

This study has been explained to me and any questions I had have been answered.
I know that I may leave the study at any time. I agree to the use of my information as described in this form. I agree to take part in this study.

Print Study Participant's Name Signature Date

(You will be given a signed copy of this consent form)

- ☐ Participant provided informed verbal consent to participate in this study. Signature not required. Please see attached NTF. A copy of the written Informed Consent Form will be given to the Research Participant at the earliest opportunity, by mail or in person, according to the Research Participant's preference.

My signature means that I have explained the study to the participant named above. I have answered all questions.

Print Name of Person Obtaining Consent Signature Date

Was the participant assisted during the consent process? ☐ YES ☐ NO

If YES, please check the relevant box and complete the signature space below:

- ☐ The person signing below acted as an interpreter for the participant during the consent process and attests that the study as set out in this form was accurately interpreted and has had any questions answered.

Print Name of Translator Signature Date

Language

- ☐ The consent form was read to the participant. The person signing below attests that the study as set out in this form was accurately explained to, and has had any questions answered.

Print Name of Witness Signature Date


Relationship to Participant

Please print your name,
sign your name and write
the date here.

If you do not want your
information used for
research write DECLINED
here.

Leave the rest of the form
blank. We will complete it.

* If you consent, please proceed to
fill out the blue forms. You can leave
the Participant ID blank.



Bariatric Nutrition & Surgery Class

Toronto Western Hospital



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

myUHN

Agenda

- Medi Meal
- Eating After Surgery - Weeks 1 to 10
- Protein Supplements
- Vitamin-Mineral Supplements
- Managing Nutrition Complications
- Physical Activity
- Preparing for Surgery and Helpful Resources

Diet Progression

Medi Meal (pre-surgery)



Clear Fluids (days 1 & 2 in hospital)



Liquid Diet (weeks 1 & 2)



Pureed Diet (weeks 3 & 4)



Soft Diet (weeks 5 to 9)



Regular Diet (weeks 10+)

Medi Meal

- Medi Meal is a low-calorie meal replacement shake that you take before bariatric surgery.
- Medi Meal helps reduce the size of your liver and the fat tissue in and around it. This make the surgery safer and easier.
- It will also lead to some weight loss.
- **Do not eat while on Medi Meal**



Medi Meal

- Drink 4 packages of Medi Meal daily
- Chocolate & Vanilla
- Add calorie-free flavourings (ie: instant coffee, Mio, etc)
- Blend with ice
- Cup with lid and straw



Medi Meal

- Drink 6 - 8 cups water or calorie-free fluids daily
 - Black coffee or tea, green tea, herbal tea with artificial sweetener
 - Calorie-free drinks (ie: G-Zero, Nestea Zero, Vitamin Water Zero, etc)
 - Sugar-free flavours (ie: Crystal Light, Mio, sugar-free Kool Aid, etc),
- Sugar-free Jell-O
- Chicken, beef, or vegetable broth (less than 10 kcal per serv)



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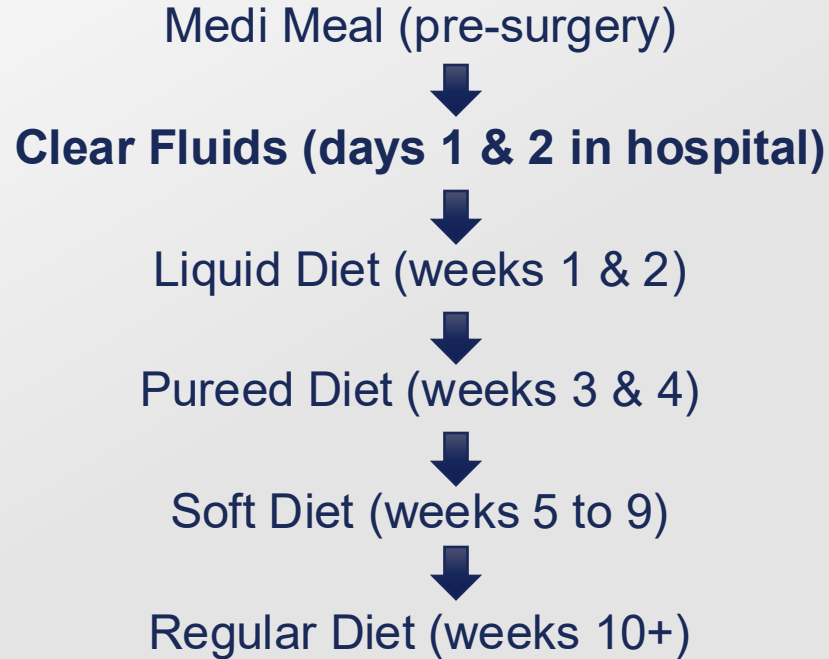
Medi Meal

- **Hunger** – Drink 4 packages daily at regular meal times
- **Headache** – Drink 6 to 8 cups of water or calorie-free fluids
- **Diarrhea** – Add 1 scoop fiber supplement to each shake
- **Constipation** - Drink warm water or herbal tea



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Diet Progression



Clear Fluids Days 1 & 2 (In-Hospital)

In hospital, for 1-2 days you will have clear fluids

- Water, clear broth, tea
- Sugar-free Jell-O
- Fruit juice diluted (equal parts juice and water)



Clear Fluids Days 1 & 2 (In-Hospital)

Day 1: 15mL every 15 minutes



Day 2: 30mL every 15 minutes



***No straws, no pop**

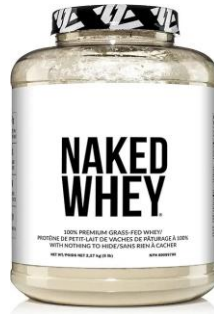
***Sip slowly and stop if feeling discomfort**

Diet Progression



Liquid Diet Weeks 1 & 2 (at home)

- Start when you arrive home
- Chewable / liquid / dissolvable vitamin-minerals
- Drink 2 protein shakes daily
- Add unflavoured protein powder
- Drink 2 - 4 cups of water daily



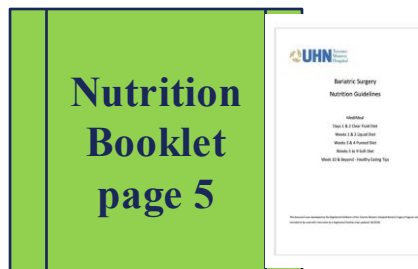
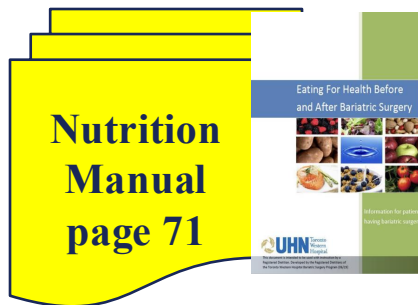
Liquid Diet Weeks 1 & 2 (at home)

- Foods that are okay to eat



Liquid Diet – List of Foods

Type of food	Foods you can eat	Foods you need to avoid
Fruit and vegetable	Tomato Juice Unsweetened apple sauce	All other
Grain and starch	Cream of wheat Oatmeal (less than 10 grams of sugar)	All other
Soup	All smooth texture soups e.g. butternut squash, tomato, potato All other soups strained to make smooth	All other
Beverages	Water Sugar-free clear fluids	All other
Desserts and sweets	No sugar added pudding No sugar added ice cream	All other
Protein sources	Protein powder Protein shakes Milk (skim or 1%) Lactose free milk Natural/Plain soy beverage Cottage cheese Yogurt with no sugar added	All other



Liquid Diet – Sample Menu

	Name of food	What is in it	
Breakfast	Oatmeal	1/4 cup	oatmeal
		1/4 cup	milk
		1 tablespoon	protein powder
	Yogurt	1 small container	low fat no sugar added yogurt
Morning snack	Protein shake	1 cup	protein shake
Lunch	Cream of mushroom soup	1/4 cup	strained cream of mushroom soup
		1 tablespoon	protein powder
	Applesauce	1/4 cup	applesauce
Afternoon snack	Protein shake	1/2 cup	protein shake
Dinner	Cottage cheese	1/4 cup	low fat cottage cheese
	Yogurt	1 small container	no sugar added yogurt
		1 tablespoon	protein powder
Evening snack	Protein shake	1/2 cup	protein shake

Diet Progression



Pureed Diet Weeks 3 & 4

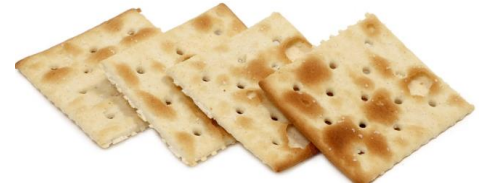
- Chewable / liquid / dissolvable vitamin minerals
- Drink 1-2 protein shakes daily
- Add unflavoured protein powder to food
- Food should be smooth texture of baby food
- Eat protein rich foods **first**
- Drink 4 - 6 cups of water daily



Pureed Diet Weeks 3 & 4

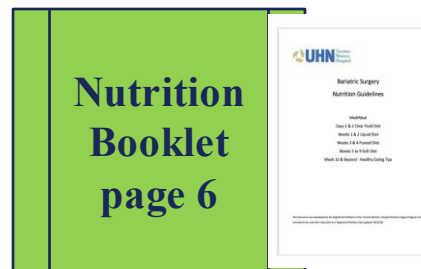
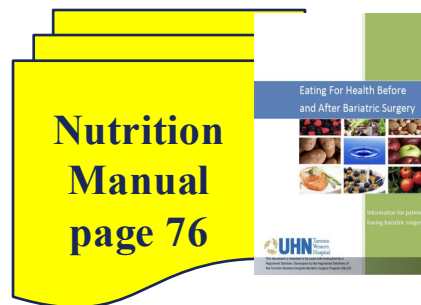
Additional foods that are okay to eat:

- Saltine crackers
- Melba toast
- Cereal softened in milk
- Soft poached eggs
- Soft white fish
- Hummus



Pureed Diet – List of Foods

Type of food	Foods you can eat	Foods you need to avoid
Fruit and vegetable	Tomato Juice Unsweetened apple sauce Cooked pureed vegetables Cooked or canned pureed fruit	Seeds and tough skins Dried fruit Raw fruits and vegetables
Grain and starch	Cream of wheat Oatmeal (less than 10 grams of sugar) Cold cereal (not sugar coated) soaked in milk until soft Soda crackers Melba toast	Bread Pasta Rice All other cereal
Soup	All soups, pureed	All other
Beverages	Sugar-free clear fluids Water Juice diluted in half with water Low fat meat or vegetable broth Decaf tea or coffee	Carbonated beverages Caffeinated beverages Full strength juice Alcohol
Desserts and sweets	No sugar added pudding No sugar added ice cream No sugar added Jell-O®	All other
Protein sources	Protein powder Protein shakes Milk (skim or 1%) Lactose free milk Natural/Plain soy beverage Cottage cheese Ricotta cheese Cream cheese No sugar added yogurt Fish (moist and mashed with a fork) Soft poached egg Hummus Pureed chicken, beef, pork	Peanut butter Nuts and seeds Eggs (unless poached) Hard cheeses 2% or homogenized milk Cream



Pureed Diet – Sample Menu

	Name of food	What is in it	
Breakfast	Cream of wheat	1/4 to 1/3 cup	cream of wheat
		2 to 4 tablespoons	milk
	Fruit	2 tablespoons	pureed fruit
Morning snack	Protein shake	1 cup	protein shake
Lunch	Egg	1	soft poached egg
	Melba toast	1 to 2 pieces	Melba toast
Afternoon snack	Yogurt	1 small container	no sugar added yogurt
Dinner	Meat or fish	2 to 4 tablespoons	pureed meat or mashed fish
		2 tablespoons	mashed potato
	Mashed potato	1 tablespoon	unflavoured pure protein powder
	Carrots	2 tablespoons	pureed carrots
Evening snack	Protein shake	1 cup	protein shake

Diet Progression



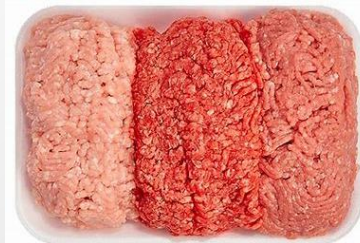
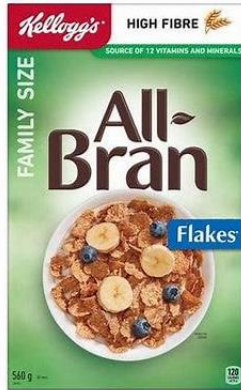
Soft Diet Weeks 5 to 9

- Switch to pill form vitamin supplements
- Drink 1 protein shake daily
- Food is moist, tender, and soft
 - Soup, Stew, Chili, Slow Cooker
- Drink 6 - 8 cups of water daily
- Practice your eating techniques



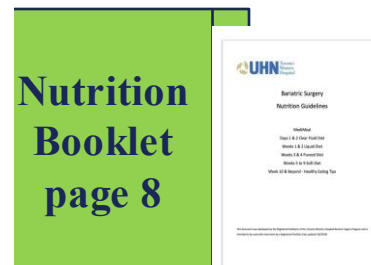
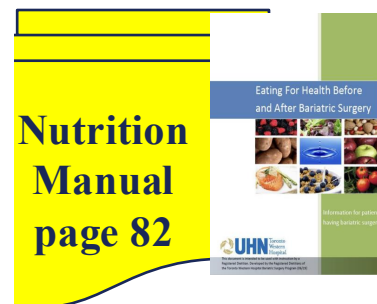
Soft Diet Weeks 5 to 9

- Other foods that are okay to eat



Soft Diet – List of Foods

- ✓ **Ground meat/poultry or diced meat/poultry cooked in a chili, stew, or curry**
- ✓ **Cheese** – all types in 30g or 1 inch cube portions
- ✓ **Legumes** - soft and cooked, in a sauce (e.g. beans, lentils, chick peas)
- ✓ **Eggs** - cooked with little or no fat (e.g. boiled eggs, scrambled eggs)
- ✓ **Well-cooked fruits and vegetables** (e.g. boiled broccoli, canned beans, canned fruit, potato or sweet potato)
- ✓ **Soft fruits** (e.g. mango, banana, peeled apple)
- ✓ **Pita bread, tortilla wraps**
- ✓ **Bread**- thin sliced, well toasted
- ✓ **Cereal**- high fibre, low sugar
- ✓ **All soups**
- ✓ **Peanut, almond or cashew butter** (limit to 1 tbsp serving)



Soft Diet – Sample Menu

	Name of food	What is in it	
Breakfast	Ricotta cheese	1/4 cup	ricotta cheese
	Peaches	1/4 cup	diced, no sugar added canned peaches
	Bran flakes	1 tablespoon sprinkle	bran flakes cinnamon
Morning snack	Protein shake	1/2 cup	protein shake
Lunch	Bean soup	1/2 cup	bean soup
	Cheese string	1	cheese string
	Melba toast	1 piece	Melba toast
Afternoon snack	Yogurt	1 small container	no sugar added yogurt
Dinner	Chicken	2 oz	stewed chicken
	Mashed potato	1/4 cup	mashed potato
	Vegetables	2 tablespoons	well cooked vegetables
Evening snack	Tuna pita	1/4 cup 2 teaspoons 1/4 small	tuna light mayo whole wheat pita
	Protein shake	1/2 cup	protein shake

Diet Progression



Regular Diet 10 Weeks & Beyond

- Take vitamins & minerals daily for life
- Drink 8 cups of water or calorie-free fluid daily
- Eat 3 meals + 2-3 snacks daily
- Eat high protein + high fibre foods

High Protein Food Examples:	High Fibre Food Examples:
<ul style="list-style-type: none">• Beef, chicken, pork, fish, seafood• Ground beef, ground turkey• Lentils, chickpeas, kidney Beans, edamame• Chili, split pea soup, lentil soup• Eggs, cheese, milk, soymilk	<ul style="list-style-type: none">• Fresh, frozen, canned vegetables• Fresh, frozen, canned fruit (packed in water)• Brown rice, quinoa, barley, bulgar, freekeh• Whole grain or whole wheat bread• Whole grain or whole wheat crackers

Regular Diet 10 Weeks & Beyond

Protein

3 – 4 oz
(100 - 120 g)



Grains or Starchy Veg













(1/4 - 1/3 cup)



Vegetables & Fruit

(1/2 - 1 cup)

Overview of Diet Progression

Diet Stage	Protein	Fruit/Vegetable	Grain/Starch
Liquid ↓			
Pureed ↓			
Soft ↓			
Regular			

Agenda

- Medi Meal
- Eating After Surgery - Weeks 1 to 10
- **Protein Supplements**
- Vitamin-Mineral Supplements
- Managing Nutrition Complications
- Physical Activity After Surgery
- Preparing for Surgery and Helpful Resources

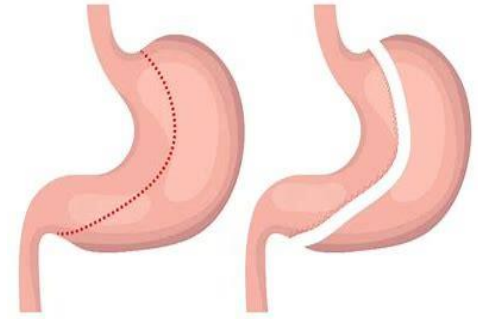
Importance of Protein

- Protects muscle mass
- Minimizing hair loss
- Healing
- Keeps you feeling full



Protein Supplements

- **What are protein supplements?**
 - Protein Shakes
 - Protein Powders
 - Protein Bars
- **Why use protein supplements?**
 - Difficult to get enough protein from food
 - Liquid and pureed diet restrictions
 - Food volume restriction
 - Small new stomach holds 1 to 1.5 cups
 - Food intolerances
 - Dryer tougher meats (ie: grilled chicken, pork, etc)



Protein Supplements

- Aim for minimum 60-80 g daily
- Add unflavoured protein powder to your food
- Drink 2 protein shakes daily for 1-2 months
- Reduce to 1 protein shake daily when you can eat more high protein foods



Protein Supplements

Protein Shakes (Pre-made)

Pre-made protein shakes are available in ready to drink containers.

Choose protein shakes with:

- 15-40 grams of protein
- Less than 5 grams of carbohydrate
(subtract fibre from total carbohydrate)

★ Always double check the Nutrition Information label as they may change over time.

Nutrition Information Information nutritionnelle	
per 1 shake (325 mL) pour 1 boisson fouettée (325 mL)	
Calories / Calories 160 (670 kJ)	
Fat / Lipides	3 g
Saturated / saturés	1 g
+Trans / trans	0 g
Polyunsaturated / polyinsaturés	0.2 g
Linoleic acid / acide linoléique	0.2 g
n-3 Linolenic acid / acide linoléique	0 g
Monounsaturated / monoinsaturés	1.5 g
Cholesterol / Cholestérol	20 mg
Sodium / Sodium	210 mg
Potassium / Potassium	450 mg
Carbohydrate / Glucides	5 g
Fibre / Fibres	3 g
Sugars / Sucres	1 g
Protein / Protéines	30 g



Protein Supplements

Protein Powders

Choose protein powders made from whey, soy, egg, or pea (e.g. Whey or Soy Isolate). You can choose flavoured or unflavored protein powders.

Each scoop (30-40 grams) should have:

- 20-35 grams of protein
- Less than 7 grams of carbohydrate

Nutrition Facts / Valeur nutritive	
Per 35 g [†] (~1 scoop) Pour 35 g [†] (~1 cuillère)	
Calories 130	% Daily Value* % Valeur quotidienne*
Fat / Lipides 2 g	3%
Saturated / saturés 1 g	5%
+ Trans / trans 0 g	0%
Carbohydrates / Glucides 4 g	1%
Sugars / Sucres 1.5 g	0%
Fiber / Fibres 0 g	0%
Protein / Protéine 24 g	48%
Cholesterol / Cholestérol 72 mg	24%
Sodium 32 mg	1%
Potassium 225 mg	5%
Calcium 75 mg	5%
Iron / Fer 0.75 mg	4%
*5% or less is a little, 15% or more is a lot. / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup.	



★ **Always double check your Nutrition Facts label as the nutritional content of a product can change.**



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Protein Supplements

Choose protein bars with:

Less than **250** calories

Less than **10** grams sugar

More than **14** grams protein

★ Always double check your Nutrition Facts table as the nutritional content of a product can change.

★ Note that excessive intake of products containing “sugar alcohols” may cause gas, bloating, and digestive upset.

Nutrition Facts Valeur nutritive

Per 1 bar (50 g)
pour 1 barre (50 g)

Calories	180	% Daily Value*
		% valeur quotidienne*
Fat / Lipides	4.5 g	6 %
Saturated / saturés	4 g	20 %
+ Trans / trans	0 g	
Carbohydrate / Glucides	17 g	
Fibre / Fibres	1 g	4 %
Sugars / Sucres	1 g	1 %
Sugar Alcohol / Polyalcools	9 g	
Protein / Protéines	20 g	
Cholesterol / Cholestérol	10 mg	
Sodium	160 mg	7 %
Potassium	125 mg	4 %
Calcium	125 mg	10 %
Iron / Fer	1.75 mg	10 %
* 5% or less is a little, 15% or more is a lot		
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup		



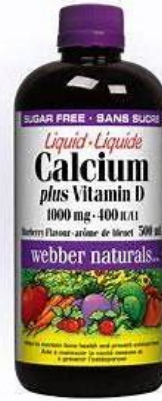
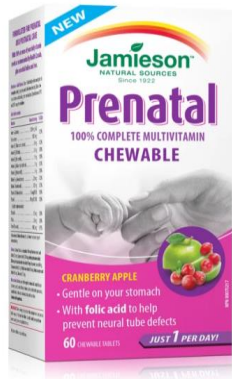
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Agenda

- Medi Meal
- Eating After Surgery - Weeks 1 to 10
- Protein Supplements
- **Vitamin-Mineral Supplements**
- Managing Nutrition Complications
- Physical Activity After Surgery
- Preparing for Surgery and Helpful Resources

Vitamin Mineral Supplements

- First 4 to 6 weeks → Chewable / Liquid / Dissolvable
- Then switch to pills → Take daily for life
- Do NOT take gummies. They are not complete.



Vitamin Mineral Schedule

Breakfast
8:00 am



2 Multivitamin-minerals

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Possible Nutrition Complications

Nausea and
vomiting

Dehydration

Food
intolerance

Lactose
intolerance

Diarrhea

Constipation

Hypoglycemia
(low blood
sugar)

Gas

Dumping
syndrome

Hair loss

Nausea and Vomiting

Common Causes

Eating too much



Measure your food (1 cup)

Eating too fast



Put your fork down between bites or
time your meals

Large bites of food



Take teaspoon size bites

Not chewing enough



Chew your food 20-30 times per bite

Nausea and Vomiting

Common Causes

Eating and drinking
at the same time



Swallowing air



Eating foods that
are too dry or tough



Dehydration



Prevention

Do not drink 30 minutes before
or after a meal

Avoid carbonated beverages

Use a slow cooker, ground
meats and other soft diet foods

Drink 6-8 cups of water daily

Dehydration

Drinking fluids may be difficult due to:

- Small size of your new stomach
- Need to separate food and fluids by 30 minutes
- Difficulty tolerating plain water

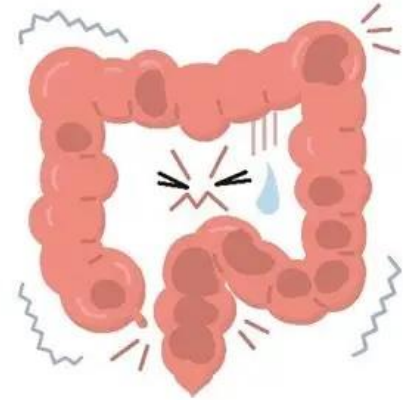


- Aim for 6 – 8 cups (1.5 to 2 L) daily
- Take small sips throughout the day
- Keep a water bottle with you



Constipation

- Stool is hard, dry, painful, and/or difficult to pass
- Why does this happen?
 - Not drinking enough fluids
 - Taking pain control medicine
 - Diet is low in fibre
 - Less active
- What can you do?
 - Follow the recommendations provided by the 9B nurses.



Prevent Constipation

As the diet progresses, increase high fibre foods.



Liquid Diet	<ul style="list-style-type: none">• Oatmeal, Cream of Wheat• Apple sauce• Some smooth soups (eg: squash soup)
Pureed Diet	<ul style="list-style-type: none">• Pureed cooked vegetables and fruit• Cereal soaked in milk, Melba Toast• Soups (pureed)• Hummus
Soft Diet	<ul style="list-style-type: none">• Cooked vegetables and soft fruit• Legumes (ie: lentils, kidney beans, chickpeas, etc)• Whole grain bread, pasta, crackers, cereals• Bean & Veggie Chili, Hearty Soups
Regular Diet	<p>❖Tip: Choose 1 high protein + 1 high fibre food at each meal and snack</p>

Dumping Syndrome

Signs and Symptoms

- Heart palpitations
- Stomach cramping and pain
- Explosive diarrhea
- Nausea or upset stomach
- Dizziness
- Cold sweats
- Flushing
- Sweating



Causes

- **High sugar foods**
 - Ice cream, chocolate, candies, etc
 - Jarred sauces
 - Sugar-coated cereal
- **High fat foods**
 - Fried foods
 - Baked goods
- **Eating and drinking together**

Hair Loss

Why does it happen?

- Hair loss is a common side effect of rapid weight loss
- Happens 4 months to 9 months after surgery
- Hair begins to grow back once weight stabilizes



What can you do?

- Eat at least 60g of protein a day
- Take the recommended vitamin-mineral supplements
- Complete your blood work (3-, 6-, 12-months post-surgery)

Alcohol

- Abstain from alcohol for at least 6 months after surgery.
- Alcohol can increase the risk of ulcers
- Alcohol is high in calories
- Alcohol is addictive



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Physical Activity After Surgery

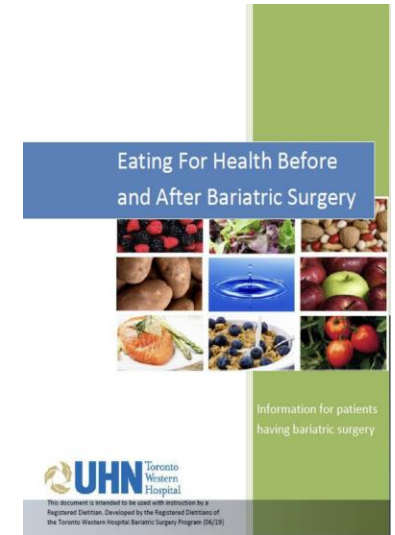
Month	Goal	Avoid
1	<ul style="list-style-type: none">• Walk 5 -10 min, 2-3 x per day• Increase (↑) as tolerated• <u>Light</u> household chores• Easy stairs	<ul style="list-style-type: none">• Pushing or lifting > 20lbs• Water exercises• Abdominal exercises• <u>Medium</u> to <u>Hard</u> activity
2 and beyond	<ul style="list-style-type: none">• Slowly ↑ intensity, frequency, and duration• Water exercises, if incisions are healed• Strength training, as tolerated	<ul style="list-style-type: none">• Avoid injury: Stay safe and prevent injury by increasing activity slowly and as tolerated

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Preparing for Bariatric Surgery

- Review the Nutrition Manual
- Buy protein shakes and unflavoured protein powder
- Buy chewable vitamin-mineral supplements
- Start to batch cook and freeze food
- Talk to your family and friends about how they can support you



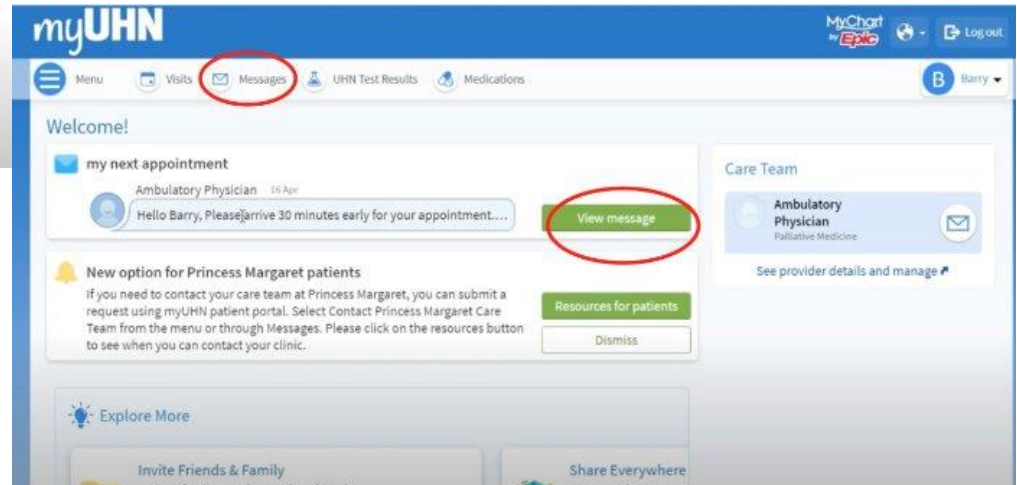
Preparing for Bariatric Surgery



For questions about using myUHN or setting up an account, contact **myUHN Support**:

Phone: 416 340 3777





Email: myuhn@uhn.ca



Preparing for Bariatric Surgery

Helpful Bariatric Nutrition Resources

Below are some helpful bariatric nutrition resources that have been verified by the Toronto Western Hospital Bariatric Nutrition Team including Instagram, Apps, Websites, Cookbooks, Online videos, and Cooking Classes.

Instagram	Websites	Apps	Books & Cookbooks
<p>The Bariatric Nutritionist @the.bariatric.nutritionist</p> <p>The Sleeved Dietitian @thesleeveddietitian</p> <p>The Guacward Dietitian @theguacwarddietitian</p> <p>Bariatric Chef Boy RD @bariatricchefboyrd</p> <p>Bariatric Meal Prep @bariatric.meal.prep</p> <p>My Bariatric Dietitian @mybariatricdietitian</p>	<p>Bariatric Foodie www.bariatricfoodie.com</p> <p>Bariatric Cookery www.bariatriccookery.com</p> <p>Cookspiration https://www.cookspiration.com/</p> <p>The World According to Eggface www.theworldaccordingtoeggface.com</p> <p>UnlockFood http://www.unlockfood.ca/en/Recipes.aspx</p>	<p> Baritastic (food diary)</p> <p> My Fitness Pal (food diary)</p> <p> Mealime (meal planner)</p> <p> Plan To Eat (meal planner)</p>	<p>The Complete Guide to Weight Loss Surgery <i>by Lisa Kaouk, RD & Monica Bashaw, RD</i></p> <p>Bariatric Meal Prep Made Easy <i>by Kristin Willard, RD</i></p> <p>The Complete Weight Loss Surgery Guide & Diet Program <i>by Sue Ekserci and Laz Klein</i></p> <p>Eating Well After Weight Loss Surgery <i>by Pat Levine and Michele Bontempo-Saray</i></p> <p>Recipes for Life after weight-Loss surgery <i>by Margaret Furtado and Lynette Schultz</i></p> <p>Fresh Start Bariatric Cookbook <i>by Sarah Kent</i></p>

Virtual Bariatric Support Group

- MS Teams
- 3rd Wednesday of every month
- Time: 6:00 – 7:00pm
- Topics sent monthly via myUHN
- Attendance is optional



Same Day Discharge Patients

If you have been told that you qualify for same-day discharge, that means that if you are feeling well enough after surgery, you will be able to go home the same day.

Day of Surgery Instructions:

- **Arrival Time:** 6:00 AM
- **Location:** Pre-operative Care Unit (POCU), 2nd Floor, Rm 116
- **Transportation:** You will need someone to drive you home at approximately 6:00–7:00 PM on the day of your surgery.

***If you have any concerns regarding your discharge plan, please let us know 416-603-5800 ext: 6145 (voicemail M-F, 8am to 5pm).**

Feedback Survey & Questions



Bariatric Nutrition & Surgery Class Survey

Please complete the following anonymous survey.

Q1. How helpful was today's class in preparing you for bariatric surgery?

Not Helpful	Slightly Helpful	Neutral	Very Helpful	Extremely Helpful
1	2	3	4	5

Q2. List the 3 things MOST helpful things you learned in today's class.

1. _____
2. _____
3. _____

Q2. List the 3 things LEAST helpful things you learned in today's class.

1. _____
2. _____
3. _____

Q4. How would you rate your overall experience with today's class?

Poor	Fair	Neutral	Good	Excellent
1	2	3	4	5

Q5. We welcome any other feedback or suggestions.

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