Nutrition Essentials
Getting started on the path to success...
1. Your weight loss journey
2. Healthy eating
3. Meal routine and planning
4. Portion sizes and food tracking
5. Bariatric Scorecard and goal setting
6. Getting ready for your nutrition appointment
Your Weight Loss Journey
Your Weight Loss Journey

Bariatric Surgery is a tool that can help you manage your weight

Healthy Diet

Weight Management

Bariatric Surgery

Physical Activity
Your Best Weight

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


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:
  – Referral weight 300 lbs
  – Projected weight loss 75 – 90 lbs
  ❖ Some people lose more, some people lose less
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
Obesity

Things you can change

- Diet
- Exercise
- Support
- Time
- Mental Health

Physical Health

Things you cannot change

- Age
- Genetics
- Meds
- Mobility
Healthy Eating
What is a healthy meal?

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods
Why is protein important?

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

*see page 17
Protein Foods
Protein Foods
Dairy

Yogurt

Skyr

Milk

Cheese
Protein Foods
Vegetarian Sources
Protein Foods
Beans and Legumes
Protein Foods
Nuts and Seeds
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

*see page 18
Sources of Whole Grains and Starches
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

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 important?

• Prevents:
  – Excess hunger
  – Over-eating
  – Mindless snacking
  – Unhealthy food choices
  – Low blood sugar

• Keeps you healthy while losing weight after surgery
What is your meal routine now?

If you go more than 4 hours without eating, add snacks between meals.
Why is Meal Planning Important?

• Prevents impulsive eating
• Ensures adequate nutrient intake
• Saves time
• Helps you save money
• Reduces food waste
• Minimizes eating out / ordering in

“I see meal planning, grocery shopping and cooking as acts of self-care”
How to plan your weekly menu?

- Plan 5-7 meals
- Keep your recipes organized so they are easy to find and use
- Keep your meal plan and grocery list handy
- Think about your schedule:
  - Plan a slow cooker meal or simple meal for a busy evening
Why is cooking at home important?

• Avoid excess calories from added fat and sugar
• Avoid processed foods
• Know what is in your food
• Control your own portions
• Less temptation
• Save money
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
Portion Sizes and Food Tracking
Why is portion control important?

• Helps control your calorie intake
• Prevents over eating
• 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
Why is food tracking important?

A food journal helps you see what you are actually eating versus what you think you’re eating.
Why is food tracking important?

• To learn more about your eating habits
• Be accountable
• Raise calorie awareness
• See if you are meeting goals
  • eg: Protein 60-80g, Fibre >25g
• Identify problems
• Help you set new goals
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.

<table>
<thead>
<tr>
<th>Name of food</th>
<th>What is in it</th>
<th>How much?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morning snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afternoon snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening snack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did I take all my supplements?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Multivitamin-mineral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Calcium with vitamin D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Vitamin B12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Other: __________________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How did I feel today?
Is this a good food record?

Breakfast: Eggs and bacon and toast
Lunch: Salad with chicken
Snack: cheese and crackers
Dinner: Chinese food
Snack: chips
# Sample food journal

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

- myfitnesspal

- BARI-TASTIC
## Myfitnesspal

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

## Lunch

<table>
<thead>
<tr>
<th>Lunch</th>
<th>Calories</th>
<th>Carbs</th>
<th>Fat</th>
<th>Protein</th>
<th>Sodium</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet Coke - Coke, 12 ounces</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>0</td>
</tr>
<tr>
<td>Egg Salad Sandwich - Egg Salad, 1 sandwich</td>
<td>280</td>
<td>19</td>
<td>0</td>
<td>13</td>
<td>220</td>
<td>2</td>
</tr>
<tr>
<td>Fresh Veggies - Raw Fresh Veggies, 0.5 cup</td>
<td>13</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dole - Red Seedless Grapes, 8 grapes</td>
<td>18</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Melons, honeydew, raw, 0.5 cup, diced (approx 20 pieces per cup)</td>
<td>31</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>7</td>
</tr>
<tr>
<td><strong>Quick Tools</strong></td>
<td><strong>342</strong></td>
<td><strong>36</strong></td>
<td><strong>0</strong></td>
<td><strong>14</strong></td>
<td><strong>276</strong></td>
<td><strong>13</strong></td>
</tr>
</tbody>
</table>
Bariatric Scorecard and Goal Setting
Bariatric Scorecard

• Complete the Bariatric Scorecard to help determine what changes you can work on to set yourself up for success.
## Bariatric Scorecard

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

<table>
<thead>
<tr>
<th></th>
<th>Not At All</th>
<th>Some Days</th>
<th>Most Days</th>
<th>Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Eat 3 meals a day</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Eat 1 to 3 snacks a day</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Eat vegetables and fruit</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Use portion control (e.g.: weigh or measure food, use plate model)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Keep a food journal (e.g.: tracking app, or diary)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Cook food at home</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Pack food for when eating away from home (e.g.: work or school)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Plan meals ahead</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. Include a protein food at each meal</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. Drink sugary or carbonated drinks (e.g.: pop, juice, chocolate milk)</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>11. Eat fast food</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>12. Eat high fat and/or high sugar snacks (e.g.: chips, chocolate, cookies)</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>13. Eat until I feel stuffed/uncomfortably full</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>14. Eat to cope with emotions (e.g.: stress, boredom, loneliness)</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

---

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

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

Develop your ‘Action Plan’ and start making changes today!
Why is goal setting important for change?

• To demonstrate your readiness to make changes to your diet for life

• To start to improve your overall health now

• To improve your chance of successful weight loss long-term

• To qualify for surgery
How should I set a goal?

• Look at your Bariatric Scorecard

• Pick three things you scored 0 or 1 and use these as your GOALS

• Using one at a time, fill out the ACTION PLAN
BARIATRIC SCORECARD

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

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<td>3</td>
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<td>2</td>
<td>3</td>
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<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
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<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
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<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My goal</strong></td>
</tr>
<tr>
<td><strong>When will I start?</strong></td>
</tr>
<tr>
<td><strong>What will make this difficult?</strong></td>
</tr>
<tr>
<td><strong>How will I make it easier?</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My goal</strong></td>
</tr>
<tr>
<td><strong>When will I start?</strong></td>
</tr>
<tr>
<td><strong>What will make this difficult?</strong></td>
</tr>
<tr>
<td><strong>How will I make it easier?</strong></td>
</tr>
</tbody>
</table>
Getting Ready for Your Nutrition Appointment
TWH Bariatric Surgery Program
Nutrition Homework

STEP 1: Read the TWH Bariatric Nutrition Manual
https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Eating_for_Health_after_Gastric_Bypass_Surgery.pdf

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:

![myfitnesspal](image)

If you have any questions or concerns, please email:

Savannah Black, RD Savannah.Black2@uhn.ca
Keely Lo, RD Keely.Lo@uhn.ca
Ivy Lu, RD Ivy.Lu@uhn.ca
Stella Paterakis, RD Stella.Paterakis@uhn.ca
Laura Scott, RD LauraAnn.Scott@uhn.ca
Nutrition Manual

Eating For Health Before and After Bariatric Surgery

Information for patients having bariatric surgery

UHN Toronto Western Hospital

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)
Qualifying for Surgery

• You must submit the following via email or 'My UHN Portal' before your nutrition appointment:
  ✓ Bariatric Scorecard
  ✓ Three (3) Nutrition Goals
  ✓ 14-days Food records demonstrating dietary changes

• Read the Bariatric Nutrition Manual

• If you do not complete the above requirements, your appointment will be rescheduled.
Missed Appointments

• Reviewing your 14-day food records is a key part of your nutrition appointment. If you do not submit them, your appointment will be rescheduled.

• Please note that your dietitian appointment may be rebooked for a date 3-4 months later, due to the high volume of patients seen in our clinic. This will ultimately delay your time to surgery.

• If you do not submit your nutrition homework, it will also count as a 'missed appointment' due to lack of preparedness.

• As per program policy, 3 missed appointments without providing 48-hours advanced notice, will result in discharge from the bariatric program.

• **Come prepared to all of your appointments or call the Bariatric Clinic 48-hours in advance to cancel your appointment, if you are unable to attend.**
Class #2: ‘Nutrition & Surgery’

Once you are approved for surgery you will be provided with a link to the Nutrition & Surgery Class to watch at home.

This class will review:

– SlimTime / Medi Meal Instructions
– Post-surgery diet progression
– Protein supplements
– Vitamins and Minerals needed for life
– Eating techniques for after surgery
Questions?
Dietitian Contact Info

Bariatric Call Centre: 416 603-5800 ext. 6145

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