

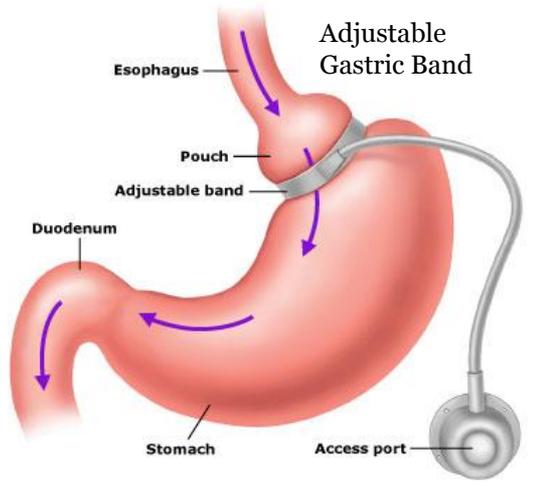
# Nutrition for Bariatric Surgery



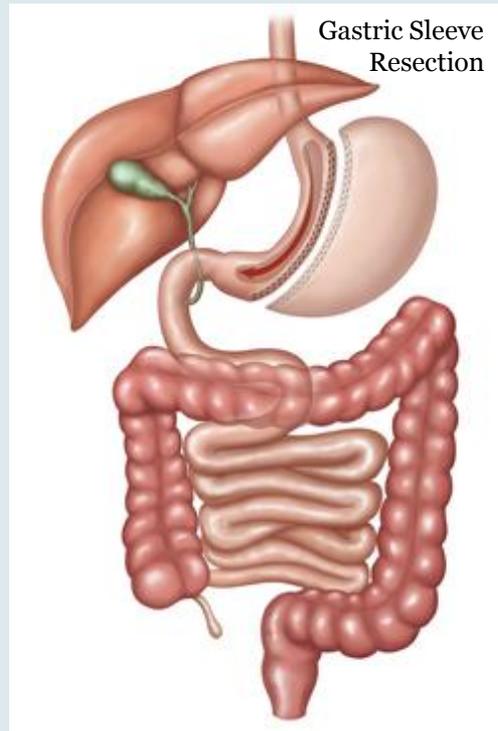
**WALTER REED NATIONAL MILITARY  
MEDICAL CENTER**



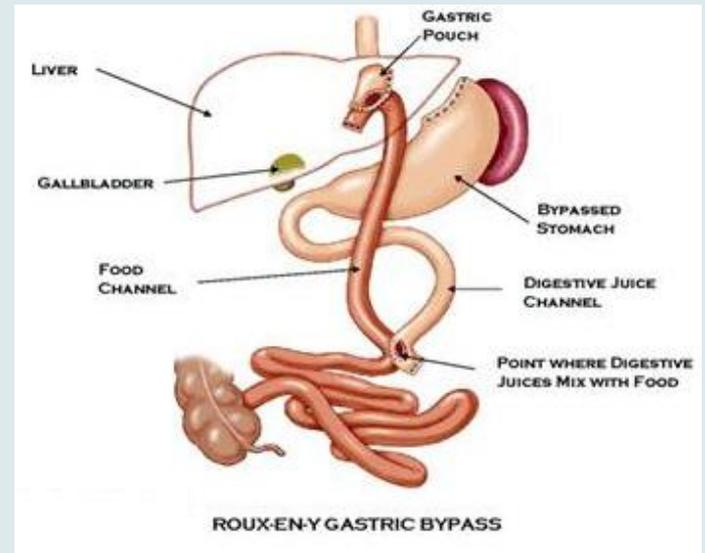
# Weighing Your Options



Restrictive



Restrictive and Malabsorptive



# Beyond the Food



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

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



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

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



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

# Diet Stages



## Pre-Surgery Liquid Diet - 2 weeks

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

# Diet Stages



## Post-Surgery:

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

# Working with the Dietitian



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

# Support Group Meetings...



**WRNNMC-Bethesda**  
***"Bariatric Surgery Support Group"***

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays**

Time: 11:00am

Location: General Surgery Conference Room

POC: Eva Cruzata

Phone: 301-400-1616

**2<sup>nd</sup> and 4<sup>th</sup> Fridays**

Time: 11:00am

Location: General Surgery Conference Room

POC: Eva Cruzata

Phone: 301-400-1616

**Ft. Belvoir Army Community Hospital**

**1<sup>st</sup> Tuesday of each month**

Time: 4:30pm-5:30pm

Location: Main Conference Room

Phone: 571-231-3369

**Dumfries Health Center**

**3<sup>rd</sup> Tuesday of each month**

Time: 4:30pm – 5:30pm

Location: Conference Room

POC: 703-441-7506

**Other Options**

**Washington Hospital Center**

Time: 9:00-10:00am

2<sup>nd</sup> Saturday of the month

POC: (202) 877-7257

***Find a Support Group near you at***  
***[www.obesityhelp.com](http://www.obesityhelp.com)***

# Working with the Dietitian



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

# While You Prepare...



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

# Dietitians



- Walter Reed National Military Medical Center
- 301-295-4065 / Bariatric Line 301-400-1616
- Ft. Belvoir Community Hospital
- 571-231-3369
- Rader Health Clinic (Ft Myer)
- 703-696-7930
- Dumfries Health Center
- 703-441-7506
- Kimbrough Ambulatory Care Center (Ft Meade)
- 301-677-8606
- Toll Free Appt. Line: 800-433-3574
- Andrews Air Force Base
- 240-857-8076

# Questions?



[WWW.TINYURL.COM/NCRBARIATRIC](http://WWW.TINYURL.COM/NCRBARIATRIC)

OR

[HTTP://WWW.WRNMMC.CAPMED.MIL/HEALTH%20SERVICES/SURGERY/SURGERY/BARIATRIC%20SURGERY/SITEPAGES/HOME.ASPX](http://WWW.WRNMMC.CAPMED.MIL/HEALTH%20SERVICES/SURGERY/SURGERY/BARIATRIC%20SURGERY/SITEPAGES/HOME.ASPX)