Pre-surgical requirements

• See the nutritionist
  – What is the difference?
    • Nutritionist – A physician who specializes in nutrition. They will assist you in the presurgical process to have all screening bloodwork completed. In the post surgical process they will check for vitamin and mineral deficiencies that are **not** part of blood work done by Primary Care Physicians.
    • RD – A Registered Dietitian will assist you with pre-surgical weight loss by reviewing food choices and in the post-surgical phase to prevent protein calorie malnutrition and vitamin and mineral deficiencies. “The nuts and bolts food person.”
How can I achieve my goals?

• Implement lifestyle changes now
• Exercise 30 – 45 minutes per day
• Use little if any sugar
• Make lower fat choices
• Eat three (3) meals per day
How do I lose weight?

• Our goal is to have you eat before the surgery the way you need to eat for the rest of your life!
Low Carbohydrate Protein Focused diet

• Carbohydrates
  – Men – No more than 6 servings per day
  – Women – No more than 4 servings per day

• Vegetables
  – Unlimited

• Protein – determined on an individual basis but you must have protein at each meal
Larger portions add up

100 *extra* calories per day

10 pound weight gain per year

Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out
What is a “serving”?

<table>
<thead>
<tr>
<th>FOOD GUIDE PYRAMID SERVINGS</th>
<th>“TYPICAL” AMERICAN PORTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup rice or pasta</td>
<td>1 cup rice or pasta</td>
</tr>
<tr>
<td>1/4 bagel or 1/2 hamburger bun</td>
<td>1 bagel or 1 hamburger bun</td>
</tr>
<tr>
<td>1 chicken leg and thigh</td>
<td>1/4 chicken</td>
</tr>
<tr>
<td>1 order (1/2 cup) French fries</td>
<td>Large order (3/4 to 1 cup) fries</td>
</tr>
<tr>
<td>1 order (1/2 cup) cooked red beans</td>
<td>Big bowl (1 to 2 cups) chili beans</td>
</tr>
<tr>
<td>1 cup leafy greens</td>
<td>Large green salad (2 cups greens)</td>
</tr>
</tbody>
</table>

BAGEL

20 Years Ago

140 calories
3-inch diameter

Today

350 calories
6-inch diameter

Calorie Difference: 210 calories
Raking leaves for 50 minutes burns approximately 210 calories*

*Based on 130-pound person

Increased bagel size: 210 more calories
CHEESEBURGER

20 Years Ago

333 calories

Today

590 calories

Calorie difference: 257 calories
If you lift weights for 1 hour and 30 minutes, you will burn approximately 257 calories.*

*Based on 130-pound person
Read food labels carefully
**Nutrition Facts**

**Serving Size** ½ cup (114g)  
**Servings Per Container** 4  

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
</table>
| **Calories** 90  | **Calories from Fat** 30  
| **Total Fat** 3g | **% Daily Value** 5%  
| Saturated Fat 0g | 0%  
| **Cholesterol** 0mg | 0%  
| **Sodium** 300mg | 13%  
| **Total Carbohydrate** 13g | 4%  
| Dietary Fiber 3g | 12%  
| Sugars 3g |  
| **Protein** 3g |  

| Vitamin A 80% | **Vitamin C** 60%  
| Calcium 4% | **Iron** 4%  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4
Keys to Success
Hydration

• 64 – 72 ounces per day
• Do not drink calories unless from skim milk
• Diet, decaffeinated, non-carbonated beverages
• No beverages thirty (30) minutes before or after a meal
• No drinking during a meal
Pace

- Twenty (20) – thirty (30) minutes per meal
- Bites the size of a pencil eraser
- Chew your food until it is the consistency of baby food
- Do NOT eat in front of the television or computer
- Do NOT eat while reading
Protein

- Focus on protein – all other foods are condiments
- Increase slightly the amount of lean protein
Portion control
Plate Method: Lunch/Dinner

- Fruit
- Milk
- Vegetables
- Meat/Protein
- Starch
Live life now as if you have had the surgery
For both surgeries

- Take a multivitamin
- If you do not drink milk, take a calcium supplement – Calcium Citrate with Vitamin D
- Vitamin D3 1000 IU daily
- Wean yourself off caffeine and carbonated beverages
- Avoid sugars, sweets, desserts, sugared beverages
I’ve had the surgery now what?
Days 1 to 14

• Liquids
  – Broth
  – Sugar free jello
  – Sugar free popsicles
  – Sugar free beverages
Day 15 to 30

- Skim milk
- Fat free sugar free pudding and custard
- Yogurt – with no “lumps”
- Low fat creamed soups

- Cottage cheese
- String cheese
- Tofu
- Refried beans
Day 30

• Chicken
• Turkey
• Fish
• Seafood
• Ground beef in a sauce
Vegetables, Fruits and Starches

• Added after you are meeting your protein needs
• Vegetables always come second after protein
How much will I eat?

• Around day 15
  – two (2) tablespoons per meal

• Month Two
  – $\frac{1}{4}$ cup per meal

• Month 6
  – $\frac{1}{2}$ cup per meal

• Month 12 and the rest of your life
  – 1 cup per meal
Points to remember

• Pay attention to feeling of fullness
• Vitamin and mineral supplements are for the rest of life
• You are never to drink with your meals again
Exercise is **critical** to long-term weight loss!

- **Single most valuable factor** in predicting long-term weight loss
- Resistance training enhances weight loss and loss of body fat
- Encourage walking the day after surgery, gradually increasing distance to goal of 45-60 minutes/day
What do I do now?

- Is surgery for you?
- Start to lose your weight
- If you are not exercising begin a gradual program
- Stop drinking with your meals
- Work on slowing down your meal pace
Remember:

Obesity is a chronic condition and bariatric surgery does not cure it.
THANK YOU!

For more information please call us by phone:

518-262-0942

Or visit our web pages:

http://www.amc.edu/Patient/services/Surgery/bariatric_surgery/index.cfm