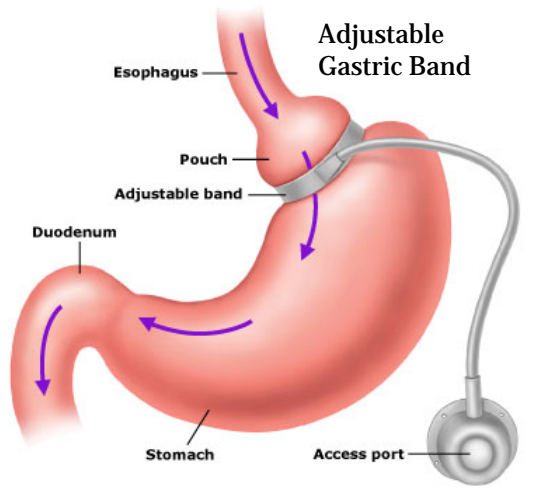


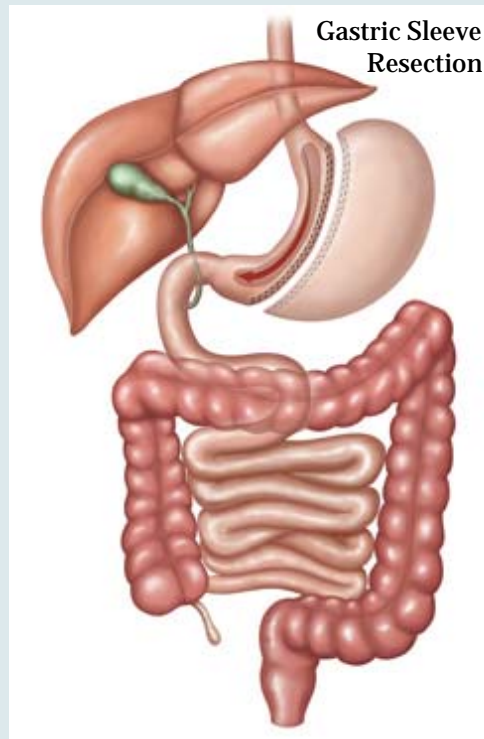
Nutrition for Bariatric Surgery



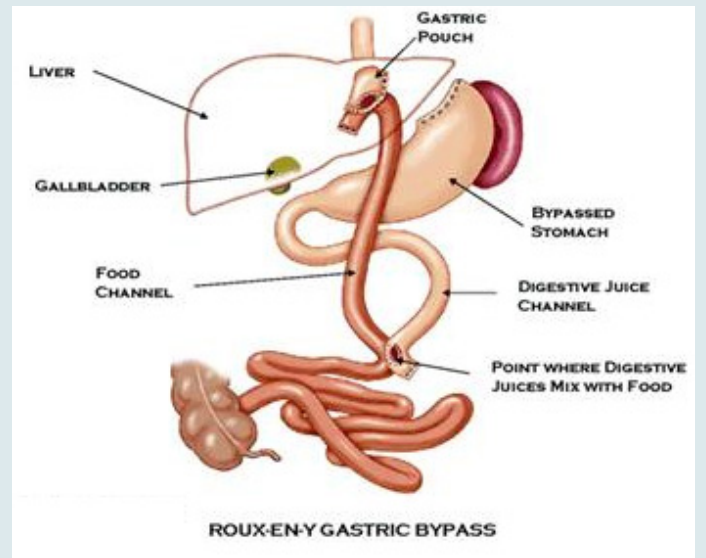
Weighing Your Options



Restrictive



Restrictive and Malabsorptive



Beyond the Food



- **WLS is a TOOL, it will NOT “fix” food issues.**
- **Weight loss and maintenance still takes work.**
- **Some things to think about:**
 - What will I do when I cannot turn to food for comfort? How will I deal with those underlying emotions/memories?
 - Am I willing to sacrifice the foods I currently like and a “normal” eating pattern for the benefits of weight loss?
 - Will my family and friends support my changes?
 - Do I think that just because I am finally thin, all my problems will be solved? What if they aren't?

The Basics: “How do I eat to live not live to eat?”



- **Protein is the priority**
 - Must be eaten first
 - Must be eaten at each meal
- **STOP at the first sign of fullness**
 - Intake at meals should be $\frac{1}{4}$ - $\frac{1}{2}$ cup (4-8 Tbsp)
- **Eat/sip slowly, take small bites, and CHEW *until liquid***
- **Limit snacking**

The Basics: “How do I eat to live not live to eat?”



- Eliminate high fat and high sugar foods
- Beverages must be sugar free (<10 calories/serving), non-carbonated, and caffeine free. No straws
- Liquids must be separate from meals by 30 min before and after eating
- Vitamins/minerals must be taken daily for the rest of your life
- Weight re-gain is likely if you do not adopt required diet and exercise habits for life

Diet Stages



Pre-Surgery Liquid Diet - 2 weeks

- 800-1200 calories per day using low-carbohydrate, low-fat, high protein shakes
- Potential products include Atkins Advantage[®], EAS Myoplex Carb Sense[®], Designer Whey[®]
- Purpose
 - to decrease liver size and fatty tissue around stomach
 - to prevent a “Last Supper” or final binge prior to surgery

Diet Stages



Post-Surgery:

- Clear Liquid Diet – while in hospital
- Full Liquid Diet – 2 weeks
- Pureed Diet – 1 week
- Soft Diet – 1 week
- Regular Diet (texture)

Working with the Dietitian



- **Required pre-surgery nutrition appointments (min 3)**
 - **Goals:**
 - ✦ **Know what is expected of you**
 - Learn about the necessary dietary modifications
 - Adopt as many of the post-surgery guidelines as possible before surgery
 - ✦ **Show that you understand and are willing to follow guidelines**
 - Keep a daily food and exercise log, bring to every appointment
 - Lose 10 pounds
 - Attend support group meetings

Support Group Meetings

WRNNMC-Bethesda

1st and 3rd Thursdays

Time: 11:00 am

Location: General Surgery Conference Room

POC: CPT Michael Noyes

Phone: 301-400-1975

2nd and 4th Fridays

Time: 11:00 am

Location: General Surgery Conference Room

POC: CPT Michael Noyes

Phone: 301-400-1975

Fort Meade – Kimbrough Health Center

2nd Friday of each month

Time: 12:00

POC: Ms. Nancy Reed

Phone: 301-677-8606

Ft. Belvoir Army Community Hospital

1st Tuesday of each month

Time: 4:30 pm - 5:30 pm

Location: Oak 1-333

POC: LT Lacey Armstrong

Phone: 571-231-3369

Dumfries Health Center

3rd Tuesday of each month

Time: 4:30 pm – 5:30 pm

Location: Conference Room

POC: Ms. Lucia Mitchell

Phone: 703-441-7506

Other Options

Washington Hospital Center

Time: 9:00 am - 10:00 am

2nd Saturday of the month

Phone: 202-877-7257

Find a Support Group near you at www.obesityhelp.com

****Limited to one group per week.***

Working with the Dietitian



- **Periodic post-surgery appointments**
 - Follow-up with an RD is very important for success with weight loss AND prevention of malnutrition
 - Gastric Band
 - ✦ 2 weeks
 - ✦ Monthly x 12 months
 - ✦ Every 2-3 months
 - Sleeve and Bypass
 - ✦ 2 weeks
 - ✦ 3 months
 - ✦ 6 months
 - ✦ 9 months
 - ✦ Every 6 months x 2 years
 - ✦ Yearly

While You Prepare...



- **Making changes now helps you determine if the benefits of surgery are worth the sacrifices**
 - Eliminate beverages with sugar, caffeine, and carbonation
 - Do not drink with meals
 - Eliminate fried food, processed meats, and other fatty foods
 - Start listening to hunger and fullness cues
 - Take smaller bites and chew 20-30 times before swallowing
 - Eat a protein source at each meal (3 meals/day)
 - Start an exercise/walking program (if physically unable, a note from your doctor is required stating such)

Dietitians



- Walter Reed National Military Medical Center
- Ft. Belvoir Community Hospital
- ~~Andrew Rader Health Clinic (Ft Myer)~~ **VACANT**
- Dumfries Health Center
- Kimbrough Ambulatory Care Center (Ft Meade)
- Malcom Grow (Quantico)
- Dover Air Force Base
- Andrews Air Force Base
- Please call toll Free Appt. Line: 800-433-3574 or (301) 295-6289 to make an appointment.

Questions?



OUTPATIENT NUTRITION SERVICES WEBSITE:

[HTTP://WWW.WRNMMC.CAPMED.MIL/PATIENTVISITORS/SITEPAGES/NUTRITIONSERVICES/OUTPATIENTNUTRITIONSVC.ASPX](http://www.wrnmmc.caped.mil/patientvisitors/sitepages/nutritionservices/outpatientnutritionsvc.aspx)

FIND US ON RELAY HEALTH!