



# Nutrition Essentials

Getting started on the path to success...

# Agenda

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



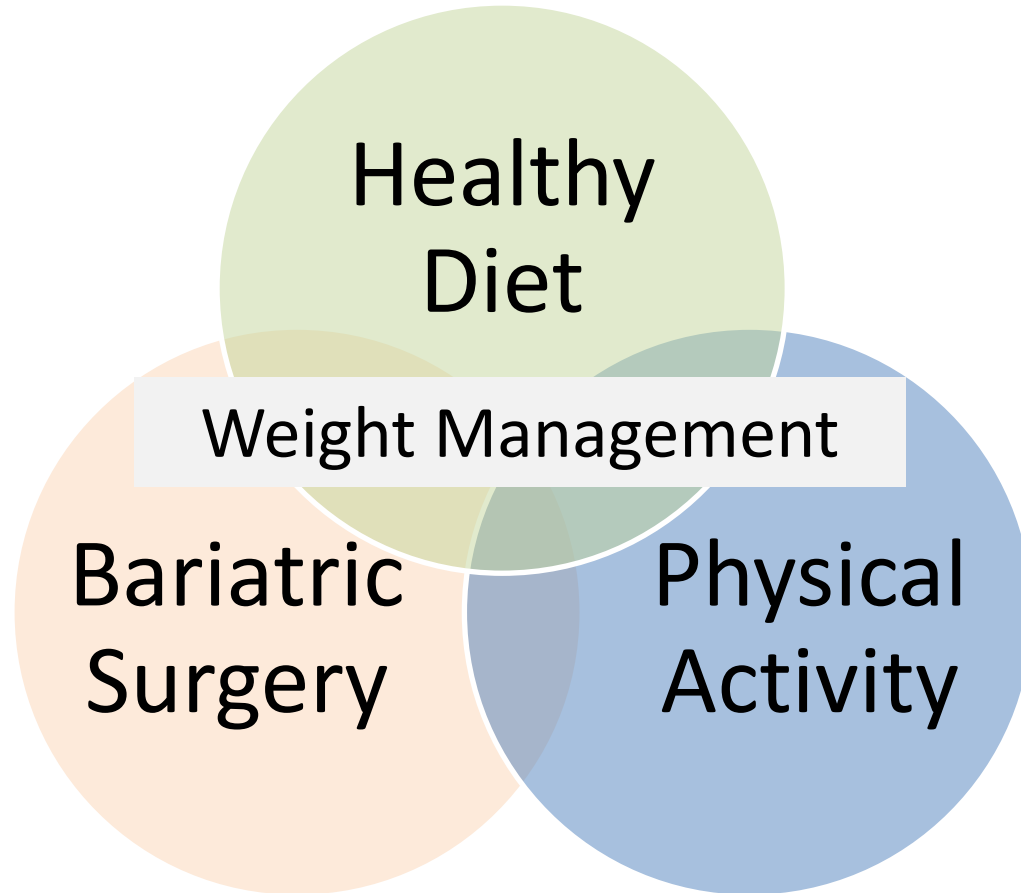


# Your Weight Loss Journey



# Your Weight Loss Journey

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



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



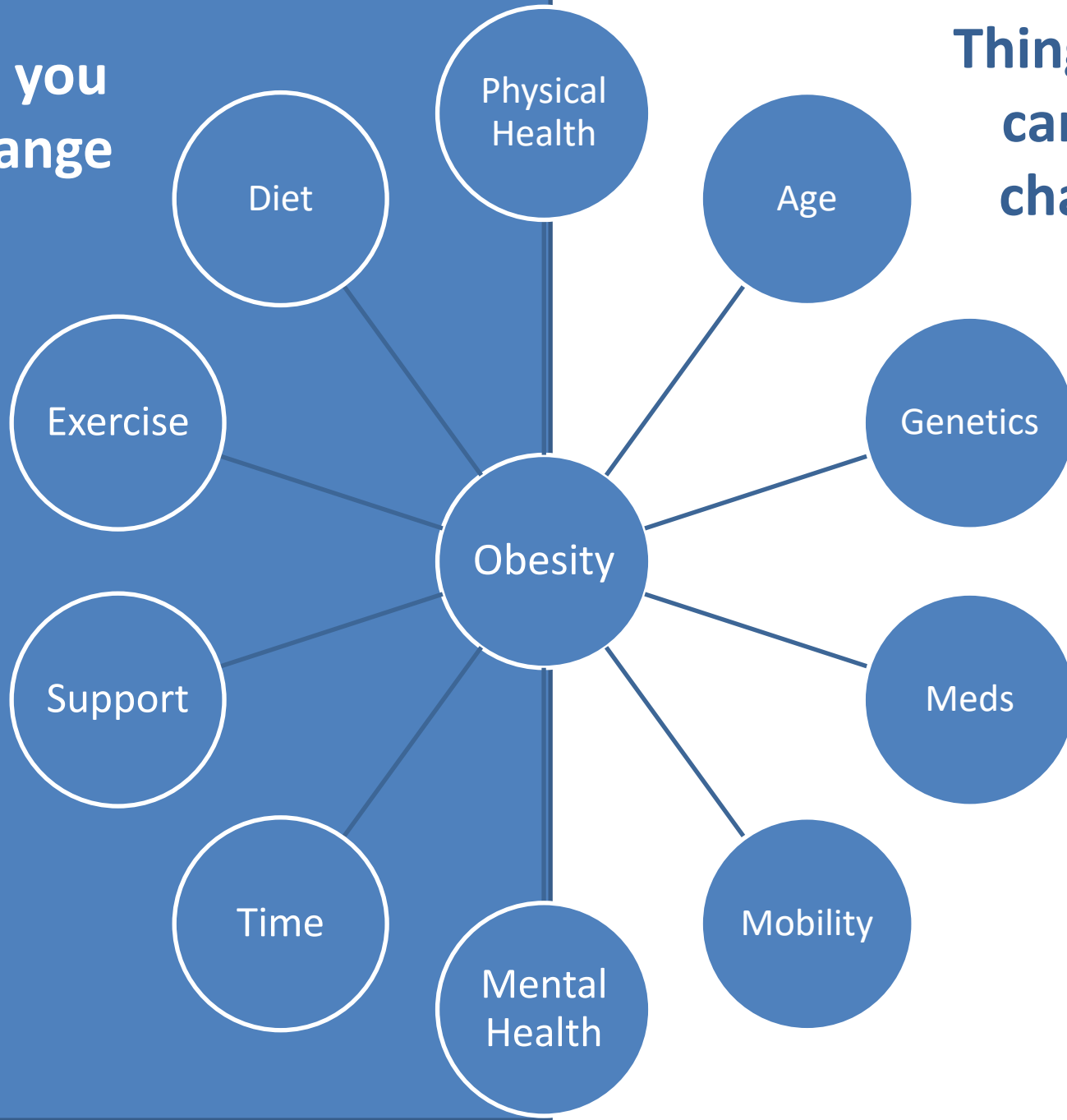
# Factors Affecting your Weight

- 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



**Things you  
can change**

**Things you  
cannot  
change**







# Healthy Eating



# What is a healthy meal?



# Why is protein important?

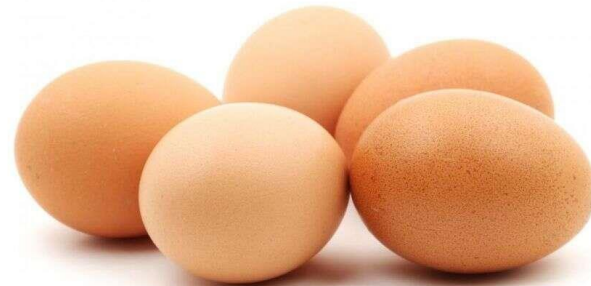


- For healing from surgery
- Prevents muscle loss which affects weight loss
- Minimize hair loss
- Keeps you feeling full

\*see page 17



# Protein Foods



# Protein Foods

## Dairy

Yogurt



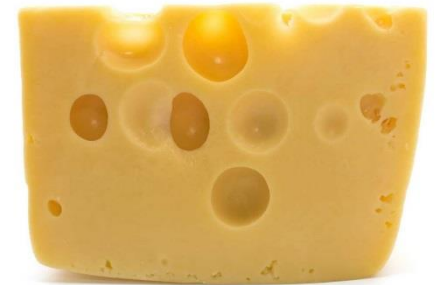
Skyr



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



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 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?



Breakfast



Lunch



Dinner

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?

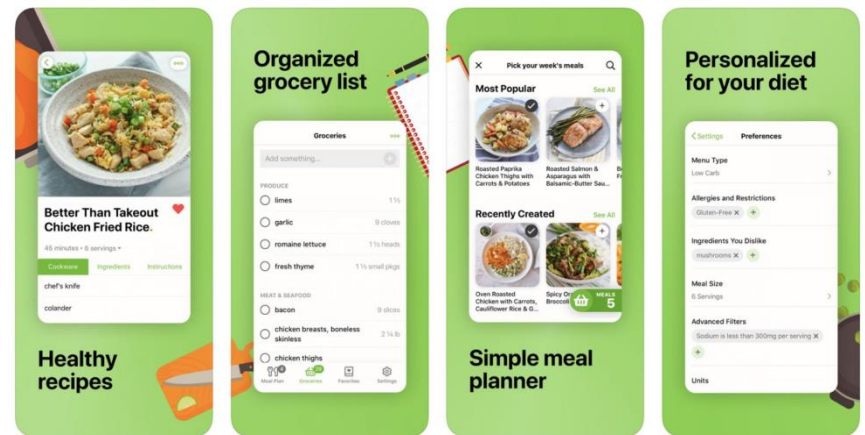
- Choose low fat cooking methods (eg: steam, bake, grill, roast, slowcooker, stew)
  - Avoid frying
- Choose herbs and spices
  - Avoid using high calorie dips, sauces
- Batch cooking
  - Freeze individual portions
  - Pack food for work, school, appointments, etc



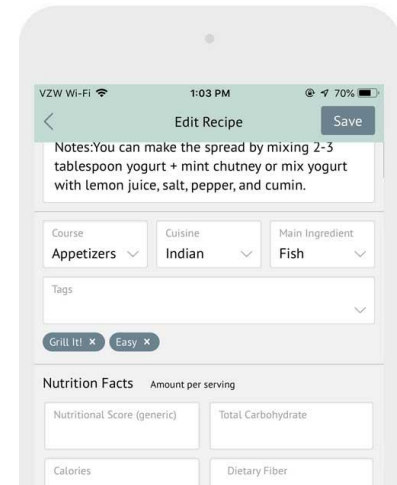
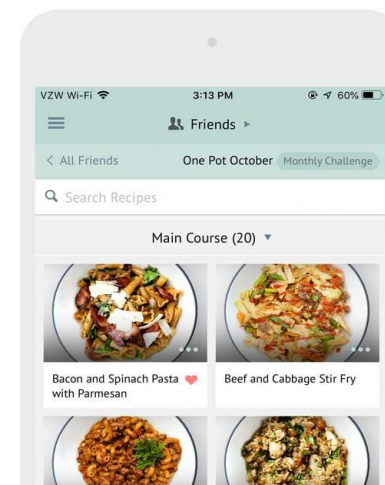
*"This is my advice to people, learn how to cook, try new recipes, learn from your mistakes and above all have fun."* Julia Child

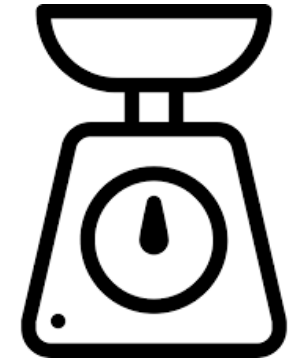
# Helpful Resources

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



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





**Bariatric Surgery Program**

Nutrition Assessment – Food Records

Fax: 416-603-5142



	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.**

# 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

	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



# Myfitnesspal

## 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>





# 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:

	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

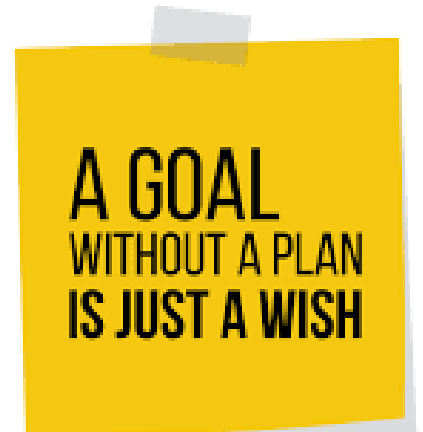
Did you score any 0's or 1's?

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!**

# 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:

	Not At All	Some Days	Most Days	Every Day
1. Eat 3 meals a day	0	1	2	3
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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

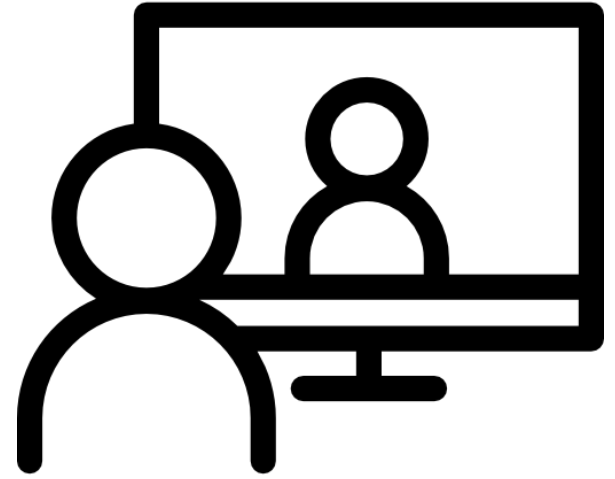
Name: \_\_\_\_\_

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?	





# Getting Ready for Your Nutrition Appointment



## **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)

# 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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