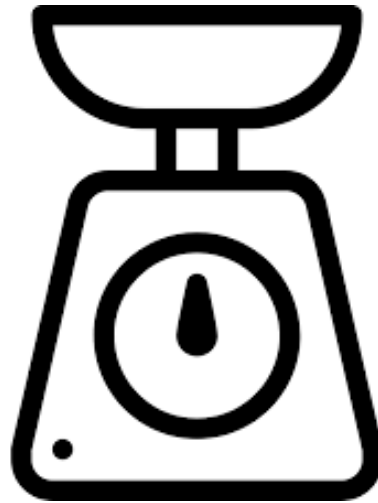
- **MEALIME** <https://www.mealime.com/>



- **PLAN TO EAT** [www.plantoeat.com](http://www.plantoeat.com)



## Portion Sizes and Food Tracking



# Why is portion control important?

- Helps meet nutrient requirements
- Minimizes nausea & vomiting after surgery
- Improves accuracy of food tracking



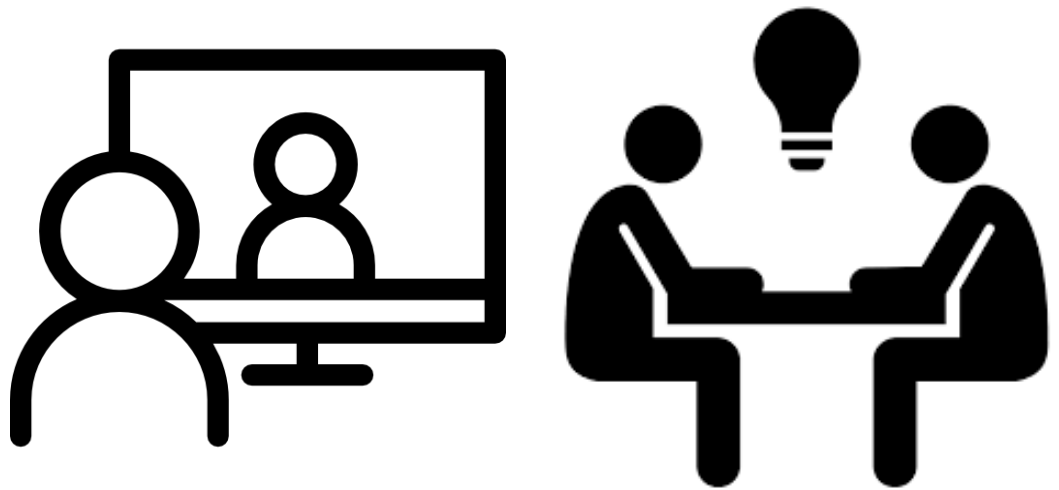


# How should I control my portions?

- Weigh using food scales
- Use measuring cups and spoons
- Use familiar size bowl / plate
- Use smaller dishes
- Use measured reusable containers to pack meals when on the go



**Getting Ready  
for Your  
Nutrition  
Appointment**



# Nutrition Homework

- ✓ Bariatric Scorecard
- ✓ Three (3) Nutrition Goals
- ✓ 14-days food records
- ✓ Read the Bariatric Nutrition Manual

## **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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# Nutrition Manual

## 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 (06/19)



## 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?	



## Bariatric Surgery Program

Nutrition Assessment – Food Records

Fax: 416-603-5142

(sticker)

	Name of food	What is in it	How much?
<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>			

**Please complete  
14 days of food  
records before  
your nutrition  
assessment and  
send to the  
Registered  
Dietitian you  
will be meeting  
with for your  
nutrition  
assessment  
appointment.**

## Sample food journal

	Name of food	What is in it	
Breakfast  Time: 9:00am	Fruit Smoothie	1/2 cup 1/2 cup 2 tablespoons  1 packet	skim milk frozen strawberries whey isolate protein powder Splenda® sweetener
Morning snack Time: ---	---	---	---
Lunch  Time: 12:30pm	Turkey Sandwich	1 slice  1 teaspoon 1 slice 3 slices	Dempsters® whole wheat bread mustard tomato Schneiders® deli Turkey
	Milk	1 cup	skim milk
Afternoon snack Time: ---	---	---	---
Dinner  Time: 6:00pm	Chicken	4 ounces  1 tbsp	boneless skinless chicken breast, pan fried  olive oil
	Rice	1/2 cup	steamed brown rice
	Vegetables	1 cup	steamed broccoli

# Food Tracking Apps



 BARITASTIC



# My Fitness Pal

## Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Pc President's Choice - 2% Greek Yogurt Plain, 250 g	171	7	6	23	100	6	
Generic - Hemp Hearts, 2 tbsp	120	2	9	7	2	0	
Coffee - With Half and Half, 1 tbsp	20	1	2	1	8	0	
<b>Quick Tools</b>	<b>311</b>	<b>10</b>	<b>17</b>	<b>31</b>	<b>110</b>	<b>6</b>	

## Lunch

Diet Coke - Coke, 12 ounces	0	0	0	0	40	0	
Egg Salad Sandwich - Egg Salad, 1 sandwich	280	19	0	13	220	2	
Fresh Veggies - Raw Fresh Veggies, 0.5 cup	13	3	0	1	0	0	
Dole - Red Seedless Grapes, 8 grapes	18	6	0	0	1	4	
Melons, honeydew, raw, 0.5 cup, diced (approx 20 pieces per cup)	31	8	0	0	15	7	
<b>Quick Tools</b>	<b>342</b>	<b>36</b>	<b>0</b>	<b>14</b>	<b>276</b>	<b>13</b>	

# To be eligible for surgery...

## 1. Have a good understanding

- ✓ Review Bariatric Nutrition Manual

## 2. Submit homework via e-mail or your 'My UHN Portal'

- ✓ Bariatric Scorecard
- ✓ Action plan outlining three (3) Nutrition Goals
- ✓ 14-days detailed food records

*If you do not complete the above requirements,  
your appointment will be marked as a "no show" and rescheduled.*

## 3. Demonstrate progress toward dietary changes

- ✓ Food records must show you are engaged

*Further follow-up may be required.*

# No-Show Policy

- **Arriving unprepared**

- If you do not submit your nutrition homework, it will count as a **'no show'** due to lack of preparedness and rebooked.

- **Lateness**

- If you connect more than 15 minutes late to your session, it will count as a **'no show'** and rebooked.

- **If you 'no show' to 3 appointments or tests arranged by the clinic without giving 48-hours' notice you will be discharged from the program**

Be sure to call the Bariatric Clinic 48-hours in advance to cancel your appointment, if you are unable to attend.

Questions?



# Dietitian Contact Info

Bariatric Call Centre: **416 603-5800 ext. 6145**

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