

Surgical Weight Loss Program for Teens

Patient and Family Resource Manual

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Surgical Weight Loss Program for Teens

Patient and Family Resource Manual

Introduction

The Surgical Weight Loss Program for Teens Patient and Family Resource Manual is a unique book that will guide you through the process of preparing for surgery. Written by staff in the program who have years of experience with families just like yours, this book contains information about obesity, nutrition, weight loss surgery, problems after the surgery and other tips for success!

It is written in a fun style that is meant to keep your attention and offer something in each page that is for both teenagers and parents. The hope is that this manual will be used in the months before surgery and also be used after surgery when questions arise.

We are glad that you came to see us!



Surgical Weight Loss Program for Teens

Patient and Family Resource Manual

How to Use This Manual

The Patient and Family Resource Manual is divided into 5 parts and is organized to provide basic information and to build on this over time.

- In the ***first section*** we include information about our process that you received during your first visit.
- In the ***second part*** of the manual, you will find basic facts about our expectations from you during the “preoperative” (meaning before surgery) phase that we call “Treatment Plans.” Much of this information will be covered during the first Treatment Plan visit (TP #1).
- ***After TP #1*** you should then take some time each week and review the information that will be covered in the next Treatment Plan visits.

Use this manual to review the information you have learned with the family members who are not able to come to the visit with you. This will be a good review for you and will keep your family up-to-date with your progress.

At the end of the Manual we included “Reference Materials” which are other important information that you do not need to memorize but you will want to know about for quick reference. We believe that you will refer to this section time and time again before and after surgery when questions arise.

Remember to bring the manual with you each week.



Surgical Weight Loss Program for Teens

Bariatric Surgery

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**To contact the bariatric surgeon on call:
Dial 513-636-4200 and ask the operator to
connect you with the bariatric surgeon on call.**



Welcome to the Surgical Weight Loss Program for Teens

Welcome to The Treatment Plan Process!

- The **Surgical Weight Loss Team** consists of a medical doctor, bariatric surgeons, nurse practitioner, dietitian, exercise physiologist, and a social worker.
- You will meet with the team monthly for 2 hour visits to prepare you for surgery and life after surgery.

Motivation and Family Support

- Having bariatric surgery is a major decision that will affect the rest of your life!
- Life after surgery requires motivation, discipline and commitment .
- Family support and involvement in every phase of the weight loss process is ideal. Family can do the following:
 - Provide healthy foods
 - Support you in your exercise
 - Provide daily praise

Facts about Obesity

- Obesity is a term used to describe body weight that is much higher than what is healthy.
- Clinically severe or morbid obesity is sometimes defined as being about 100 pounds or more above ideal body weight.
- Obesity can lead to depression, heart disease, type 2 diabetes, high blood pressure, obstructive sleep apnea and problems with joints.
- Severely obese adolescents are likely to become obese adults.

Parent Tip

Praise your teen by telling them what you have seen and then why your are pleased, for example:

Teen: "Hey I lost 3 pounds this month"

Parent: "I noticed you have been taking smaller portions, I am so happy that it is working!"

With this sort of praise, teens will trust themselves and they won't need everybody else's opinion to tell them how they are doing.



Insurance Process

Patient Name:

Insurance Type:

Medically Supervised Weight Loss Required:

One of the happier moments in your weight loss surgery journey is when you get the seal of approval from your insurance provider. Most insurance companies realize the long-term effects and cost savings related to the weight loss that occurs after patients have weight loss surgery. But, getting insurance approval is not always easy.

So What Hurdles Will You Have to Cross?

Experience has taught us that input from your parents is important in working with the insurance provider. We strongly advise that your parents review your specific insurance policy for the coverage and approval for treatment of morbid obesity. Call our office with any questions or concerns that you may have at 513-636-4453.

Most of the health-insurers (commercial & medicaid) approve bariatric surgery for patients according to the **National Institutes of Health** standards. It is important for our office to know and follow the various requirements of different insurance providers.



You must complete these 3 things before getting insurance approval:

- 1) Team evaluation which includes medical, nutritional, and psychological evaluations
- 2) 3 to 6 consecutive months of medical supervised weight loss visits
- 3) Specific patient compliance with clinical recommendations



Insurance Process

Once you have met the 3 requirements and our team feels that bariatric surgery is the right treatment option, we send a letter to your insurance company. It tells them that surgery and our follow-up program is medically necessary. The letter will summarize our medical evaluation of you and will request coverage for surgery and the in-patient hospital stay.



Why Does it Take so Long to Get Insurance to Give Their Okay for Bariatric Surgery?

Even though your insurance may cover bariatric surgery, they must carefully review each individual case before giving approval. After the insurance company gets all of the information, it takes them a while to make a decision. Since each case is different, there is no set time frame for an answer.

How Long Does it Take to Schedule Surgery?

When our office gets the approval notice, we will call you to see when you wish to schedule surgery. From that time, surgery can typically be done in 2 - 4 weeks, or at your convenience (try not to wait more than about 90 days, or re-approval may be needed).

Our office will follow-up regularly on approval requests, and will keep your family informed.

What if Insurance Denies Our Request for Bariatric Surgery?

A denial from your insurance company after the initial request is not uncommon. Because pediatric bariatric surgery is a fairly new concept, insurance providers are hesitant to approve prior-authorizations due to relative lack of research showing pediatric surgical weight loss outcomes. However, the Surgical Weight Loss Program for Teens is the premiere program and is usually successful in getting insurance approved through the appeal process.



Insurance Process

What Can *YOU* do to Help the Insurance Process?

- Send past nutritional & medical records or any related medical testing results to our office via **Fax: 513-636-7657**
- Get letters from your personal physician that discuss the "**medical necessity**" of treatment.
- **KEEP** all scheduled appointments with us. Showing consistent medically supervised weight loss attempts by you will greatly help in getting insurance approval.



Parent Tip

Let our office know of any & all communication with your insurance provider by contacting Cassandra McDaniel at 513-636-4453.



Treatment Plan 1

Surgery and Weight Management

- It is important to realize that bariatric surgery alone **does not cure** obesity.
- It is a **tool** that helps in weight management.
- When used correctly, it results in life long loss of more than half of your excess body weight and the improvement or complete disappearance of many obesity related diseases.
- After surgery, those who follow **the rules** can expect to lose half their excess body weight:
 - Take Supplements
 - Regular exercise
 - Use your support systems
 - Eat 3-4 meals daily
 - Drink water/sugar free beverages

How Much Excess Body Weight do You Have?

To calculate the amount of extra weight

Your current weight: _____

minus (-)

Expected weight at the
85th percentile: _____

Your extent overweight: _____



? Now that you know how many pounds over your ideal body weight you are, how much weight can you expect to lose after surgery? _____
(Hint: divide the number above by 2)

Parent Tip

Take time this week to talk to your child about following **the rules**.



Treatment Plan 1

Advantage Response Cards

Write down the reasons you want to lose weight

Copy your reasons onto the index cards. These are your advantage response cards.

Use the cards every day before and after surgery. They especially help when:

- you want to eat something you shouldn't
- you don't feel like exercising
- you feel frustrated
- you have a bad day

Here are Some Ideas for Your Advantage Response Cards

Turn your list into a screen saver.

Put the list on sticky notes and place on mirrors or the refrigerator.

Write them in a journal.

Email them to yourself everyday.

Text them to yourself.



Parent Tip

Encourage your child to use the advantage response cards every day.



Treatment Plan 1

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. How many servings are in this container? _____
2. If you ate 1 serving of this product, how many grams of protein would you eat? _____
3. Would the vitamins in this product be enough for your daily intake?

4. How many calories are in 1 serving of this product? _____



Parent Tip

Do you know where your measuring cups and spoons are?

Pull them out and start using them .

1. 2 servings – (1 cup = 1 serving)
2. 5 grams
3. no - you would need to take your multiple vitamin
4. 250 calories - don't confuse total calories with calories from fat

Answers



Treatment Plan 1



Fluid Choices

- You must drink water to stay hydrated.
- Set a water goal – 64 ounces every day.
- Keep a water bottle with you at all times.
- Start to eliminate fluids with caffeine, carbonation and sugar.
- Don't use thirst as your guide. Keep drinking water throughout the day.

Tip: Drink a glass of water and wait 30 minutes whenever you....

- think you are hungry
- feel tired
- need energy
- crave sweets

Caffeine-The Facts

Drug: Caffeine is classified as a drug because it stimulates the central nervous system. It is the most commonly used drug in the world.

Diuretic: Drinking caffeine can increase urination and have a mild dehydrating effect.

Addictive: Over time, you will need more caffeine to get the same stimulating effect and prevent withdrawal symptoms such as headaches, irritability or sleepiness.

Affects Growth: Bone mass may be negatively affected when caffeinated food and drinks are substituted for calcium rich dietary sources such as milk.

Affects Sleep Patterns: Teens need sleep and caffeine can affect routines. Increased stimulation from caffeine allows you to stay awake longer and prevents restful sleep.

How much caffeine do you drink? Check the handout “How Much is Too Much Caffeine in a Day” in the *Resource Pages*.

Limit caffeine to 100 mg daily.

Parent Tip

Have sugar-free, caffeine-free fluids available at home.



Treatment Plan 1

Protein

- Include a protein at each meal and snack.
- Eat your protein first at each meal. This becomes more important after surgery!
- Animal sources of protein include:
 - Milk and milk products, fish, chicken, turkey, eggs, low fat sausage, ham
- Plant sources of protein include:
 - Breads, cereals, beans, nuts, seeds, tofu, texture vegetable protein (boca burgers)

Your goal is 60 grams of protein every day.

Your body does not store protein so you must eat protein each day.

We need protein for:

- Wound healing
- Fighting infection
- Maintaining muscle mass
- Maintaining good health

Look at the protein sources listed in “What’s on Your Plate” in the *Resources Tab*.

Make a list of the proteins you like to eat

ANIMAL

PLANT

Parent Tip

Plan a meal with your teen around the protein food.



Treatment Plan 1



Dietary Information

Important Tips to Use Each Day:

- Eat breakfast every day, making sure to include a protein source.
- Get in a routine.
 - Eat 3 meals and 1 snack every day.
- Eat whole grain breads, cereals and pasta. Check the label for 100% whole grain as the first ingredient.
- Choose a variety of fruits and vegetables.
- Drink no more than 4 oz. of fruit juice each day.
- Read labels and measure your serving size.
- Use smaller cups, plates, bowls and utensils.
- Look for pre-packaged, healthy snacks = 1 serving
 - ✓ 4 ounces of yogurt
 - ✓ 1 string cheese
 - ✓ 4 oz. pudding cup



What's up,

Pudding cup?

Changing the amount you eat is called portion control.



Try This!

Pour the normal amount of cereal you eat into a bowl. Measure this amount in a measuring cup. Check the serving size on the cereal box. Was it more or less than the serving size?

Parent Tip

Keep food and eating in the kitchen.
No food in the bedroom, with computers, with television.



Treatment Plan 1



Journaling Your Way to Weight-Loss Success

A key to losing weight isn't just watching what you eat; it's also what you write. Here are some reasons to start a journal today.

1. You'll be More Aware of Snacking.

Think about what you ate yesterday. Chances are you remember your meals, but what about those snacks in between meals? Writing everything down can help you be more aware of your eating habits.

2. You'll Discover Your Diet Detours.

Are you a late night snacker? Do you find yourself stopping at the corner store or going to the vending machine after school or classes? Do you eat sweets when you're unhappy, stressed or when you're really happy? Knowing your eating triggers can help keep you on track.

3. You Will Discover Your Exercise Likes/Dislikes.

You will learn what activities you like to do and what you like about them. You will also discover what barriers prevent you from being active: time, other responsibilities, fatigue.

4. It Will Make You Take Ownership.

Writing it down may make you think twice about what you eat. It also helps to make you more aware of your portion size.

Start Your Journal Now!

Begin by journaling one meal a day or one day out of the week. Start tracking your physical activity.

Track your exercise as well.

Consider adding the mood you were in when you were eating.

Parent Tip

Buy a notebook that your child can begin to use to journal their daily intake.



Treatment Plan 1

Taking Ownership

Planning: Think ahead. Each week, plan out your food and your exercise.

Make a weekly schedule.

- Pre-plan your meals (breakfast, lunch and dinner).
- Pick the time of day and what physical activity you will do each day.
- Plan time to take your vitamins.



? Can you make a weekly schedule?
If not, what is stopping you?

Too busy to fit in all that you need to do in a day?

Divide your activities into 2 groups

Things I **have** to do

Things I **want** to do

Which of these are most important? What can be cut?

Think about how your choices impact your health.

Parent Tip

Help with meal planning.
Make a grocery list from your child's meal plan.
Help make breakfast or pack a lunch.



Treatment Plan 1



Diet Buddy

A diet buddy is someone to help you through this journey. Your diet buddy should be someone that can:

- keep you motivated
- cheer you on
- help you solve problems
- keep you responsible

Talk to your buddy every week about successes and struggles.

My diet buddy is _____

I will talk to my diet buddy when:

It is time to pick your support team!

Who are the people in your universe you really trust?

Who supports your exercise habit?
Who will help you stick to your diet?
Who can cheer you on?
Who helps you when things are frustrating?
Remember to add the **Surgical Weight Loss Team** to your team!

Parent Tip

Help your child identify supportive people.

If you are the diet buddy, remember to check in regularly.



Treatment Plan 1

Physical Activity and Exercise

Walk The Dog

The best physical activity is whatever activity you enjoy so that you will make it part of your routine. You can exercise for 10-15 minutes at a time throughout the day.

Physical Activity

VS

Exercise

Don't have to change clothes

Need special equipment(tennis shoes, weights)

Don't Sweat

Get sweaty

Great for health improvement

Promotes weight loss after surgery

What are your favorite physical activities/exercise?

_____	_____
_____	_____
_____	_____

What activity/exercise would you like to try?

_____	_____
_____	_____
_____	_____

PARK FARTHER FROM THE ENTRANCE

GET OFF THE BUS ONE STOP EARLY

Parent Tip

Help you adolescent build activity into every day.

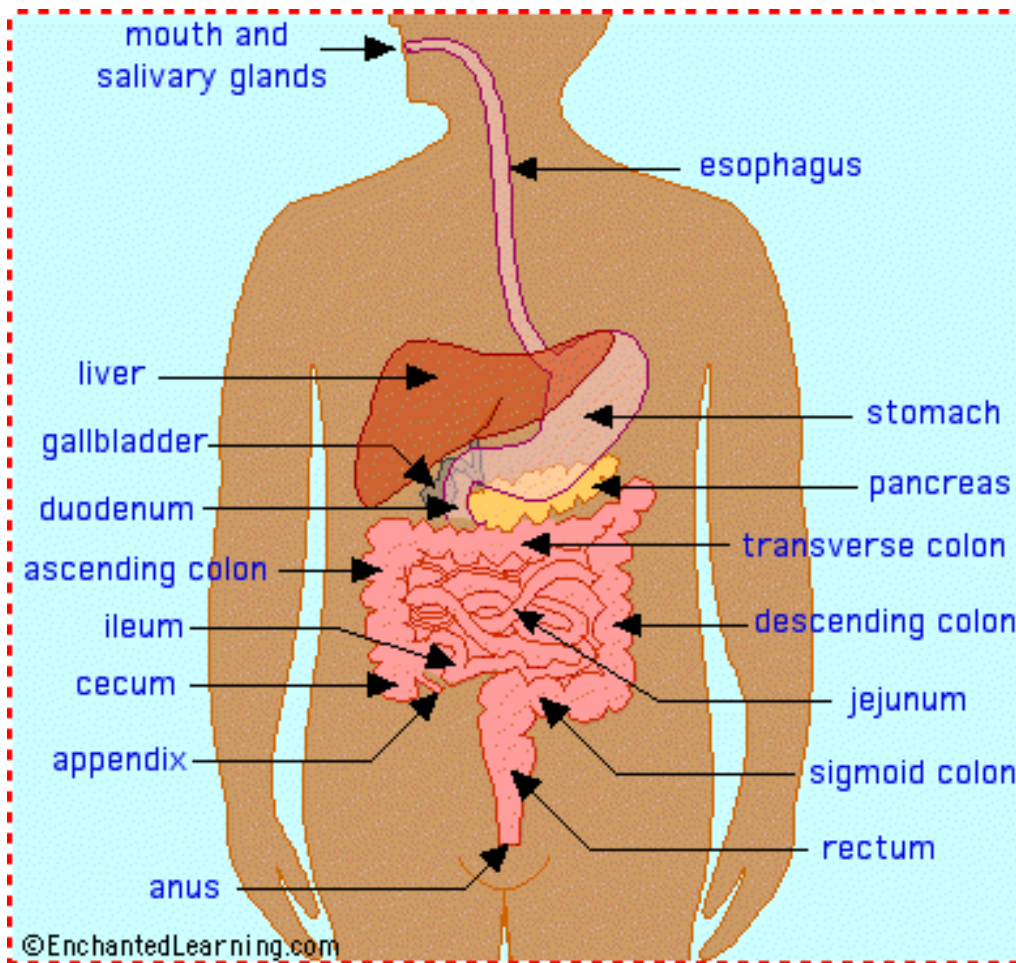


Treatment Plan 2-5

Medical School Starts!

In the following sections, we will review some information about the human body that you may have already heard about in school, or from other people who have already had surgery. Some of the material will be familiar to you and some of it will not. That is okay! We just want everyone to start from the same place and know some basics.

- Where a few important body parts are found
- How those body parts work



Gastrointestinal System



Treatment Plan 2-5

Mouth and Esophagus

The Steps to Begin Digestion

1

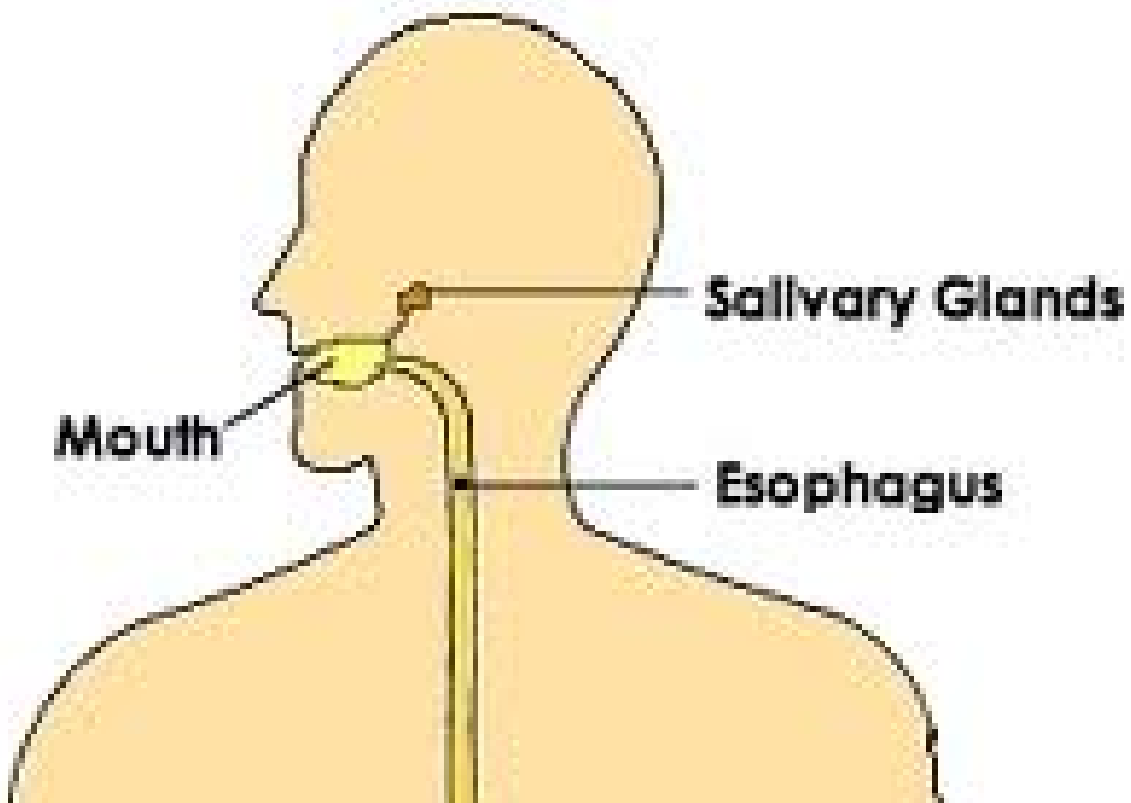
- Begins as soon as you see, smell or think about food. Saliva (spit) forms in your mouth.

2

- The spit begins to break down the food, along with your teeth, to make the food mushy so it can be swallowed.

3

- Your tongue also has the job of pushing the food around while you chew.
- When you're ready to swallow, the tongue pushes some of the food toward the back of our throat into the opening of your esophagus, (ih-**sof**-uh-guhs) the second part of the digestive tract.
- The esophagus is a stretchy tube that's about 10 inches long. It is the passageway to your stomach.



Treatment Plan 2-5

Stomach

Food travels through your esophagus to your stomach. The stomach is a stretchy sack shaped like the letter J. It has three important jobs:

- to store the food you've eaten
- to break down the food into a liquidy mixture
- to slowly empty that liquidy mixture into the small intestine

The stomach mixes together all the small balls of food that come down the esophagus and grinds it into smaller and smaller pieces. It does this with help from the strong muscles in the walls of the stomach and gastric juices that come from the stomach's walls. The stomach absorbs [water](#), [alcohol](#), [iodide](#), and [fluoride](#) from the food we eat.

The stomach also produces the hormone [Ghrelin](#) ([grel-ən](#)), which is what makes us feel hungry. After some weight loss surgeries, the level of ghrelin is decreased. These patients often do not feel much hunger and feel full more quickly.



Treatment Plan 2-5

First Part of Small Intestine

The stomach empties into the small intestine which is a long tube (about 22 feet stretched out) that is packed inside you beneath your stomach. The first part of the small intestine is the **duodenum**. The common bile duct ends in the duodenum, taking bile from the gallbladder to the small intestine. Much of the activity of digestion takes place in the duodenum, where digestive juices combine with the bile to further break down the food. When the food leaves the duodenum it is almost watery because of the added fluids.

The duodenum is responsible for the absorption of the following vitamins and minerals:

Calcium

Iron

Thiamin

Niacin

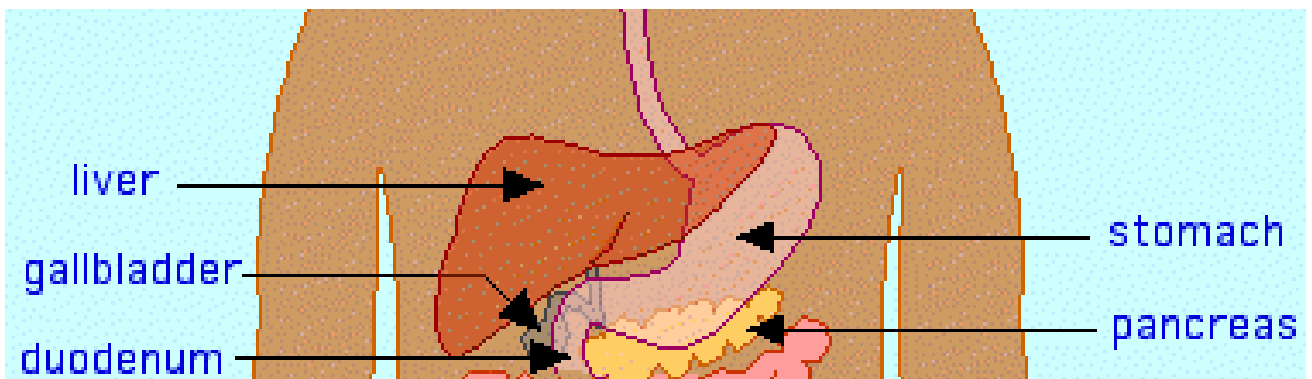
Biotin

Magnesium

Vitamins A, D, E and K

Riboflavin

Folate



Treatment Plan 2-5

The Rest of The Small Intestine

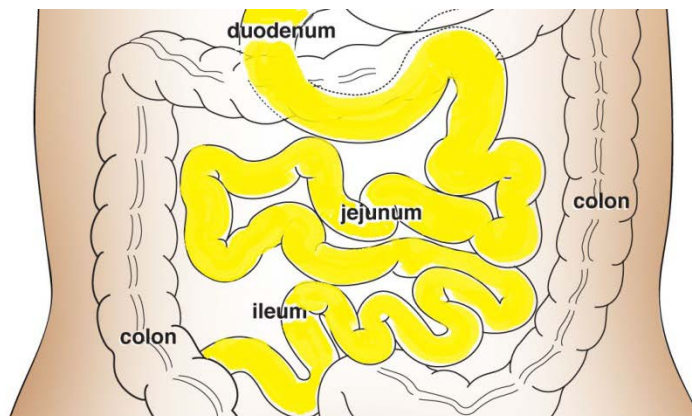
The remaining segments of the small intestine, the ILEUM and the JEJUNUM, absorb more of the nutrients.

The Jejunum absorbs:

Thiamin	Niacin	Biotin
Folate	Vitamin B-6	Vitamin C
Vitamins A,D,E,K	Calcium	Phosphorus
Magnesium	Iron	Zinc
Fats		

The Ileum absorbs:

Vitamin C	Folate	Vitamin B-12
Vitamin D, K	Magnesium	



Treatment Plan 2-5

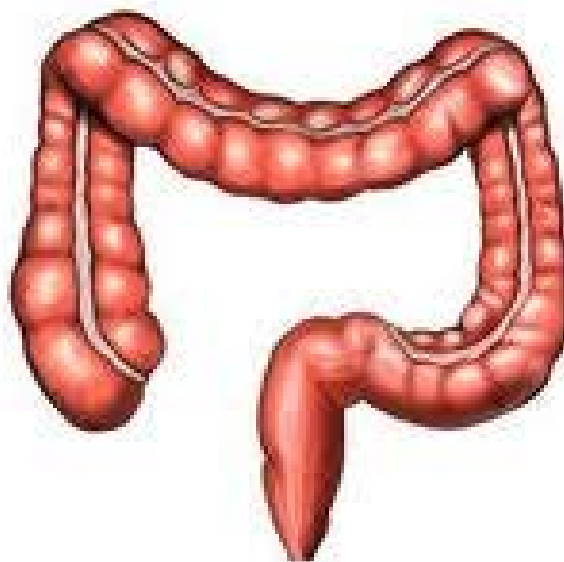
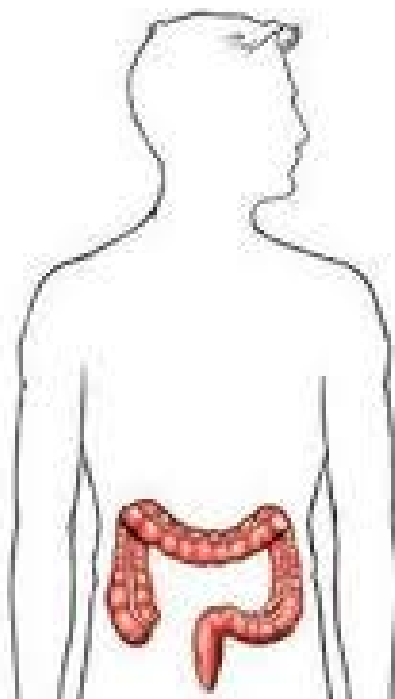
Colon: The End of The Intestine

The last passageway in digestion is the large intestine. It is fatter than the small intestine and it is also packed into the body. The large intestine would measure 5 feet long if you spread it out.

The large intestine is the last chance to absorb water and a few minerals before it sends the waste out of the body. As the water leaves the waste product, what's left gets harder and harder as it keeps moving along, until it becomes a solid.

If the diet is too low in water or fiber, constipation can develop.

Constipation is not having a bowel movement as often as you usually do, or having a tough time going because the stool is hard and dry.



The Large Intestines

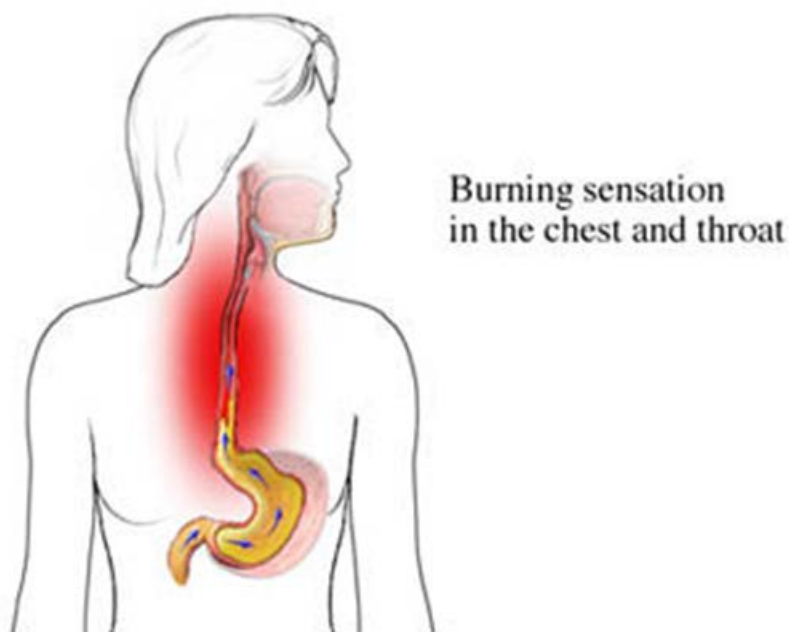
Treatment Plan 2-5

Gastric Reflux

The system doesn't always work perfectly. When the gastric juices move backward from the stomach into the esophagus it is called

Gastroesophageal reflux disease or GERD.

Because the stomach makes acid to digest food, gastroesophageal reflux is also known as *acid reflux*. Sometimes reflux causes the burning sensation of heartburn that most of us occasionally feel. GERD can be a problem if it is not treated because, over time, the reflux of stomach acid damages the tissue lining the esophagus, causing swelling and pain.



Treatment Plan 2-5

Roux en Y Gastric Bypass

Gastric Bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. You will feel full more quickly than when your stomach was its original size and you will notice a decrease in the amount of food you eat. Bypassing part of the intestine also results in fewer calories being absorbed.

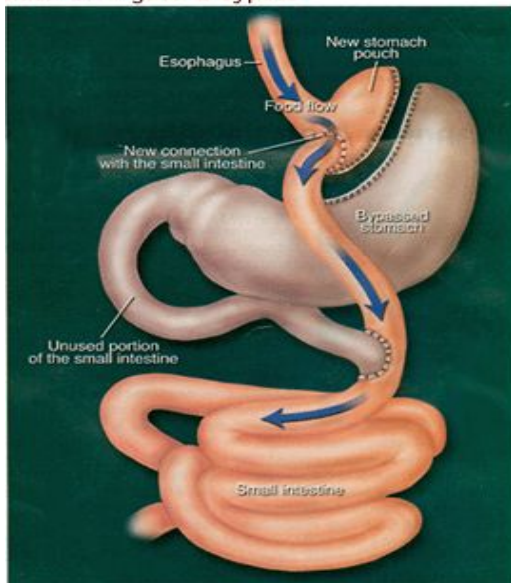
Advantages

- Rapid weight loss
- May improve sleep apnea
- May improve high cholesterol
- Treatment of type 2 diabetes
- May improve high blood pressure
- More than 30 years experience

Disadvantages

- Longer surgery time (2-4 hours)
- Long term weight regain
- Greater risk of nutritional deficiencies, requiring daily vitamins & supplements
- Risk for leakage at staple lines
- Greater risk for obstruction than sleeve

Roux-en-Y gastric bypass



Reproduced from Advance for Nurses 2002

What do you think about this procedure?

Good things:

Not so good things:

Parent Tip

Review the pros and cons of each surgery with your child. Remember to consider the risks and benefits as they apply to your child.



Treatment Plan 2-5

Sleeve Gastrectomy

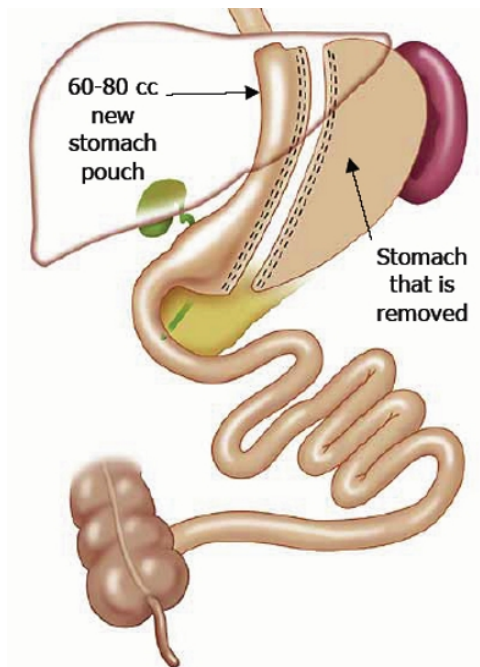
Sleeve Gastrectomy is a surgical weight loss procedure in which the stomach is reduced to about 25% (or 1/4th) of its original size, by surgical removal of a large portion of the stomach. The open edges are stapled together to form a sleeve in a banana shape.

Advantages

- Rapid weight loss
- May improve sleep apnea
- May improve high cholesterol
- Less risk of nutritional deficiencies compared to the bypass
- Shorter surgery time (less than 2 hours)
- May improve type 2 diabetes
- May improve high blood pressure

Disadvantages

- Long term results unknown
- Not reversible
- Nausea may last for several weeks
- Long term weight re-gain
- Potential leakage from staple line



What do you think about this procedure?

Good things:

Not so good things:

Parent Tip

Stress that surgery is only a tool. Your child will need to follow the diet and exercise recommendations to be successful with either surgery.



Treatment Plan 2-5

Laparoscopic Surgery

- 5 thumb-sized openings are made in the abdomen
- The openings are closed with surgical glue (no stitches, staples or steri-strips)
- Healing and recovery are quicker than with an open procedure



Healed Surgical Scars

Parent Tip

Speak realistically about expectations of the surgery, including what the scars will look like, recovery after surgery, and the work involved to lose weight.

Treatment Plan 2-5

Risk of Bariatric Surgery

Leak

What is It?

Leak of gastric contents from an opening in the staple line **or**
Can occur if one of your organs is accidentally punctured during the procedure
Greatest risk is right after surgery

What are The Signs?

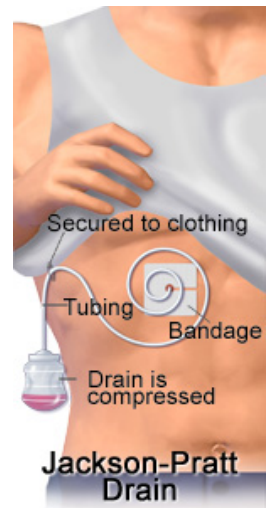
Signs of a leak include: fast heart rate, increased pain, vomiting and fever.
At the time of surgery, a surgical drain is placed which is removed right before you leave the hospital. The nurses will empty and measure the contents of the drain every 8 hours.

What Will Happen?

If there is a leak, you may need to have another surgery to repair it.
If it is a small leak, the surgeons will just watch it closely.
You will be given antibiotics and stay in the hospital longer.

How Can I Prevent It?

Follow the recommended diet stages



Pneumonia/Collapsed Lung

What is It?

Pneumonia is a collection of fluid in the lungs causing an infection.
A collapsed lung is when the air containing sacs deflate.

What Are The Signs?

- Fever
- Shortness of breath
- Cough
- Chest pain

How Can I Prevent It?

- Walk and sit up as much as possible.
- Cough and deep breathe.
- Use the incentive spirometer 10 times per hour while awake.

What Will Happen?

You will receive antibiotics.
You may need more oxygen or closer monitoring in the ICU.
It will make your hospital stay longer.



Incentive
Spirometer



Treatment Plan 2-5

Risk of Bariatric Surgery

Deep Vein Thrombosis (DVT) - Blood Clot

What is It?

Blood clots form when blood flow is slow and is a risk of any surgery. You are not moving around during surgery and while you recover. Most DVTs occur in the veins of the lower leg. A blood clot in a vein can break off and travel through the bloodstream. If the clot travels to the lungs and blocks blood flow, the condition is called pulmonary embolism.

What Are The Signs?

- Swelling in the affected leg
- Pain or tenderness in the leg
- Warmth in the leg
- Red or discolored skin on the leg
- Shortness of breath



How Can I Prevent It?

The best way to prevent a DVT is to **WALK!** The more you walk while in the hospital and after you go home, the better you will feel.

If you are a smoker, quit smoking now!

T.E.D. Stockings: These elastic stockings are put on your legs before surgery. You will wear the stockings while you are in the hospital. They will help prevent blood clots by helping blood return from the legs.

Compression Boots: This is a sleeve wrapped around your lower leg. Air is pushed into the sleeve off and on. This creates a squeezing sensation of pressure and will help the blood in your legs flow better.

Lovenox: This is a medicine that will be given every 6 hours while you are in the hospital to prevent blood clots.



Treatment Plan 2-5

Risk of Bariatric Surgery

Ulcer

What is It?

An ulcer is a sore that develops on the stomach, or intestines. Ulcers can be shallow or deep and can destroy the membrane where they develop.

What Are The Signs?

You may develop stomach pain, especially with eating. You may vomit or have bloody bowel movements.

What Will Happen?

You may have an endoscopy done to see where the ulcers are. We will give you medicine to heal the ulcers.

How Can I Prevent It?

Do not take medications called non steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, Motrin®, Excedrin®, Anaprox®, Aleve® or aspirin. If you need something for pain, take Tylenol®.

Do not smoke.



Repeat Surgery

What is It?

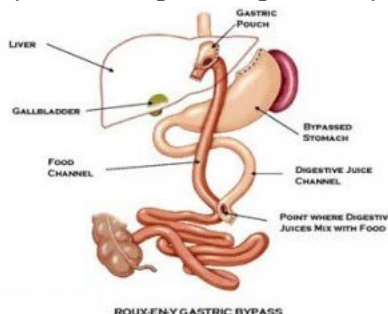
You may need repeat surgery for any of the following: to repair a leak, abdominal hernia, intestinal obstruction or gall stones.

What Are The Signs?

You may have unexplained vomiting or stomach pain anytime after you have surgery.

What Will Happen?

The majority of the time, the surgery will be laparoscopic, like your original surgery.



Treatment Plan 2-5

Risk of Bariatric Surgery

Other Risks

Alcohol

- Bariatric surgery changes how alcohol is digested.
 - Feel the effects of alcohol more quickly
 - Takes longer to return to normal
- The calories in alcoholic beverages may result in weight gain.
- Research studies in adults have found higher rates of alcohol addiction after weight loss surgery.
- Review the handout on alcohol in the *Resource Section*
- If you feel you are having a problem with drugs or alcohol, we can help you with getting some help, don't hesitate to ask.



Don't try to drink as much as your friends may be drinking.

Pregnancy

- It is recommended to postpone pregnancy until at least 18 months after surgery.
- Pregnancy should be planned. Have your blood tested before you get pregnant to correct any deficiencies.
- Make sure you tell your doctor that you have had weight loss surgery.
- Women who have had weight loss surgery can have healthy pregnancies and breast feed their babies.



Parent Tip

Talk with your child early and often about sex, alcohol and drug use. Be specific about your expectations and family values.



Treatment Plan 2-5

Supplements

You will need to take vitamins and supplements for the rest of your life to prevent deficiencies after surgical weight loss.



B-1

B1: Thiamin

What Does it Do?

Changes carbohydrates (sugars that we eat) into energy.

B-1 is required for the heart, muscles and nervous system to work properly.

Where Does it Come From?

In addition to your twice daily multivitamin and 50 mg B-1 supplement, common sources include:

- Cereals
- Fortified breads
- Lean meat
- Soy beans
- Dried beans: black beans, kidney beans and pinto beans

What Happens When There is Not Enough?

A health problem called Beri Beri which will cause:

- tingling or loss of feelings in hands and feet
- loss of muscle function
- mental confusion
- speech difficulties
- strange eye movements



Check the cereal labels in your house.
Which one has the most Thiamin?



Treatment Plan 2-5

Supplements



B-12

B12

What Does it Do?

Helps with the function of the brain and nervous system. It also helps the body make blood.

Where Does it Come From?

In addition to your twice daily multivitamin and 500 mcg B-12 supplement, common sources include:

- Fish
- Eggs
- Lean meat
- Milk

What Happens When There is Not Enough?

Deficiencies can cause anemia. Severe deficiencies can damage the central nervous system. Usually there are no symptoms, but there may be a loss of concentration.

Have you purchased your vitamins yet?



Treatment Plan 2-5

Supplements

Calcium

What Does it Do?

Stored in bones for their support and structure. Most of the calcium is stored in the bones during the teen years.

Where Does it Come From?

In addition to your three times daily calcium citrate supplement, common sources include:

- Milk
- cheese
- yogurt

What Happens When There is Not Enough?

A health problem called osteoporosis, which is thinning of the bones. The bones will easily break.



D-3

Vitamin D

What Does it Do?

Helps support bone health by allowing calcium to be absorbed in the intestines. It also helps the immune system protect against illness and cancer.

Where Does it Come From?

In addition to your daily Vitamin D-3 supplement, common sources include:

- sunshine
- fortified cereals
- milk

What Happens When There is Not Enough?

Usually there are no noticeable symptoms. Severe deficiency results in rickets which can cause bone pain and muscle weakness.



Treatment Plan 2-5

Mindful Eating

Mindless Eating

Eating without awareness

- While watching TV
- Sitting in front of the computer
- While reading a book/magazine

Chaotic eating

- Snacking all day because there are no planned meals.
- Failure to plan = Planning to fail!

Preoccupation with Food

- Focusing on food
- Distracts you from upsetting emotions
- If a feeling doesn't come from hunger, eating is never going to satisfy it.
- The goal is to break the link between emotions and eating.

Have you ever eaten an entire bag of chips without realizing it?



Have you been surprised when your hand hits the bottom of the movie popcorn bucket?

Have you ever finished a candy bar and wished you had one more bite?

Is it really hunger?

The next time you have a desire to eat when it isn't a meal time, stop and think about what may be making you want to eat.

Are you actually thirsty?

Is it just a craving?

Do you just feel like eating something?

Are you bored?

Are you upset about something?

Start by recognizing whether you are hungry **before** you begin eating.

Parent Tip

Make time to sit together for a meal at least once/week.
Require no TV, no texting, no distractions.



Treatment Plan 2-5

Being Mindful



Practice Mindful Eating

- Put the silverware down several times during a meal.
- Always sit down to eat. If you can't sit don't eat.
- Take smaller bites.
- Take a few breaths before eating. Chew each bite multiple times.
- Eat without distractions: no texting, no computer, no TV.
- Appreciate the occasion-enjoy the opportunity to sit down and enjoy your meal.
- Remind yourself with notes.



Eat Mindfully 100% of the Time

- You won't feel deprived.
- You will enjoy your food.
- You will keep yourself accountable.
- You will feel full sooner.
- You will feel more calm.

Plan What You Eat

Write down the plan for the day.

Give up unplanned eating, only eat the food you planned for the day.

At the end of the day, review the plan.

- Circle what you stuck to on the plan and reward yourself.
- Think about any unplanned eating.
 - What happened?
 - How could you avoid it in the future?
 - What were you thinking about when you ate it?

Parent Tip

Help prevent food pushers: those people in your teen's life that keep offering unplanned food. Let your teen know it's okay to say no thank you. Get involved when necessary.



Treatment Plan 2-5

Being Mindful

1 Hungry-----Full 10

Using a Ruler – start to gauge both your hunger and fullness on a scale of 1-10.

1 = I am hungry.

10 = I am Thanksgiving full.

The goal is to eat until you feel about a 6-7 on the fullness scale.

Think of a pendulum - you don't want to be too far to the right and stuffed, or too far to the left and starving. The pendulum swings and reaches a comfortable middle ground.

Starving



Stuffed

Just Right

Parent Tip

Discuss fullness with your teen at meals. At the end of the meal ask what the level of fullness is on a scale of 1-10.



Treatment Plan 2-5

Worksheet for Mindful Eating

Stressed

Why Do You Eat?

Why do you think you eat? _____

Are there any situations or emotions that trigger you to want to eat when you aren't hungry? _____

Have you tried diets in the past? What happened? Did they work? _____

When Do You Eat?



When do you feel like eating? _____

How can you tell if you are hungry? _____

What are some ways that you could redirect your attention away from eating until you get hungry? _____

What could you do to cope better with your emotional triggers for eating? _____

HUNGRY



Treatment Plan 2-5

Worksheet for Mindful Eating



What Do You Eat?

Why kinds of protein do you eat? _____

What beverages do you drink? _____

What are your comfort foods? _____

Is there one thing you would like to change about what you eat? _____

How Do You Eat?

Do you eat while watching TV or on the computer? _____

How long does it take you to finish a meal? Are you faster than everyone else?

Do you eat differently in private than you do in public? Give an example.

What Are Your Eating Habits?

Do you measure your portions? _____

What causes you to overeat?

Do you eat at places other than a table? _____

How do you plan for a restaurant or a party?



Treatment Plan 2-5

Goal Setting

Goal Setting:

Specific & Clear: What will this goal achieve?

example: "I am going to eat breakfast with a protein source".



Measurable: How will you measure this goal?

example: "I am going to eat breakfast with a protein source 5 days a week".

Time Frame: How long will it take to complete this goal?

example: "I am going to eat breakfast with a protein source 5 days a week for the next 2 weeks".

Achievable: Is this goal realistic?

example: Do you have breakfast food at home? Will you get up on time to eat it?

Celebrate your success along the way!



Treatment Plan 2-5

Goal Setting

Remember to reward yourself for achieving goals!!

Goal Setting:

Remember, you can also use goal setting to decrease a problem behavior, like:

SABOTAGING THOUGHTS

Specific & Clear: What will this goal achieve?

example: "I am going to become more aware of my sabotaging thoughts and respond to them with positive self thoughts"

Measurable: How will you measure this goal?

example: Every time I find myself thinking "if no one sees me eat it, then it doesn't count." I will stop and use my food journal to record that I had the thought and what I did.

Time Frame: How long will it take to complete this goal?

example: I will track it every day over the next week



Achievable: Is this goal realistic?

example: Do you have the strength to make wise eating choices when no one is watching? Make a list of distractions that will work when having this sabotaging thought.

To Do List:

- ___ Set a realistic goal for today.
- ___ Read advantage cards twice daily.
- ___ Plan my day.
- ___ Track my screen time.
- ___ Research types of bariatric surgeries.
- ___ Talk back to sabotaging thoughts.



Treatment Plan 2-5

Distractions

Build your Resistance Muscle

- Stand firm and stick to healthy life choices.
- Weaken the “giving in” muscle. Label it.
 - Every bite of unplanned food matters.
 - Every extra hour in front of screen matters.
 - Imagine how you will feel if you give in.
 - Every time you resist eating something you shouldn't you are strengthening your resistance muscle.
 - Practicing this habit increases your chance of resisting in the future.
 - It gets easier with practice!



Distractions Can be Helpful

Make a list of things you can do when you are tempted to eat unplanned food.

Here are Some Ideas

- Read your advantage response cards
- Modify a recipe to make it low calorie
- Drink water
- Read
- Do a puzzle
- Work on your car
- Make a playlist
- Play solitaire
- Walk a pet
- Play basketball
- Make a scrap book
- Go to the gym
- Polish your nails
- Text/ Email a friend
- Do a craft project
- Download music
- Throw a baseball
- Brush your teeth
- Ride your bicycle

Add your own ideas

Treatment Plan 2-5

Get Back on Track, NOW

- Everyone over eats or skips exercise from time to time.
- Review the situation
 - Ask yourself why you got off track?
 - What got in the way?
 - How can you avoid it in the future?
- Then put it out of your mind and get back on track right away.

**GIVE
YOURSELF
A BREAK!**



**YOU CAN
DO IT!**

"I'm a failure, I'm never going to be able to do this."

"I might as well eat everything today and start over tomorrow."

Avoid negative emotions and thoughts.

Parent Tip

Help your child review the situation and offer encouragement to get back on track. Review the roadblocks and remember to be the cheerleader!



Treatment Plan 2-5

A calorie is a calorie no matter where you eat.

Special Event Planning

Party

Before the event

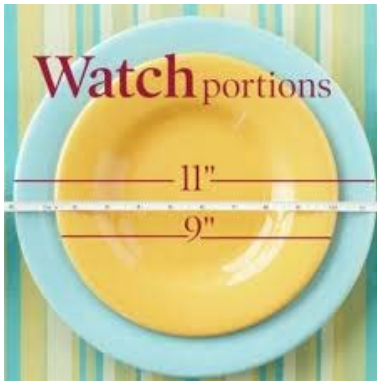
- Develop an eating plan.
- Decide what you will eat and plan to stick to it.
- Eat before you leave so that you aren't hungry.
- Review your advantage cards.
- Consider asking one of your supporters to help you.

At the event

- Take a small plate and put only what you planned to eat on it.
- Sit down when you eat, eat mindfully.
- Don't hang out near the food table.
- Remember the calories in drinks. Bring a water bottle.

After the event

- Reward yourself for sticking to the plan.
- Make the reward a non-food reward.



Do any of these thoughts sound familiar?

"It's okay to eat this because..."

"I'm too tired to exercise today."

"It's a party, I deserve to treat myself."

"I'll make up for it later."

"I don't care. I'm going to do it anyway."

"No one knows that I'm eating this so it doesn't count."

You cannot stop sabotaging thoughts from arising so you must learn how to respond to them. The first step is to recognize that you have them.

Time to review your advantage cards!

Parent Tip

Help your teen come up with what to say to themselves when they are tempted to eat more at a party.



Treatment Plan 2-5

Tracking

Remember to track your food intake (See tracking forms in Resource Tab)

	Time	Amount	Mood	Activity
Breakfast				
Lunch				
Dinner				
Snack				

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Advantage Response Cards

Keep using your advantage response cards throughout this entire process.

Do you look at your cards daily?
Where do you keep your cards?



Parent Tip

Help your child with completing the tracking form daily.



Treatment Plan 2-5

Underage drinking is illegal.

Let's Talk about Alcohol

The Dietary Guidelines for Americans suggest if you drink alcoholic beverages, drink only in moderation.

Alcohol has empty calories which can slow weight loss or add to weight gain. Although it supplies calories, alcohol does not supply nutrition. In fact, alcohol can keep your body from absorbing many vitamins and minerals.

Alcohol may interact with medicine, either making it less effective or more potent.

After bariatric surgery a small amount of alcohol will have a greater effect on your metabolism. Do not drink alcohol for at least one year after surgery to prevent stomach irritation and ulcers.

Alcohol and Calories – How Much?

<u>Alcoholic drink</u>	<u>Calories</u>
Beer, regular, 12 ounces	150
Beer, lite, 12 ounces	100
Wine, 5 ounces	100
Wine cooler, 12 ounces	180
Liquor, 1 ½ ounces*	95-100

•An added mixer, such as energy drinks or a soft drink, adds calories.

About 5,000 young people under the age of 21 die yearly as a result of underage drinking.

Parent Tip

Teach your child to never accept a ride from someone who has been drinking.



Treatment Plan 2-5

Let's Talk about Sex

Deciding to have sex either before or after surgery is an important decision. If you have questions about sex you should talk to your parents/guardians, an adult your parents trust, your primary care provider or any of us with the surgical weight loss team.

Things to consider before deciding to have sex include whether this feels right to you and is the right time in your life. Think about how you and your partner will feel after you have sex. You shouldn't feel pressured to have sex.

It is completely okay to wait to have sex.

If you make the decision to have sex, be prepared - use a condom to protect against sexually transmitted infections. To prevent pregnancy, use condoms with another form of birth control.

Talking about sex with your parents can be scary or embarrassing. If you need help bringing up the topic of sex, try using a magazine article or TV show as a starting point. It may take more than one conversation with your parents about sex before you feel comfortable talking about your personal feelings and intentions.

Parent Tip

Discuss your family values about decisions to have sex with your teen. Keep the lines of communication open.



Treatment Plan 2-5



Check Up

Routine Health Care

Before and after surgery, you will have many appointments with our team. These appointments don't replace visits with your primary care provider. Our team will keep your primary care provider up-to-date with your progress before and after surgery, but it is still important for you to be seen for yearly check ups and more often if you are being treated for other health problems like high blood pressure, diabetes, depression and other mental health problems.

There are immunizations (shots) you should get during your teenage years. Talk to your primary care provider to make sure you are up to date:

- Tetanus booster
- Meningitis
- Human Papilloma Virus (HPV)
- Flu (every year)
- Varicella (Chicken Pox)



Your primary health care provider can help keep you on track!

Parent Tip

Help your teen schedule and keep appointments with the primary care provider.

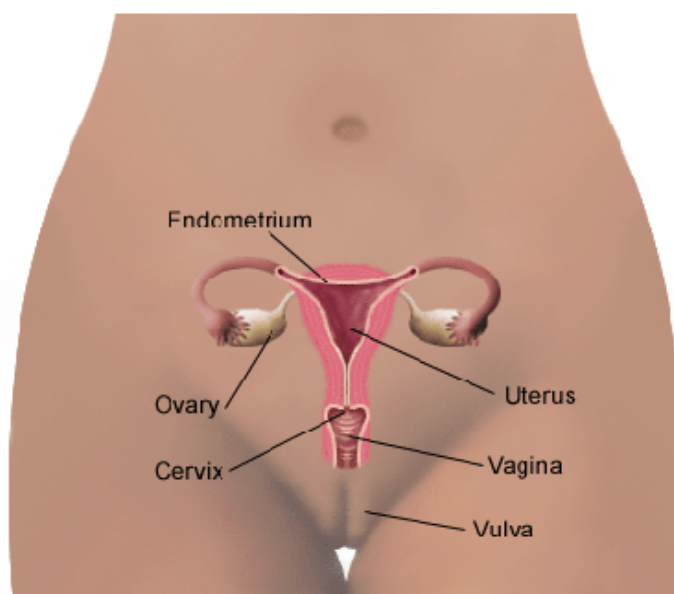


Treatment Plan 2-5

Menstrual Cramps (Dysmenorrhea)

Menstrual cramps, which are painful periods or cramping pain in the lower part of the abdomen (belly), can start from 1-2 days before the period begins and may last 2-4 days. The pain occurs when your uterus tightens and relaxes to allow blood to leave the uterus. The pain may be in the lower back or lower part of the belly. The pain can range from dull to throbbing. Menstrual cramps are normal.

After weight loss, many girls may find that they have menstrual cramps for the first time or the cramping increases because hormones return to natural levels. If this occurs, please contact us. We can help you with medication to decrease the pain safely. Be careful with over-the-counter medicines for menstrual cramps. Many contain a certain medicine that can cause bleeding ulcers in those who have had weight loss surgery.



Track your periods every month on a calendar.

Parent Tip

Heat packs on the lower abdomen may help menstrual cramping.



Treatment Plan 2-5

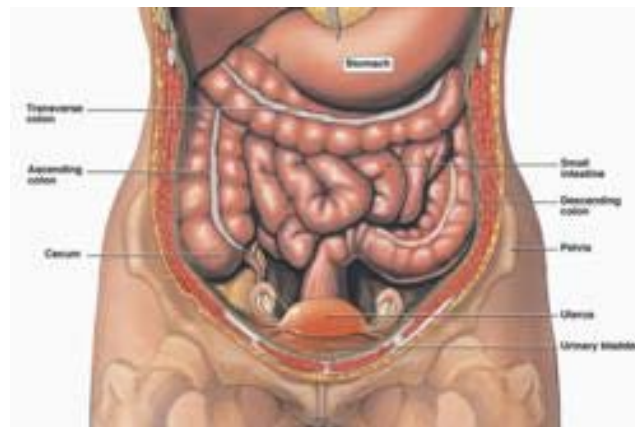


Pregnancy After Surgical Weight Loss

Women who have had surgical weight loss can have safe and healthy pregnancies with planning and careful attention to nutrition.

The most important consideration is timing:

- ❖ You should wait 18 months after surgery before you try to get pregnant.
- ❖ It is hard to meet your nutritional needs during the first 18 months when the rapid weight loss is occurring. The developing baby may not be able to get enough food to grow.
- ❖ To prevent pregnancy, either don't have sex or use a reliable method of birth control. Our adolescent medicine specialist will review these options with you. (See birth control methods in resource tab)
- ❖ Before trying to get pregnant, you should have your blood drawn to check your vitamin and iron levels. Take your supplements regularly to make sure you are in the best possible health before you become pregnant.




Nutrition is key!



Ready for Surgery!

To Do List Before Coming to the Hospital



Purchase all of the vitamins and supplements.

Use your grocery list to stock up on the food and drink items you will need.

Pack for the hospital: comfy lounging clothes, books, movies, magazines.

Remove nail polish, leave jewelry at home.

Parent Tip

Tours of the surgery area are available.
Call 513-636-8298 if you are interested.



Ready for Surgery!

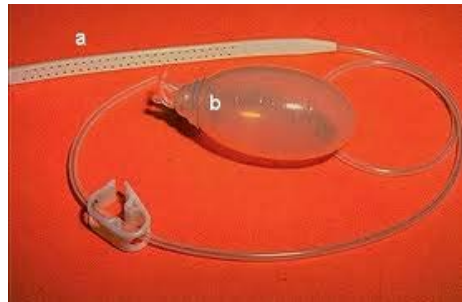
Day of Surgery

What to Expect on the Day of Surgery

- ❖ You will arrive at the Same Day Surgery department (on B-3) about 2 hours before your surgery.
- ❖ Your family will stay with you until you go to the operating room.
- ❖ A nurse will put an IV in your arm for fluids and medication.
- ❖ The nurse will give you a shot of Lovenox to prevent blood clots.
- ❖ You will have TED hose and compression boots put on your legs.
- ❖ We will scrub your stomach.
- ❖ After you are asleep, a foley catheter will be placed to drain your urine.

When You Wake up You Will Have:

- ❖ oxygen in your nose
- ❖ a drainage tube coming from your stomach
- ❖ a catheter draining your urine
- ❖ IV in your arm with pain medication



Parent Tip

Discuss with your teen that they will feel pain after the surgery but the pain team will make sure it is controlled.



Ready for Surgery!

Hospital Stay

What to Expect While in the Hospital

- ❖ You will be in a hospital room on A4 North.
- ❖ One person can sleep in the room with you.
- ❖ You can begin sipping sugar free fluids the day of surgery.
- ❖ The catheter for your urine is usually removed the day after surgery.
- ❖ The oxygen is removed as soon as you are moving around more.
- ❖ The drainage tube is removed right before you leave the hospital.
- ❖ You will be in the hospital for 2-3 days.
- ❖ Get out of bed and walk as much as possible. Moving around:
 - ❖ helps you to feel better
 - ❖ prevents blood clots
 - ❖ prevents pneumonia
 - ❖ gets you home faster

The more you walk the better you feel!

You will be discharged when you can drink 50 ounces of fluid in a day. Remember to sip water constantly with no straw.

You may feel dizzy when you first get out of bed.

Parent Tip

Your teen may be very sensitive to smells. Try to eat in the cafeteria rather than in the hospital room.



Ready for Surgery!

Back Home

What to do When You Get Home

- ❖ Begin taking your supplements as prescribed.
- ❖ Take several walks every day.
- ❖ Sip fluids constantly to avoid dehydration.
 - ❖ Except for 30 minutes before and after meals
- ❖ Do not drive until after your 2 week follow up appointment
- ❖ Listen to your body. When you are tired, lay down and rest.
- ❖ You may return to school when you are ready.
 - ❖ Some people return to school the day after discharge
 - ❖ Others take the first full week off from school
- ❖ We will call you regularly to see how you are doing.



*If you need to speak to a surgeon right away call:
513-636-4200 and ask for the bariatric surgeon on call.*

**Follow the dietary stages to prevent
nausea and other complications.**

Parent Tip

Keep track of fluid and protein intake especially in the first few weeks after surgery.



Ready for Surgery!

Pre-op Diet

Begin 2 Weeks Before Surgery

Meal 1

Slim Fast®
CIB w/8 oz milk or RTD
Other - _____

Meal 2

Slim Fast®
CIB w/ 8 oz milk or RTD
Other - _____

Meal 3

Slim Fast®
CIB w/8 oz milk or RTD
Other - _____

Meal 4

Frozen entrée + 8 oz skim milk

Daily Meal Plan

- * One packet of CIB made w/ 8 oz. skim milk
150 calories, 13 grams protein, 4 grams fiber
- * One 11-oz can Slim Fast – High Protein
190 kcal, 15 grams protein, 5 grams fiber
- * One 11-oz can Slim Fast – Low Carb
180 calories, 20 grams protein, 2 grams fiber

Meal 4:

Meal not to be more than 400 calories.

Nutrition Information: Daily Intake

Calories: approx 1,000- 1,200 kcal

Protein: 60 grams

Fiber: 25 grams

	Protein	Calories
Meal 1		
Meal 2		
Meal 3		
Meal 4		
Total		

Total Fluid intake _____ Goal = 64 oz



Ready for Surgery!

Pre- op Diet

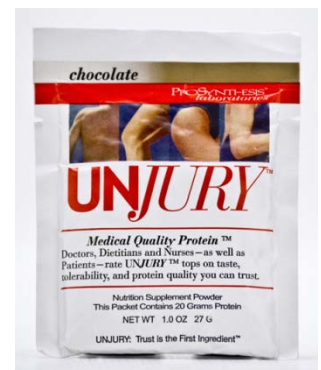
Tips

Carnation Instant Breakfast® comes in vanilla, chocolate and strawberry. You can use skim milk or 1% milk, fat free soy milk, fat free lactaid milk.

Carnation Instant Breakfast® also comes ready-to-drink with no sugar added – 11 oz. It comes in vanilla and chocolate flavors.

Slim Fast® comes in a variety of flavors. It is best when well chilled.

You can use other protein shakes – see the list under “Other Protein Powders/Products” in the Resource Pages.



Ready for Surgery!

Pre op Diet



Other Ideas for Protein Shakes:

Mix Crystal Light®, sugar-free Kool-Aid® or any sugar-free flavor to vanilla Carnation Instant Breakfast® made with skim milk. (Lemonade flavor, kiwi-raspberry, etc.)

To make it more like a ‘*slusky*’: after mixing in flavor of choice put protein shake in the freezer for 15-20 minutes and let it get frosty. You can then eat it with a spoon.

For a chocolate flavored coffee drink, add sugar-free coffee flavors to the chocolate Carnation Instant Breakfast®. Make sure that they are also *caffeine free*. Heat it up and you will have a flavored sugar-free, caffeine-free drink.

To make flavored ice cubes, freeze the sugar-free drinks and add them to your water bottle. Sip throughout the day between your meals.

Add your ideas

Share with the group the next time you come in!!

I  **Protein**



Ready for Surgery!

Pre op Diet

Sample Meal Ideas

3-4 oz baked skinless chicken breast
1 cup green beans
½ cup mashed sweet potato
2 teaspoons low fat margarine
1 cup tossed salad w/ lettuce, tomato, cucumber
1 tablespoon of light oil and vinegar salad dressing
12 oz. of water or sugar free drink

3-4 oz. of broiled white fish
½ cup brown rice
2 teaspoons of low fat margarine
1 cup steamed broccoli
1 cup tossed salad w/ 1 tablespoon light dressing
12 oz. of diet iced tea

Frozen Meal Options:

Healthy Choice Cheesy Chicken and Rice®
Lean Cuisine Spaghetti and Meatballs®
South Beach Diet Garlic Parmesan Chicken with Penne®
Lean Cuisine Roasted Chicken with Lemon Pepper Fettuccini®
South Beach Diet Four Cheese Pizza®

Pair with:

1 cup of lettuce side salad with 1 tablespoon of light dressing
8 ounces of skim or 1% milk
Extra serving of ½ cup of fruit or vegetable

My choices:



Ready for Surgery!

Post op dietary stages

STAGE 1 Sugar free clear liquids while in the hospital

STAGE 2 High protein liquids and foods with a smooth consistency

Instructions:

Start: Begins at the time of discharge from the hospital

Duration: After Roux-en-Y gastric bypass: weeks 1-4
After Sleeve Gastrectomy: weeks 1- 5

Food Consistency: Smooth

High protein shakes: options for making the drink:

- Skim or 1% milk
- Low-fat soy milk
- Lactaid milk

Acceptable foods with a smooth consistency:

- Sugar-free pudding
- Light yogurt (plain or vanilla)
- Low-fat cottage cheese (small curd only)
- Low-fat ricotta cheese

Goals:

Protein: approximately 50 to 60 grams per day

Calories: Calories: 500-600 kcal/day

Meal pattern: 3 to 6 small meals per day

Fluids: Drink 80 – 90 oz. of water or sugar-free fluids each day

Volume: ½ cup for solid foods, 6 oz for protein shake

Tip:

Sip fluids throughout the day, except 30 minutes before and after a meal.



Ready for Surgery!

Post op dietary stages

STAGE 3 Soft Protein Foods

Instructions:

Start: After Roux-en-Y gastric bypass: weeks 4-6
After Sleeve Gastrectomy : weeks 5-8

Food Consistency: All foods must be chopped into pieces **no larger than the size of a pea before eating – remember digestion starts in your mouth!**
Chew all food well, slow down when eating.

Goals:

Protein: approximately 60 grams per day

Calories: 500-700 kcal/day

Meal pattern: 3 to 6 small meals per day

Fluids: Drink 80-90 oz. of water or sugar free fluids each day

Volume: ½ cup for solid foods, 6 oz protein shake

Sample Menu:

<u>Meal</u>	<u>Food Item</u>	<u>Volume</u>	<u>Protein (grams)</u>
Meal 1.	Protein Drink	6 oz	15
Meal 2.	Chicken	1/2 cup	18
Meal 3.	Scrambled egg	2 eggs	14
Meal 4	String cheese	2	14
			60

Tip:

Try new foods one at a time, every 2 -3 days so that you will know if a particular food causes any discomfort.



Ready for Surgery!

Post op dietary stages

STAGE 3 Soft Protein Foods

Food	Amount	Calories	Protein (g)
Protein Drink	2/3 cup	150	15
Light Yogurt	4 oz.	45-50	6-7
Greek low fat plain yogurt	6 oz.	100	18
Sugar-free pudding	½ cup	87	8
Cottage Cheese, small curd			
Fat-Free	¼ cup	40	8
1% low-fat	¼ cup	40	7
Egg – chopped or scrambled	1	75	7
Egg substitute- chopped	¼ cup	35	7
Egg whites- chopped	2	35	7
String cheese	1	70	7
Cheese	1oz	35 - 100	7
*no melted cheese until 1 month post-op			
Minced/ ground chicken breast	½ cup	88	18
*white meat, no skin	1 oz	35	7
Minced/ ground turkey breast	½ cup	88	18
*white meat, no skin	1 oz	35	7
Minced/ ground fish (fresh or frozen cod, flounder, haddock, halibut, trout)	½ cup 1 oz	88 35	18 7
Minced/ ground tuna (fresh or canned in water)	½ cup 1 oz	88 35	18 7
Minced/ ground salmon	½ cup 1 oz	88 55	18 7
Minced/ ground imitation crab	½ cup 1 oz	88 35	18 7
Tofu- chopped	½ cup(4 oz)	75	7
Soy Crumbles (Smart Ground – Original)	1/2 cup	105	18
Veggie burgers (Boca, Morningstar farm)-chopped	1	100 – 140	13 - 18
Veggie sausage (Morningstar)- chopped	2 links	80	9
Boca ground burger- chopped	2oz	60	13
Fat-free refried beans	½ cup	120	7
Hummus	¼ cup	104	5



Ready for Surgery!

Post op dietary stages

STAGE 4 Other protein foods, fruits, vegetables and grains

Instructions:

Start: After Roux-en-Y gastric bypass: weeks 7-9

After Sleeve Gastrectomy: weeks 9-12

Food Consistency:

At this stage, foods no longer need to be finely chopped -

However, it is important to take small bites and chew your food well!

Goals:

Protein: at least 60 grams per day

Calories: 700-800 kcal/day

Meal Pattern: 3 to 4 small meals per day

Fluids: Drink 80-90 oz. of water or sugar free fluids each day

Food volume: ½ - 1 cup per meal for solid foods or 1 cup of protein shake

New foods introduced:

Protein foods: shaved deli meat (turkey, ham, chicken), low-fat cheese, (melted cheese), lean pork, cooked beans, peanut butter

Fruit: soft or canned in their own juice, no skin

Vegetables: soft cooked/steamed or canned

Grains: Toast, cereal (6 grams of sugar or less per serving), crackers, oatmeal/cooked cereals, rice, pasta, mashed potatoes

***choose mainly whole grain products/foods**

Tips:

Eat protein foods first.

Take small bites and chew your food well.

Stop eating when you feel full.



Ready for Surgery!

Post op dietary stages

STAGE 5 Healthy Portion Controlled Eating Plan

Instructions:

Start: Roux-en-Y gastric bypass: week 9 and for life
Sleeve Gastrectomy : week 13 and for life

Goals:

Protein: 60 grams per day

Calories: 900 - 1200 calories/day

Meal pattern: 3 to 6 small meals per day

Fluids: 64 oz of water or sugar free fluids each day

At this point, fluids may be consumed with meals as tolerated. Also, small amounts of caffeine (no more than 100 mg/day) and sugar-free carbonated beverages may be included.

Volume: Up to $\frac{3}{4}$ cup to $1\frac{1}{2}$ cups per meal

Acceptable foods:

- All foods from stages 1-4
- Bread – not toasted
- Red meat (remove visible fat)
- Raw fruits and vegetables including dried fruit
- Nuts, seeds, popcorn (in moderation)

Tips:

Stop eating when you feel full.

Include a lean protein at each meal.

Use low-fat cooking methods (bake, broil, steam, microwave or grill).



Ready for Surgery!

Long term Tips



Avoid:

Caffeine for the first year.

Alcohol for the first year.

Carbonated beverages for the first six months because the carbonation can cause bloating and discomfort.

Foods that are dry, sticky, gummy or stringy in texture can cause discomfort.

Examples: celery, coconut.

Sugar and foods with high sugar content to prevent **Dumping Syndrome**.

Dumping syndrome is caused by eating foods with too much sugar or fat. (examples : ketchup, barbeque sauce, alfredo sauce, creamed soups)

The symptoms of dumping syndrome include: cramps, clammy feeling, sweating, fast heart rate, vomiting and/or diarrhea.

Late dumping may occur up to 2 hours after eating a meal or with food high in sugar and/or fat.

Other Helpful Tips:

- Have a high quality protein source at every meal.
- Meals should be eaten in 15-20 minutes. Remember to stop drinking 30 minutes before a meal and do not drink until 30 minutes after a meal.
- Eat slowly taking small bites. Make sure food is cut into small pieces. Food should be no larger than the size of a pea.
- Do not eat or drink past the first feeling of fullness. When feeling full, stop eating and put the food away or throw away what is left.
- Sip water throughout the day to avoid dehydration.
- Do not chew gum. It can cause a blockage or obstruction if swallowed.
- Do not lie down within one hour after meals.



TAKE HOME MESSAGE

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Cheers

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Things to Work On

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TAKE HOME MESSAGE

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Supplements Post Op Gastric Bypass/Sleeve

To be ready for your upcoming surgery, you need to buy the following vitamin & mineral supplements. **Serious or life-threatening complications can occur if you do not take all the recommended daily vitamins and minerals.** Please let us know if you are having financial trouble and will not be able to purchase these supplements. **NOTE:** Sometimes people prefer liquid or chewable medicine in the first 2 weeks after surgery.

Vitamin &/or mineral	Recommended	Dose	Where to buy	Why it is important	Comment
Multi vitamin	Males: Multivitamin Such as Centrum Females: Prescription Prenatal Vitamin with iron Flintstone Complete Chewables for first 2 weeks after surgery	1 tablet twice a day	Pharmacy, drug store, grocery store	Surgery changes the ability to absorb certain nutrients. You will take a multi- vitamin for life.	May be better tolerated with food. May separate the 2 dosages
Calcium	Brand that contains calcium citrate and Vitamin D ₃	(1) 500 mg tablet THREE times a day	Pharmacy, drug store, grocery store	To minimize bone loss that occurs naturally as we age	Space doses evenly throughout the day Taking calcium with iron supplements will decrease absorption and increase stomach irritation. Wait 2 hours after multivitamin or iron.
Vitamin B12	Given as an injection yearly, beginning with 2 week post op visit.		Given in clinic	Vitally important to your nervous system and red blood cell development. If you have low B 12 levels your nerve function & mental function is affected.	
Vitamin B-1 50mg	Generic is fine. <i>Greater than 50 mg okay, must be at least 50 mg</i>	1 tablet per day	Pharmacy, drug store, grocery store	To further protect your nervous system. Low B1 levels can lead to a condition called beriberi with muscle weakness, numbness tingling in arms/legs.	May stop taking 6 months after surgery
Vitamin D3-5	Generic is fine	5000 IU 1 softgel per day or as directed	Pharmacy, drug store, grocery store	To minimize bone loss that occurs naturally as we age Low levels of vitamin D is associated with high blood pressure, hyperglycemia, and metabolic syndrome	The Vitamin -3 in the calcium supplement is not enough, you need to take this supplement as well.

Whole Grains

What are Whole Grains?

Grains are divided into two categories; whole grains and refined grains. **Refined grains** have been milled, a process that removes part of the grain. This gives grains a finer texture and improves their shelf life, but it also removes dietary fiber, iron, and many B vitamins. **Whole grain** foods contain all three parts of the grain. Foods that contain whole grains remain high in vitamins, minerals, and fiber

Why Eat Whole Grains?

- The Dietary Guidelines for Americans recommends eating 6 ounces of grain products every day.
 - At least half of this amount should be whole grains.
- Feel fuller longer
- Source of important vitamins and minerals
- Reduces the risks of diseases such as: cancer, heart disease and high cholesterol, stroke, high blood pressure, obesity, type 2 diabetes

What to Look For on the Food Label

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

- whole wheat
- whole rye
- whole oats
- buckwheat
- whole-grain cornmeal
- oatmeal
- brown rice
- barley
- wild rice
- bulgur
- graham flour
- popcorn

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Watch for added sugar, fat and sodium in products.

Whole Grains – page 2

Serving Sizes of Common Whole Grain Foods

Each serving is equal to 1 ounce

- Whole grain cereals: 1/2 cup cooked or 1 cup ready –to – eat
- Whole grain breads: 1 slice
- Whole grain tortillas, muffins, waffles, pancakes: 1 small
- Popcorn: 3 cups
- Whole grain crackers: 5 -7 small crackers
- Whole grain bagel, pita bread: 1/2
- Brown rice, whole grain pasta: 1/2 cup cooked

Tips to Boost the Amount of Whole Grains in Your Diet

At Breakfast:

- Have whole-grain cereal with low-fat or nonfat milk and fresh fruit
- Top low-fat or nonfat yogurt with a crunchy whole-grain cereal. Have some fresh fruit.
- Top a toasted whole-wheat or other whole-grain bread, English muffin or pita with scrambled egg or egg whites, low-fat cheese or low-fat margarine with no trans-fat.

At Lunch:

- Use whole-grain breads to make sandwiches.
- Make a whole-wheat pasta salad with vegetables and beans.
- Have a cup of barley soup.

At Dinner:

- Use brown rice to stuff cabbage, peppers or tomatoes.
- Use whole-wheat macaroni and pastas.
- Try crushing a low sugar, whole-grain, ready-to-eat cereal, like Total® corn flakes, as breading for baked chicken or fish.

Source: *So What Can I Eat?! How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own* (Wiley 2006), Elisa Zied, MS, RD, with Ruth Winter, MS.

Low Calorie Drinks

change the outcome™



Water is always the best choice to stay healthy and hydrated.

There are many other drinks that add extra calories without many nutrients. Typical fruit drinks, sports drinks, and regular pop are full of calories and sugar that can contribute to weight gain. For example:



- **20 ounce regular pop** (cola or clear) has **250 calories** and **15 teaspoons of sugar**
- **20 ounces of fruit punch** has at least **200 calories** and **12 teaspoons of sugar**

Choose drinks with 10 or fewer calories and less than 3 grams of sugar per serving.

Ideas for low calorie drinks:

- Flavored water – sugar-free
- Sparkling water – you can add 1-2 ounces of 100% juice for flavor!
- Low calorie sports drinks, like Propel® or Powerade Zero®)
- Sugar- free fruit drinks, like Crystal Light®, sugar-free Kool-Aid®, etc.
- Keep a pitcher of water in the refrigerator so cold water is always available
- Add lemon or lime to water
- Use single serve sugar-free powdered packets to add to water
- Tea (hot or cold) with a zero calorie sweetener, like Splenda® or Nutrasweet®

* Limit total juice to no more than 4-8 ounces per day.

* Skim and 1% milk are also healthy alternatives to sugary beverages and are good sources of nutrients.

Comments:

Flavored Water and Other Drinks

Flavored Water	Calories
FruitO® - 16 ounces	0
Crystal Clear® - 1 liter	0
Aquafina Splash® - 16 ounces	0
Aquafina Sparkling® - 16 ounces	0
Dasani with raspberry or lemon (16 ounces)	0
Propel Fitness® water – 16 ounces	20
Flavored Drinks	Calories
Welch's® Low Cal juice – 10 ounces	15
Diet V-8 Splash® - 8 ounces	20
Kool-Aid Jammers® - 6.75 ounces	10
Sugar-free Kool-Aid® - 8 ounces	5
Crystal Light On the Go®	10
Mio-Liquid® water enhancer – 1/2 teaspoon	0



Watch out for water drinks with added sugar. They have more calories!

Flavored Water	Calories
Clear Fruit® - 20 ounces	225
Glaceau® Vitamin Water – 20 ounces	125

How Do I Choose the Right Drink?

Always look at the nutrition label for calorie content. Check the serving size and the calories.

- Look for signs like “sugar-free”, “low calorie” or “diet”.
- Compare prices.
- Remember you can always flavor your own water with a lemon, lime, or cucumber.
- Flavored or natural, remember to try and drink at least 8 cups of water a day!

Caffeine

How Much is Too Much Caffeine in a Day?

- Teens should not have more than 100mg of caffeine per day.
- Adults should have no more than 200 mg of caffeine per day.

Drink/Food	Serving Size	Total Caffeine
Mountain Dew	12 ounces	55 mg
Coca-Cola®	20 ounces	56.7 mg
Coca-Cola Surge®	20 ounces	85 mg
Diet Coke®	20 ounces	75 mg
Pepsi®	20 ounces	63.3 mg
7-Up®/Sprite®	20 ounces	0 mg
Brewed coffee (drip)	5 ounces	115 mg
Starbucks coffee	8 ounces	200 mg
Decaf coffee	8 ounces	4 – 10 mg
Double espresso	5 ounces	160 mg
Iced Tea	12 ounces	70 mg
Decaf tea	8 ounces	1 – 4 mg
Green tea	5 ounces	35 mg
Dark chocolate	1 ounce	20 mg
Milk chocolate	1 ounce	6 mg
Cocoa beverage	5 ounces	4 mg
Chocolate milk	8 ounces	5 mg
Starbuck's® Frappuccino	9.5 ounces	90 mg
	13.7 ounces	120 mg
Jolt®	23.5 ounces	114 mg
Red Bull®	8 ounces	80 mg
Cold relief	1 tablet	30 mg

What's On Your Plate?

Here are the guidelines for a balanced portion-controlled daily meal plan. These guidelines will help you plan your meals each day.

Pre-Surgery Calories 1800-2000

Food Group	Daily Amount	Suggested Serving
Grains At least half of all grains should be whole grains (see handout)	5-6 servings	1 cup whole grain cereal 1 slice whole grain bread ½ cup hot cereal, potato, pasta or rice
Vegetables	4 -5 servings	1 cup raw or ½ cup cooked, frozen or canned
Fruits	2 -3 servings	1 medium size piece of fresh fruit ½ cup of fresh, frozen or canned (in own juice) 4 ounces of 100% juice
Protein (meat, fish, chicken, beans, tofu) See handout on lean protein sources	5 -6 ounce equivalents	1 ounce of cooked meat, fish or chicken 1 egg or ½ cup egg substitute ¼ cup cooked beans (black, kidney, pinto or white)
Dairy	3 servings	8 ounces of fat free (skim) or 1% milk 1 cup low fat yogurt ½ cup low fat cottage cheese 2 ounces low fat cheese

Helpful Tips:

- Choose cereals with 5 grams of sugar or less per serving.
- Choose cereal bars that have 9 grams of sugar or less per serving.
- Order grilled/baked/broiled items when eating out. Never super-size. Choose baked chips, or fruit instead of fries.
- Drink water, low fat milk or diet soda.
- Teens should not have more than 100 mg of caffeine per day (a 20 oz. diet coke = 75 mg of caffeine).
- Frozen dinner entrees should have 300-400 calories, 7-14 grams fat and 12-14 grams protein.
- Use measuring cups and spoons as your serving utensils to measure portions.
- Between meals - drink, drink, drink. Often when you think you are hungry, you are really thirsty. Stay well hydrated to curb your appetite.
- Eat and drink slowly. Take small bites and chew food thoroughly. Practice 'mindful eating'.

What's on Your Plate?-High Quality Protein Sources

Food	Amount	Calories	Protein
Light yogurt	4 ounces	45-50	6-7
Sugar-free pudding	1/2 cup	87	8
Cottage cheese, small curd :			
Fat – free	1/4 cup	40	8
1% low fat	1/4 cup	40	8
Egg – chopped or scrambled	1	75	7
Egg substitute – chopped	1/4 cup	35	7
Egg whites – chopped	2	35	7
String Cheese	1	70	7
Low fat cheese (no more than 5 grams of fat)	1 ounce	35-55	7
Minced/ground chicken breast (White meat, no skin)	1/2 cup	88	18
	1 ounce	55	7
Minced/ground turkey breast (White meat, no skin)	1/2 cup	88	18
	1 ounce	55	7
Lean red meat (round, sirloin, flank)	1 ounce	55	7
Minced/ground fish (fresh or frozen cod, flounder, haddock, halibut, trout)	1/2 cup	88	18
	1 ounce	55	7
Minced/ground tuna (fresh or canned in water)	1/2 cup	110	14
	1 ounce	55	7
Minced/ground salmon	1/2 cup	88	18
	1 ounce	75	7
Minced/ground imitation crab	1/2 cup	88	18
	1 ounce	35	7
Tofu – chopped	1/2 cup or 4 ounces	75	7
Soy Crumbles (Smart Ground – original)	1/2 cup	105	18
Veggie burgers (Boca®, Morningstar Farm® - chopped)	1	100-140	13-18
Veggie sausage (Morningstar Farm®) – chopped	2 links	80	9
Boca® ground burger – chopped	2 ounces	60	13
Refried beans, fat-free	1/2 cup	120	7
Hummus	1/4 cup	104	5

If you are unable to weigh poultry, meat or fish after cooking, use the guidelines below for estimating:

- 3 ounces = size of a deck of cards
- Diced/chopped/cooked meat, poultry or fish: 1 cup = 5 ounces
1/2 cup = 2.5 ounces

PROTEIN AND LOW SUGAR HEALTHY DRINK OPTIONS

The drinks listed below are lower in sugar and are high protein sources. These can be used to help increase your intake of protein.

Product	Serving Size	Calories	Sugar	Sodium	Protein
Kellogg's Special K ₂ O (lemon twist, mixed berry, strawberry kiwi, tropical blend)	12 oz (ready to drink)	50	6 g	40 mg	5 g
Kellogg's Special K ₂ O Protein Mix (iced tea, pink lemonade, strawberry kiwi)	1 Packet (Mix with 18-20 oz water)	30	0 g	40 mg	5 g
Next Nutrition Protein Pak 2Go (chocolate, mango, vanilla, pomegranate)	1 Packet (Mix with 12 oz water)	60	1 g	12 mg	10 g
South Beach Living Tide me over (** 5 g of fiber)	1 packet (mix with 16.9 oz water)	30	0	25 mg	3 g
Stacker 2 (grape, sour apple, pink lemonade)	20 oz (ready to drink)	80	0 g	40 mg	20 g
Isopure Bottled Drink (fruit punch, orange, raspberry, grape, apple, passion fruit, pineapple, mango peach)	20 oz (ready to drink)	160	0 g	80 mg	40 g

Other Protein Powders and Products:

1. UnJury medical quality protein
3 flavors: chocolate, vanilla, and chicken soup
www.UNJURY.com - 1-866-603-6849
2. Jay Robb products – www.Jayrobb.com
Protein powder in vanilla, chocolate and strawberry flavors, also in unflavored .
Whey protein product and also egg white protein powder for those that are sensitive to dairy.
3. EAS – Myoplex – www.FitFx.com or www.VitaminShoppe.com/Myoplex
4. Isopure water comes in various flavors – orange, fruit punch, grape
www.Isopure.com or purchase at a health food store
5. Shaklee products - Cinch Shake Mix : vanilla, strawberry or chocolate www.shaklee.com

Before using any of these products please check with your dietitian to assure that the products are providing you with the appropriate protein and are low in sugar.

Healthy Recipe Change Tip Sheet

Decrease fat and lower calories with these cooking and shopping tips

Instead of this :	Try using this:
Shortening, butter, margarine or lard	Use ¼ less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup, use ¾ cup. If recipe uses ¼ cup shortening, use 3 tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter.
Shortening, butter or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%.
Whole milk, 2% milk, half and half or evaporated milk	Use skim milk, 1% milk, evaporated skim milk, fat free half and half or plain soymilk fortified with calcium.
Butter, shortening, margarine or oil to prevent sticking. Fat to sauté or stir-fry	When frying foods use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or nonfat cream cheese. Neufchatel or low-fat cottage cheese pureed until smooth.
Full fat sour cream Full fat cottage cheese Full fat ricotta cheese	Use nonfat or reduced fat sour cream or fat free plain yogurt. (Yogurt is not heat stable) Use 2% or fat free cottage cheese. Use part-skim ricotta
Cream Whipping cream	Use evaporated skim milk. Use nonfat whipping topping or cream. Pay attention to serving size.
Eggs	Use egg whites (usually 2 egg whites for every egg) or ¼ cup egg substitute
Whole fat cheese	Use reduced fat or fat free cheeses, but add it at the end of the baking time. Part skim mozzarella cheese may also be used, but read the label for fat content.
Frying in a pan	Change cooking method to bake, broil, grill, poach, roast or microwave.
Regular mayonnaise or salad dressing	Use low-fat, reduced or non-fat mayonnaise or salad dressing.
Canned fish	Use water packed canned fish
Fatter cuts of meat-skin on	Leaner cuts of meat or ground meat. Remove skin before cooking
Ground beef or ground chuck	Ground round or ground sirloin. Ground lean turkey and chicken may also be used, be sure to check the label for the fat content.
Sugar	Reducing sugar by ¼ to 1/3 in baked good products and desserts. (If recipe calls for 1 cup use 2/3 cup). Cinnamon, vanilla and almond extract can be added to give impression of sweetness. Use sugar substitutes according to package directions. Some may not work for baking.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or light versions of yogurt.
Syrup	Pureed fruit, such as no sugar added applesauce, or sugar free syrup.
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits. Buy unsweetened frozen fruit or fruit canned in its own juice, water or light syrup.
Puddings, gelatin and soda pop	Most brands offer a sugar free variety

Instead of this:	Try using this:
INCREASE FIBER	
White rice, enriched grains	Whole grain, brown rice, wild rice, whole cornmeal, whole barley, bulgur, kasha, quinoa or whole wheat couscous.
All purpose flour	Substitute whole wheat flour for up to ½ of the flour.
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies and cereals.
White bread	100% whole grain bread and 100% whole wheat bread.
Iceberg lettuce	Romaine lettuce, endive and other leafy lettuces or baby spinach.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes, try adding lentils to your spaghetti sauce.
Peeled fruits and vegetables	Add extra fruits and vegetables, such as adding grated carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when possible.

Adapted from Health Ohio Healthy Recipe Modification Tip Sheet



Protein Drink Recipe

Ingredients:

- 1 package of Carnation Instant Breakfast - No Sugar Added
- 1 cup skim milk or low fat milk of your choice, (soy, lactaid)
- 1 level Tablespoon of Beneprotein protein powder
(dispose of all foods made with beneprotein after 24 hours)

Directions:

Mix all ingredients and blend well with: blender, magic bullet, or electric hand mixer.

Yield: 1 cup (8 fluid ounces)

Calories: 150

Protein: 13 grams

Carbohydrate: 24 grams

** for variety - before surgery - you can add fresh or frozen fruits of your choice.
(1/2 cup fruit = 15 grams Carbohydrate, 60 calories)

Cauliflower Mashed Potatoes

Ingredients:

- 6 cups of cauliflower flowerets (fresh or frozen)
- 2 tablespoons of margarine, melted
- 2 tablespoons of skim or 1% milk
- Salt and pepper to taste
- *optional – 1 teaspoon of minced garlic

Directions:

1. Cook the cauliflower with an inch of water in a microwave safe dish or cover with water and boil on the stove until fork tender.
2. Drain and pat dry – the secret is to have the cauliflower really dry.
3. Mash the cauliflower and add the margarine and milk.
4. Season with salt and pepper.

Yield: 6 servings

Nutrients per serving:

Calories: 60

Protein: 2 grams

Carbohydrate: 5 grams

Fat: 4 grams

Chicken Fingers

Ingredients:

1 pound boneless, skinless chicken tenders
Salt and pepper
1 (8-ounce) container plain yogurt
2 cups bread crumbs
Olive oil or pan coating

Directions:

1. Preheat oven to 400 degrees F.
2. Season chicken with salt and pepper.
3. Put yogurt into a shallow dish or plate. Pour bread crumbs into a separate shallow dish or plate.
4. Dredge chicken through yogurt, let excess drip off, place in crumbs, and coat all over. Gently shake off excess crumbs.
5. Spray a large non-stick pan with olive oil or pan coating. Place tenders on the pan and bake for 6 minutes. Turn tenders over and bake another 6 minutes, or until tenders are crisp and cooked through.

Yield: 4 servings

Nutrients per serving:

Calories 350
Protein: 38 grams
Carbohydrate: 45 grams
Fat 6.6 gram

Fish Sticks

Ingredients:

1 pound boneless, skinless cod (or other boneless white fish)
1 egg white
¼ cup skim milk
1 cup bread crumbs
1 tsp. black pepper
1 tsp. dried parsley
¼ tsp. paprika
Non stick cooking spray – such as Pam
Lemon, cut into wedges

Directions:

Preheat oven to 475 degrees.

Cut fish into 8 stick-shaped pieces. Combine egg and milk in small bowl and briskly whip with fork or whisk until foamy (about 15 quick strokes).

Mix together bread crumbs, black pepper, parsley, and paprika. Put in a shallow bowl to dip fish.

Dip fish into egg mixture, coat with crumb mixture, and place fish in baking dish that has been sprayed with Pam or other non-stick cooking spray.

Cook for 20 minutes. Serve with lemon wedge.

Serves 4

Nutrients per serving:

Calories: 225

Protein: 30 grams

Carbohydrate: 21 grams

Fat: 2.5 grams

Turkey Meat Loaf

Ingredients:

2 lbs. (32 ounces) lean ground turkey breast

1 large egg

Vegetarian vegetable soup - canned

Suggestions: Brands such as Healthy Choice (1 can: 10.5 oz.) or Campbell's Healthy Request are lower sodium choices

1/3 cup uncooked oatmeal

1 onion, chopped

1 small can (approximately 8 ounces) tomato sauce

1/4 cup ketchup

Directions:

1. Preheat oven to 350 degrees F.
2. Combine ground turkey, egg, soup and oatmeal in large bowl. Mix well.
3. Spread chopped onion on bottom of ungreased 9x5x3-inch loaf pan.
4. Shape meat mixture into loaf and place over chopped onion in loaf pan.
5. Mix tomato sauce and ketchup together. Spread over turkey loaf in loaf pan.
6. Bake uncovered for 1 hour and 15 minutes.
7. Allow turkey meat loaf to cool for 10 minutes before slicing.

Yield: 8 servings

Nutrients per serving:

Calories: 230

Protein: 25 grams

Carbohydrate: 12 grams

Fat: 10 grams

Ranch Dip

Ingredients:

1 envelope of *hidden valley ranch dip*

16 oz container of fat-free sour cream

Raw veggies (choose your favorites- carrots, broccoli, peppers, celery, tomatoes, cauliflower, mushrooms)

Directions:

Combine dry ranch packet with 16 oz of fat-free sour cream.

Chill.

Serve with your favorite raw vegetables.

Yield: 16 tablespoons

Serving size: 2 tablespoons

Nutrients per serving:

Calories: 35

Protein: 1.5 grams

Carbohydrate: 5 grams

Basic Omelet

Ingredients:

- 1 egg plus 2 egg whites or egg substitute (1/2 cup)
- 2 Tablespoons of skim milk
- 1/2 oz of shredded part-skim mozzarella
- Vegetable cooking spray

Directions:

1. In a small bowl, beat the egg and egg whites OR the egg substitute with the milk.
2. Add the part-skim mozzarella cheese and mix until combined.
3. Spray medium-size skillet with nonstick cooking spray and place over medium heat.
4. Pour egg mixture into pan. Cook mixture until the egg is set.
5. Loosen the omelet with a spatula, and fold in half. Slide onto plate.

Yield: 1 serving

Nutrients per serving:

Calories	161 calories
Protein	18 grams
Fat	7.5 grams
Carbohydrate	3.5 grams

Variations:

- *1/2 cup of egg substitute may be used in place of the eggs
- *Add your favorite chopped or sliced vegetables to increase nutrition
- *For an Italian- style omelet, add sliced mushrooms, chopped tomato and dried herbs such as oregano or basil
- *For a Mexican-style omelet, add chopped bell pepper, canned beans and salsa or hot sauce
- *For a Western-style omelet, add chopped bell pepper, onion, Canadian bacon and sprinkle with red pepper flakes

Fiesta Chicken

Ingredients:

- 1 pound boneless, skinless chicken breast
- 2 cups salsa
- ½ cup low-fat shredded cheese, Colby, Monterey Jack, or Mozzarella

Directions:

1. Preheat oven to 350 degrees
2. Wash chicken breasts
3. Spray pan with non-stick cooking spray
4. Place chicken breast in pan and cover each breast with ½ cup of salsa
5. Place in oven and cook for approximately 20 minutes
6. Be sure chicken is done (no longer pink or 170 degrees – using meat thermometer)
7. Place 2 Tablespoons of cheese on top of each chicken breast and place back in oven until cheese is melted (approximately 3-5 minutes)
8. Serve

Yield: 4 servings

Nutrients per serving:

Calories 185
Protein: 35 grams
Carbohydrate: 9 grams
Fat: 4 grams

Chicken and Salsa Soup

Ingredients:

- 1 ³/₄ cups water
- 1 - 14.5 ounce can reduced sodium chicken broth
- 1 - 9.75 ounce can white chicken meat, drained
- 1 teaspoon chili powder
- 1 - 11 ounce can whole kernel corn with sweet peppers, drained
- 1 cup bottled chunky salsa (mild)
- 2 flour tortillas, cut into thin strips and baked in oven until golden brown (spray with Pam cooking spray)
- 2 ounces low fat shredded cheese, such as Monterey Jack or mozzarella
- *Lime wedges for garnish

Directions:

In a large saucepan combine water, chicken broth, chicken, and chili powder.

Bring to boiling; reduce heat. Cover and simmer for 8 minutes. Add corn.

Simmer, uncovered, for 5 minutes more. Stir in salsa; heat through.

To serve, ladle soup into bowls. Top with flour tortilla strips and sprinkle with 1 Tablespoon cheese and lime wedge for garnish

Yield: 4 servings (approximately 1 ¹/₂ cups each)

Nutrients per serving:

Calories: 300

Protein: 21 grams

Carbohydrate: 20 grams

Fat: 9 grams

Sodium: 800 mg

Dining Out or “Dieting Out”: Ordering a Healthy Meal

After school and evening activities can leave little time to make a meal, which makes dining out a very quick and easy alternative. Just because you’re eating out doesn’t mean you can’t eat healthy. Restaurants offer a wide variety of food choices and knowing what healthy options are available can help you make a healthy choice.

Tips for Eating Healthy When Dining Out

- Avoid fried foods. Order grilled or baked items instead.
- Ask if you can substitute baked chips, fruit, or vegetables for fries.
- Order small sizes. NEVER super size your order!
- Choose low fat condiments and salad dressings
- Drink water, low fat milk, or diet soda

Healthy Food Options at Popular Restaurants:

Burger Joints

- **McDonalds:** Honey Mustard Snack Wrap with Grilled Chicken (260 cal, 9 g Fat, 18 g Protein), Hamburger (250 cal, 9 g Fat, 12 g Protein), Plain Caesar Salad with Grilled Chicken (220 cal, 6 g Fat, 30 g Protein)
- **Wendy’s:** Jr. Hamburger (280 cal, 9 g Fat, 15 g Protein), Small Chili (220 cal, 6 g Fat, 17 Protein)

Subs and Sandwiches

- **Subway:** 6” Oven Roasted Chicken Breast Sub no cheese (310 cal, 5 g Fat, 24 g Protein), 6” Turkey Breast and Ham Sub no cheese (290 cal, 5 g Fat, 20 g Protein)
- **Panera Bread:** Smoked Turkey Breast on Sourdough Bread (Half portion: 230 cal, 8 g Fat, 15 g Protein), Low Fat Garden Vegetable Soup (90 cal, 0.5 g Fat, 4 g Protein), Chicken Tomesto on French Bread (Half portion: 240 cal, 7 g Fat, 17 Protein).
- **Penn Station:** Turkey Dagwood no cheese (242 cal, 4 g Fat, 19 g Protein), Grilled Vegetarian no cheese (245 cal, 4 g Fat, 9 g Pro)



Alcohol

The Dietary Guidelines for Americans suggest: If you drink alcoholic beverages, drink only in moderation.

Alcohol has empty calories which can slow weight loss or add to weight gain.

Under-age drinking is illegal

Alcohol may interact with medicine, either making it less effective or more potent.

Although it supplies calories – alcohol does not supply nutrition. In fact, alcohol can keep your body from absorbing many vitamins and minerals.

After bariatric surgery a small amount of alcohol will have a greater effect on your metabolism – do not drink alcohol for 1 year after surgery.

Alcohol and calories – how much?

<u>Alcoholic drink</u>	<u>Calories</u>
Beer, regular, 12 ounces	150
Beer, lite, 12 ounces	100
Wine, 5 ounces	100
Wine cooler, 12 ounces	180
Liquor, 1 ½ ounces*	95-100

*** an added mixer, such as tonic or a soft drink adds calories**

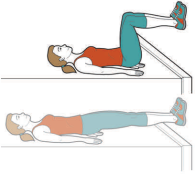
Warm-up —walk in place for 1 minute



Jumping Jacks

30 seconds

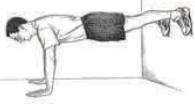
Rest for 15 seconds



Wall Sits

30 seconds

Rest for 15 seconds



Wall Push-ups

30 seconds

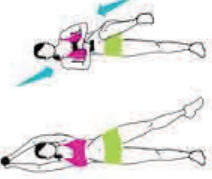
Rest for 15 seconds



Standing Crunch

30 seconds

Rest for 15 seconds



Step-ups

30 seconds

Rest for 15 seconds

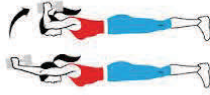
This program should take about 8 minutes ** No equipment needed**



Squats with Chair

30 seconds

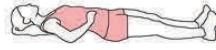
Rest for 15 seconds



Triceps Extension

30 seconds

Rest for 15 seconds



Lunges (at counter/with chair)

30 seconds

Rest for 15 seconds



High Knees/Run in Place (Advanced/Post-op)

30 seconds

Rest for 15 seconds



Plank (Advanced/post-op)

30 seconds

Rest for 15 seconds

Cool-down —walk in place for 1 minute

Beginners

Start with 30 seconds each exercise

Be sure to warm-up & cool-down

Do this routine 3x week

Advance Yourself—when this starts to feel easier!

Do the routine twice in a row (14 minutes)

Be sure to warm-up & cool-down

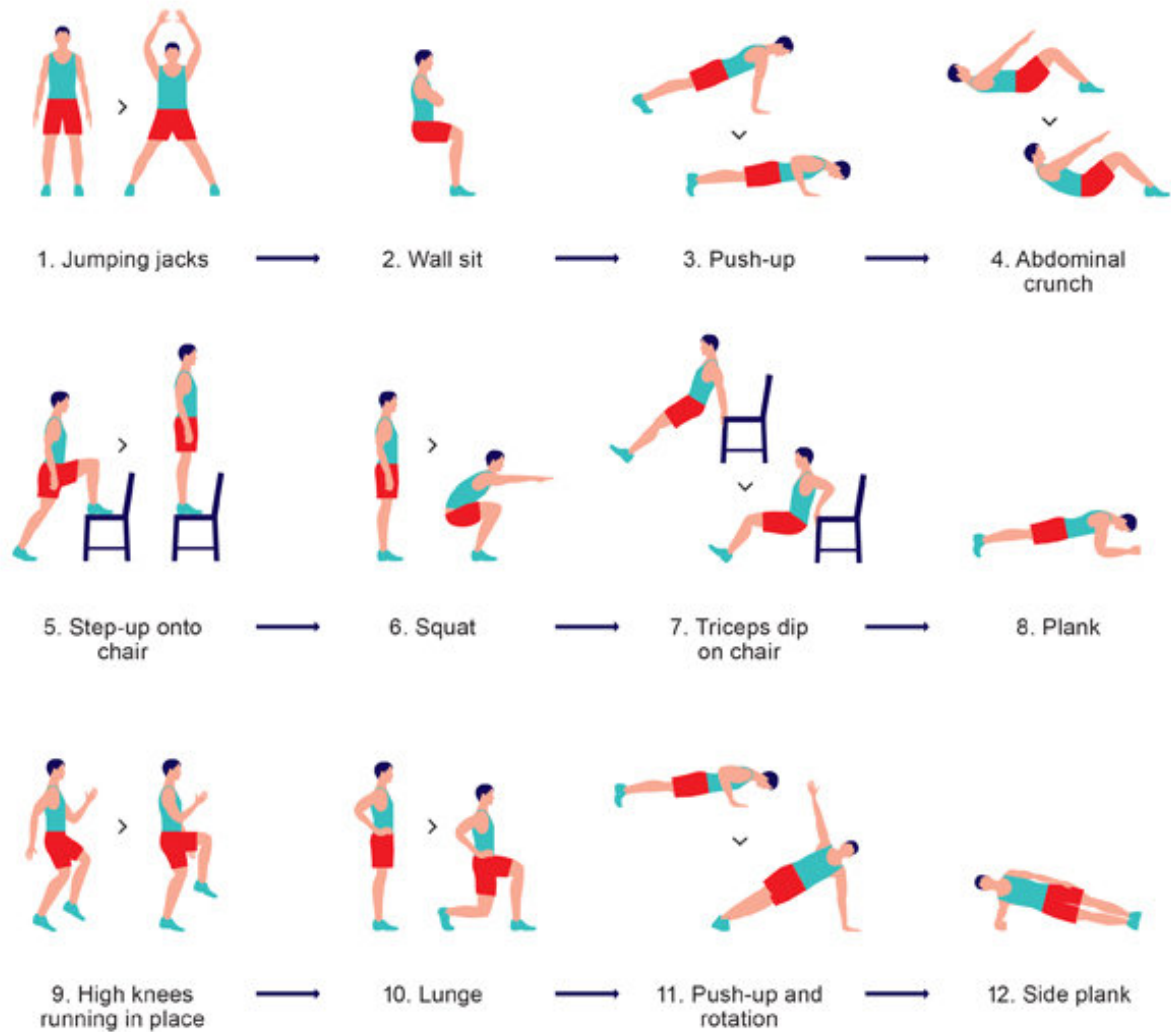
Do this routine 5x week

Add the additional “Advanced” exercises to the routine

Suggested Modifications:

Talk to your bariatric team about advancing your exercise routine

The Scientific 7-Minute Workout



The exercises should be performed quickly one after another, allowing 30 seconds for each. Work as hard as you can at each exercise, the seven minutes should be, in a word, unpleasant. The upside is, after seven minutes, you're finished.

Non-permanent Prescription Birth Control Methods*

Method	Failure rate in 1 st year		Affect of obesity on failure rate	Weight gain in 1 st year of use	How do I take it?	How often?	Common Contra-indications	Disadvantages	Advantages
	Perfect use	Typical use							
Combined pills "The Pill"	0.3%	8%	May increase	None	Pill by mouth	Every day	↑ BP Some HAs VTE ↑ triglycerides	Breakthrough bleeding for ≤ 3months	Regular, lighter "periods"
Ortho Evra™ patch "The Patch"	0.3-0.6%	8%	May increase	None	Patch on skin	Every week	↑ BP Some HAs VTE ↑ triglycerides	Breakthrough bleeding for ≤ 3months	Regular, lighter "periods"
NuvaRing® "The Ring"	0.3-0.65%	8%	Unknown	None	Insert into vagina	Every 3 weeks	↑ BP Some HAs VTE ↑ triglycerides	Breakthrough bleeding for ≤ 3months	Regular, lighter "periods"
Progestin-only pills "Mini-pills"	0.3%	8%	May increase	None	Pill by mouth	Every day		Irregular bleeding	
Depo-Provera® "The Shot"	0.3%	3%	No change	4-9 kg	RN gives injection	Every 12 weeks		Irregular bleeding for ≤ 1 year, must follow bone density after 2 years of use	30% chance of no bleeding after 1 year of use
Implanon™	0.1%	0.1%	Unknown (manufacturer states may increase)	1.3 kg	MD implants under skin	Every 3 years		Irregular bleeding for 3 years	
Mirena® LNG IUD	0.1%	0.1%	No change	None	MD inserts into uterus	Every 5 years	infection	Irregular bleeding for ≤ 6 months	40% chance of no bleeding after 1 year of use, can be inserted at time of surgery

*Will not protect against sexually transmitted infections including HIV

Keeping a Menstrual Calendar

Keeping a menstrual calendar is a wonderful way to keep track of irregular bleeding patterns and other menstrual problems.

Women can keep track of their menstrual cycles in many ways: on their daily calendar at home, on their electronic PDA, or on a "menstrual card" similar to what you see below.

The nice thing about a menstrual card is that it allows you and your healthcare provider to view an entire year's worth of menstrual activity at a glance. Feel free to print out the calendar below for your use, or you can stop by the office and request one.

Your Name: _____ **Date of Birth:** _____
Year: _____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

To use this calendar: Enter the appropriate letter in the proper calendar day square.
S = spotting **B** = bleeding **H** = heavy bleeding

You can also add other symbols as needed. For instance, if you are having a lot of pelvic pain, perhaps you would mark a **P** in the box when you have pain. Or if you have a lot of headaches, maybe you would mark an **X** to denote those. Feel free to use this calendar in a way that best suits your needs.

Intra-Uterine Devices (IUDs):

Copper IUDs and Levonorgestrel IUSs (Intrauterine systems, Mirena):

- Out of 100 women using this method: less than 1 woman becomes pregnant.

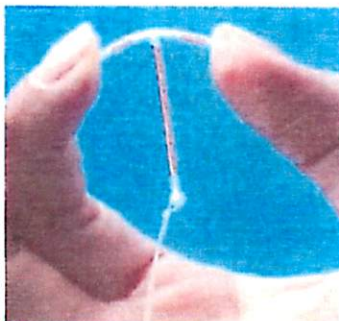
What are intra-uterine devices (IUD's)?

An intra-uterine device is a special device that fits inside of the uterus. There is more than one type of IUD. One type contains the hormone levonorgestrel. The hormone is constantly released into the uterus. Another type of IUD is covered by copper. The copper IUD has copper wire wrapped around the stem and arms of the device. Both are about 1 ¼ inches tall. Each IUD has a string attached to the end, so the woman can check that the IUD is in place and so it is easier for your health care provider to remove it. The IUD is inserted into your uterus through your vagina and protects against pregnancy.

The IUD is a good form of contraception if you are not at risk of getting a sexually transmitted disease. It is best for women who are in a steady relationship with one partner.



Copper T 380



Levonorgestrel IUD

Where can I get the IUD?

The IUD can be inserted by your health care provider or gynecologist. The Surgical Weight Loss program includes a doctor from the Division of Adolescent Medicine at Cincinnati Children's Hospital. She will insert the IUD at the time of surgery if you are interested. Once the IUD has been inserted, it stays in your uterus and protects against pregnancy for 5 years or until it is removed.

How is the IUD inserted?

Insertion takes about 5-10 minutes. The doctor will first do a pelvic exam to measure the size, shape and position of your uterus. She will then put antiseptic solution onto your cervix. The IUD will be inserted up through the opening of your cervix into your uterus. It is put inside using a special applicator that keeps the IUD flat and closed until it is at the top of your uterus.



Do I need to do anything after the IUD has been inserted?

Yes. At the end of each monthly menstrual period and anytime you feel strange cramping during your period, you should check for the string inside of your vagina. Do this by putting a clean finger in your vagina all the way to your cervix. The doctor will explain how to check for the string. The IUD's string feels like a light plastic thread or fishing line. It should hang about two inches down from your cervix into your vagina. If you can't feel the string or if you feel the IUD itself, the IUD is probably not in the right place. If you ever think the IUD might not be in the right place you need to use a condom if you have sex and call the doctor.

How does an IUD prevent pregnancy?

An IUD prevents pregnancy by stopping sperm from reaching an egg. The egg is released by your ovaries each month. It does this by not letting sperm go into the egg (fertilization). An IUD also changes the lining of the uterus so an egg does not implant in the lining if it has been fertilized. Therefore, the egg has no place to grow.

When does the IUD start working to prevent pregnancy?

The IUD starts protecting against pregnancy as soon as it is inserted.

How effective is the IUD against pregnancy?

IUDs are the most effective form of nonpermanent birth control. They are more than 99% effective. This means that if 100 women use the levonorgestrel IUD, less than 1 woman will become pregnant in a year.

Does the IUD protect against sexually transmitted diseases?

The IUD does **not** protect you from sexually transmitted diseases. The IUD should only be used by women who are in a steady relationship with one partner and who will not get a sexually transmitted disease. All other women should use a condom to protect against sexually transmitted diseases.

Can I feel the IUD?

No. Neither you nor your partner can feel the IUD! But you will be able to feel the string attached to the end of the IUD when you check for it monthly. During sex, your partner may feel the string.

Can I do normal activities after the IUD has been inserted?

Yes, you can swim, exercise and use tampons as soon as you want to after having the IUD inserted.

Are there any side effects of the IUD?

You may have uterine cramps like period cramps, or a low backache for a few weeks after insertion. You can take over the counter medications such as acetaminophen (Tylenol) for the pain. You will likely have lighter periods or none at all. Some women have spotting or bleeding between periods with the IUD.

There is a slightly increased risk of infection, called pelvic inflammatory disease (PID) during the first 6 weeks after the IUD is inserted. After that, the risk for PID is very low.

Very rarely, the uterus may be injured when the IUD is inserted.

Can any young women use the IUD?

You should not use the IUD if you:

- are pregnant
- have an abnormal uterus
- have an artificial heart valve
- have more than one sex partner
- have a recent history of a STD

When should I get the IUD removed?

The levonorgestrel IUD can stay in your body for up to 5 years, or you can get it removed at any time. A new IUD can be inserted at the time of the removal. It needs to be removed by a health care provider, you cannot remove it yourself. As soon as the IUD is removed you can get pregnant if you are having sex.

What if I have problems with the IUD?

If you have problems with the IUD, call the Surgical Weight Loss Program for Teens. Call if you:

- Can't feel the string
- Can feel the IUD at your cervix
- Have lower stomach pain
- Have severe cramping
- Have pain or bleeding when you have sex

- Have fever or chills for no reason
- Have strange fluid or odor coming from your vagina
- Have questions about the IUD

What if I get pregnant when I have the IUD inside of me?

Your risk for getting pregnant after the IUD has been inserted is very low. However, there is always a slight chance that you can get pregnant, since the IUD is not 100% effective. If you do get pregnant when the IUD is in place, you will need to get the IUD removed. Your health care provider will remove it and make sure that your pregnancy is not outside of the uterus.

Adapted from The Center for Young Women's Health, Children's Hospital Boston

Grocery List Post Op Stages

- Carnation Instant Breakfast
Ready to drink or packages
- Slim Fast
Low carbohydrate or high protein
- Protein powder
See list such as Unjury, EAS
- Flavored water - sugar free, not carbonated
- Sugar free flavors for water
- Water
- Sugar free popsicles
- Low fat yogurt, greek yogurt
 - plain, lemon or vanilla
 - no chunks of fruit
- Part skim milk ricotta cheese
- Small curd 1% cottage cheese
- Sugar free pudding
- Low fat milk, low fat soy milk, lactaid milk

Stage 2



- Low fat milk, low fat soy milk, lactaid milk
- Low fat yogurt, greek yogurt
- 1% small curd cottage cheese
- Part skim milk ricotta cheese
- Protein powder or shakes
- Eggs
- Canned chicken
- Canned tuna
- Chicken - no skin
- Turkey - no skin
- Fish - fresh or frozen, not breaded
- Veggie burgers
- Tofu
- Soy products
- Low fat cheese
- String cheese
- Humus
- Fat free re-fried beans
- Water
- Sugar free flavors for water

Stage 3



Grocery List Post Op Stages

- Low fat milk, low fat soy milk, lactaid milk
- Low fat yogurt, greek yogurt
- 1% small curd cottage cheese
- Part skim milk ricotta cheese
- Sugar free pudding
- Protein powder or shakes
- Eggs
- Canned chicken
- Canned tuna
- Shaved deli meats
- Pork and pork products
- Chicken- no skin
- Turkey - no skin
- Fish - fresh or frozen, not breaded
- Veggie burgers
- Tofu
- Soy products
- Low fat cheese
- String cheese
- Hummus
- Fat free re-fried beans
- Canned beans
- Canned fruit in water or own juices
- Canned vegetables
- Water
- Sugar free flavors for water
- Whole grain bread
- Pita pockets
- Corn or flour Tortillas
- Low sugar cereal, <6 grams sugar per serving
- Oatmeal
- Cream of wheat
- Whole grain crackers
- Brown Rice
- Whole grain pasta

Stage 4



Grocery List Post Op Stages

- Low fat milk, low fat soy milk, lactaid milk
- Low fat yogurt, greek yogurt
- 1% small curd cottage cheese
- Protein powder or shakes
- Eggs
- Canned chicken and tuna
- Chicken and turkey - no skin
- Fish - fresh or frozen, not breaded
- Red meat, ground beef
- Veggie burgers
- Tofu and other soy products
- Low fat cheese
- String cheese
- Hummus
- Fat free re-fried beans
- Canned beans
- Fresh/frozen fruits, canned fruit in own juices
- Fresh/frozen vegetables, lettuce, canned vegetables
- Sugar free flavors for water
- Whole grain bread
- Pita pockets
- Corn or flour Tortillas
- Low sugar cereal - <6 grams of sugar per serving
- Oatmeal
- Cream of wheat
- Whole grain crackers
- Brown Rice
- Whole grain pasta
- Seeds, nuts, popcorn (in moderation)
- Soups
- Peanut butter
- Fruit juices - < 4oz daily
- Dried fruits
- Olives
- Avocado
- Lite salad dressing
- Condiments
- Hot Sauce

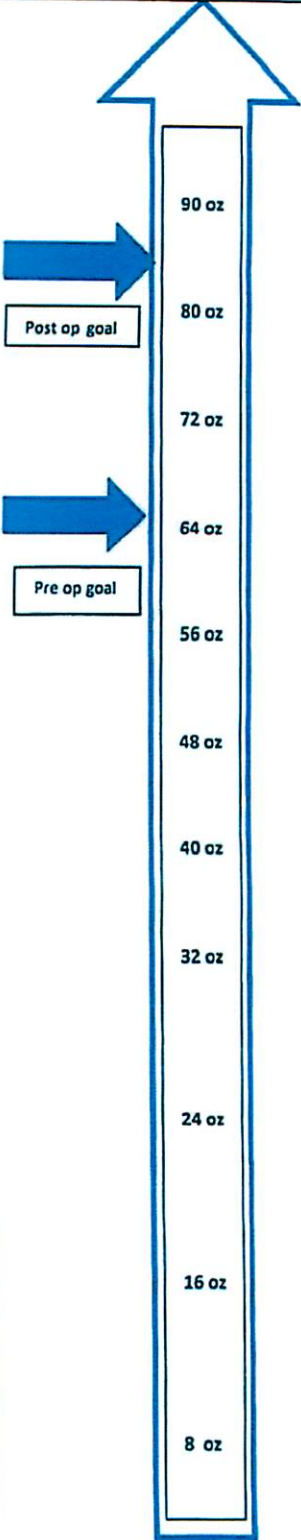
Stage 5



Date: _____

Sugar Free Fluids

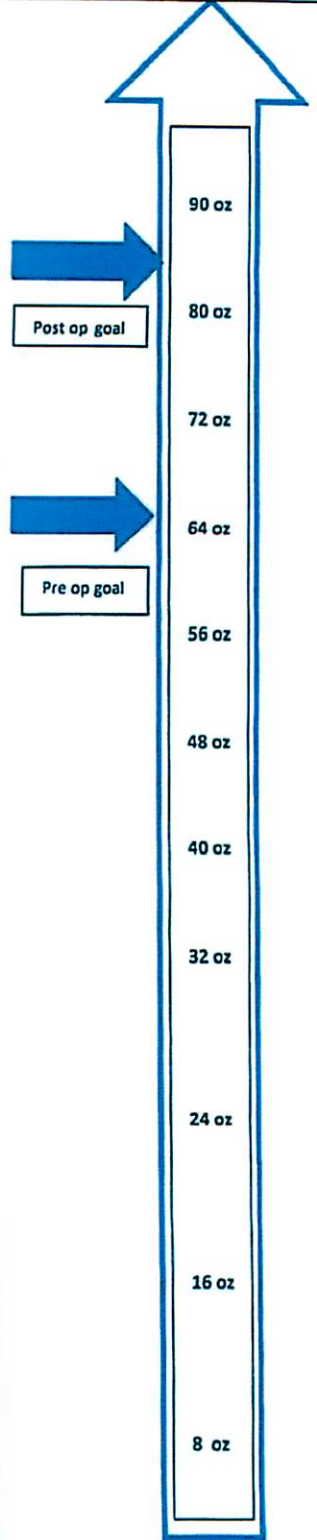
	Time	Amount	Mood	Activity Minutes
Breakfast			😊 😞 🙄	
Lunch				
Dinner				
Snack				



Date: _____

Sugar Free Fluids

	Time	Amount	Mood	Activity Minutes
Breakfast			😊 😞 🤢	
Lunch				
Dinner				
Snack				



Date: _____

Sugar Free Fluids

	Time	Amount	Mood	Activity Minutes
Breakfast			😊 😞 🤢	
Lunch				
Dinner				
Snack				

