

Empower Weight Management Class 4

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Presentation Overview

- Post-Surgical Behaviors That Promote Long-Term Weight Loss
- Measuring Success
- Questions/Wrap-Up



Post-Surgical Behaviors: Four Keys to Success

- #1 - Diet
- #2 - Physical Activity
- #3 - Vitamins/Minerals
- #4 - Follow Up





#1 – Diet: Recommended Behaviors

- Remember to individualize your diet!
- Eat 3 meals/day and 1-2 planned snacks depending on activity level
- Avoid skipping meals. Avoid grazing. Allow “gaps” of a few hours between meals to establish clear hunger and fullness signals
- Build meals around lean proteins: chicken, fish, eggs, beans and LF dairy products
- Include non-starchy vegetables and fruits. After 3 months, if you are meeting your protein goal, add 2-3 servings of whole grains/day for energy and fiber
- Avoid highly processed foods
- Consume 48-64oz of low calorie fluids; keep separate from meals

Shopping Tips

- Read labels: look for foods with 5-10gm protein and < 20gm total sugar/serving
- Make a list (and stick to it)
- Avoid walking down every isle
- Focus on whole foods: fresh fruits & vegetables and whole grains
- Choose unsaturated (plant-based) vs. saturated (animal-based) fats
- Consider spices like cloves & cinnamon, or extracts like vanilla or almond, to replace sugar



Tips for Dining Out

- Watch your portions.
- Plan ahead ! Check out menus online.
- Look at how your protein is prepared; choose baked/grilled/steamed vs. fried/breaded.
- Ask for condiments to be served on the side, & choose low calorie options such as salsa, relish or mustard.
- Consider substituting starchy side dishes with salad or vegetables.
- Avoid sugar-sweetened beverages, alcohol, and drinking with meals.



Diet: Mindful Eating

Mindful eating is the act of being completely and intently aware of what you eat and how you eat it

It can enhance your overall enjoyment of a meal

And, it can be useful in easing the transition to eating smaller portions after surgery



Benefits of Mindful Eating

- Allows us to pay attention to our new, smaller stomach
- Helps us to feel satisfied with less food
- Reduces the chance we will over-eat
- Helps with digestion
- Promotes eating for health vs. emotional reasons



How to Practice Mindful Eating

- Eat without distractions (TV, computer, phone)
- Eat at the table, use a placemat
- Pay attention to the flavor, appearance and texture of food
- Chew slowly; take 20-30 minutes for meals
- Put your fork down between bites



#2 Physical Activity

- PA is one of the strongest predictors of post-op weight loss, yet it is one of the least-followed
- PA is an important part of weight maintenance! Following rapid weight loss, you will have a decrease in muscle mass, resulting in lower energy expenditure.
- PA helps to maintain muscle mass, which allows you to burn more calories throughout the day





Why is Exercise Important?

- Exercise creates positive changes in your body, which in turn leads to improved self-confidence
- It improves your energy level
- It strengthens your bones, especially weight-bearing exercise such as walking
- Regular PA improves coordination & balance, which helps to prevent injury
- Changing your PA pattern can help you move past a “weight plateau”





Ways to Increase Activity

- If you work at a desk, try taking breaks where you stand, walk, or take phone calls while standing
- Use the stairs instead of an escalator or elevator
- Park further away from your destination
- Begin strength-training such as wall-push-ups or mini-squats. Try arm-lifts using canned food or water bottles
- Walk with a family member, friend, or your dog for 10 minutes after dinner





Sleep

Lack of sleep (<7hrs/night) is linked to:

- Diabetes
- Obesity
- Hypertension
- Heart Disease

Sleep can affect our immune function, stress and appetite hormones.

#3 Vitamins/Minerals

Taking supplements on a daily basis is a key component in preventing post-op nutritional deficiencies

Consider....

- Does your vitamin meet the recommended dietary allowances?
- How many pills/chews do you need to take?
- How does it taste?
- Price and availability?



4 Follow-Up

- 45-89% of patients fail to attend medical appointments
- Follow-up visits can identify problems & solutions that can help you stay on track (referrals, medication changes, lab work, pharmacology)





Support Groups

Weight loss surgery often brings a series of changes in your life. Adjusting to these changes takes time, and may be stressful. Support groups can help you cope with these changes, and encourage an easier transition to a healthier way of life.

They offer...

- A place to talk openly, in a non-threatening environment
- An opportunity to gain practical (and accurate) advice
- A safe space to share fears, frustrations and obstacles, as well as tips for success
- Ongoing guidance & support



Download our support group schedule at [fresnobariatric.org](https://www.fresnobariatric.org) under “patient resources”



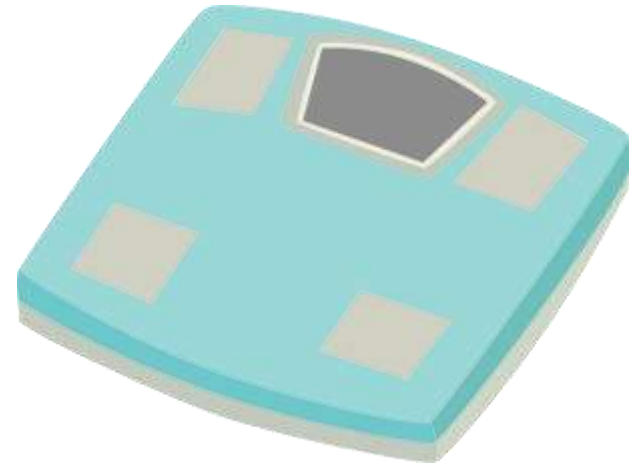
Measuring Success

- Strive for progress, not perfection
- Set small, achievable goals (start now!)
- Consider using technology (FitBit) or apps (Baritastic or MyFitnessPal)
- Non-scale victories (NSV): weight doesn't tell the whole story!



Looking Beyond the Scale...

- Body measurements
- Clothing size
- Weight-related conditions
- Feeling more comfortable in public
- Greater mobility
- More energy
- Enjoying being active



Goals for the Month:

- Avoid “The Last Supper Syndrome”
- Practice eating on a schedule
- Increase exercise to 150 minutes per week
- Meet with your MD next month to review your pre-operative tests and medications
- Consider using our app, **Baritastic** to track your progress. *Program code: 38558*

