



SURGICAL WEIGHT LOSS NUTRITION

Class I

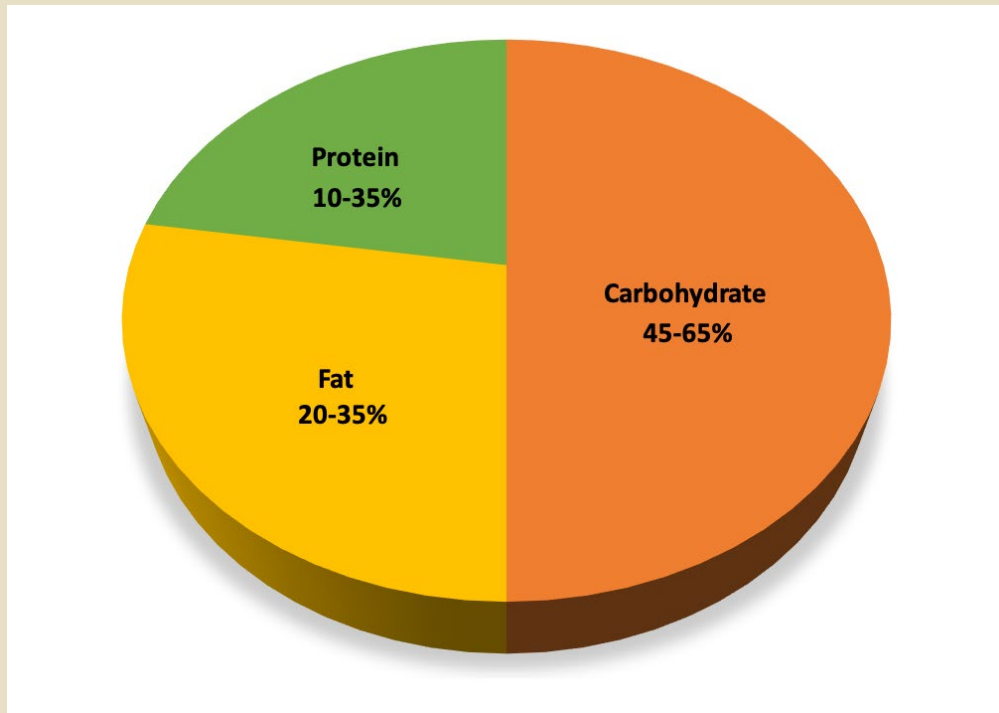
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Picture source: <https://emva.net/bariatric-diet-surgery/>

Macronutrient Goals



Acceptable Macronutrient Distribution Range

- Carbohydrates.....45-65%
- Fat.....20-35%
- Protein.....10-35%

If you are consistently tracking- this is something that could help you balance your diet.

Macronutrients: 3 categories of nutrients consumed providing the majority of our calorie intake (Obesity Medicine Association)

Carbohydrates

- Your body's PREFERRED source of energy
- Should be a part of your diet in every form
- Make up a majority of MyPlate
 - Non-starchy vegetables
 - Starch/ Grains
 - Dairy
 - Fruit



[Types of Carbohydrates | ADA \(diabetes.org\)](https://www.ada.org)

Starchy Vs Non-Starchy Vegetables

Starchy

- Energy dense – means more calories
- Serving size = 15 g of carbs
- 1/4 plate on MyPlate
- Sources:
 - Peas
 - Potatoes (white, red, gold, sweet, etc.)
 - Corn
 - Winter squash
- Provide vitamins, minerals, fiber

Non-Starchy

- Nutrient dense – means more nutrients than calories
- Serving size = 5 g of carbs
- 1/2 plate on MyPlate
- Sources on next slide
- Provide vitamins, minerals, fiber, and water

Non-Starchy Vegetables

- Broccoli
- Cauliflower
- Cabbage
- Carrots
- Radishes
- Celery
- Bell Peppers
- Mushrooms
- Onions
- Asparagus
- Brussel Sprouts
- Tomatoes
- Lettuce (Romaine, spinach, kale, arugula, collards)
- Cucumbers
- Zucchini
- Summer Squash
- Jalapeno
- Sauerkraut
- Turnips
- Pea Pods



Added Sugars

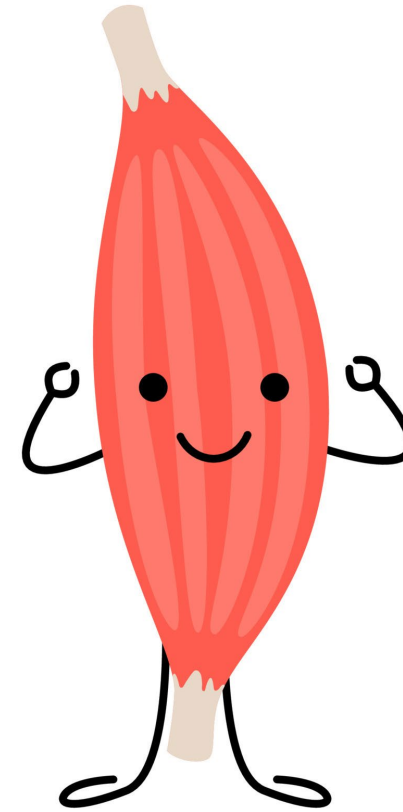
- Should be less than 10% of your total calories
- Sources: honey, agave, maple syrup, fruit juices, candy, desserts, sweetened yogurt, flavored milk, soda, energy drinks, coffee and lotus drinks
- Example: if I eat 2,000 calories per day, I should eat 200 calories worth or less



Picture source: <https://richmondnaturalmed.com/a-guide-to-food-based-natural-sugars-vs-processed-artificial-sugars/>

Protein

- Recommendation is 0.8 g per kg of body weight
 - This may be different for you so always ask your Registered Dietitian
- Prevent muscle loss while losing weight
- Aids in building muscle when doing strength training
- Supports the bodies healing process and provides immune support
- Helps with satiety (feeling full) and controlling cravings
- **Focus on eating lean protein for weight loss.**
- **Supplements should only be used if recommended by the Registered Dietitian- that includes protein pop tarts, waffles, candy bars, shakes, bars, etc.**



Picture source: <https://www.vecteezy.com/vector-art/8146851-happy-strong-muscle-cartoon-character-demonstrate-strength-and-power-high-level-energy-and-health-from-exercise-defense-fiber-part-body-human-skeletal-muscle-inside-tissue-vector-illustration>

Fat

Unsaturated Fats

- Considered healthy fats- include omega 3s
- Oils
- Fish
- Nuts
- Seeds
- Avocados
- Olives

Saturated and Trans Fats

- Saturated fats are considered unhealthy fats
- We want to eat minimal trans fats
- Dairy
- Meat (untrimmed)
- Coconut and Palm Oil
- Fried food
- Butter
- Margarine
- Lard
- Shortening

MyPlate

- Grains/Starches.....1/2 cup
 - Vegetables.....1 cup
 - Fruits.....1 cup
 - Protein.....1 cup
 - Dairy.....depends on food
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- A quick guide for menu/meal planning which keeps your meals balanced.
 - A great method for portion control using a 9 inch plate!



Picture source: <https://healthbeet.org/myplate/>

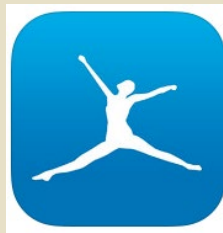
Food Journaling

Track

- Times of meals
- Foods
- Beverages
- Bites, licks, tastes
- Condiments

Tips

- Track even on weekends/vacations/special events
- Track by meal times- do not list foods out
- Amount is important
 - Get yourself measuring spoons, cups, glasses, or a food scale.
 - If you eat more than a portion, **track** more than a portion



Resources

- https://www.livestrong.com/article/13723920-how-to-get-more-protein-diet/?utm_source=newsletter&utm_medium=email&utm_campaign=012620_sun_curated&cc_crid=article1_cta
- [https://www.verywellfit.com/vegan-protein-combinations-2506396\](https://www.verywellfit.com/vegan-protein-combinations-2506396)
- <https://www.healthline.com/nutrition/complete-protein-for-vegans#The-bottom-line> https://www.livestrong.com/article/35816-list-good-bad-carbs/?fbclid=IwAR0XinWLIej-wdbhCzYxDeVsZro6cXYbo6c_bgyuat5by_aLmCIIm_6hWVKs
- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>
- <https://www.choosemyplate.gov>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550>
- <https://www.cancer.org/latest-news/good-for-you-carbohydrates.html>
- <https://www.livestrong.com/article/27398-list-complex-carbohydrates-foods/>
- <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Tips-for-Eating-Out.pdf>
- https://www.cdc.gov/diabetes/ndep/pdfs/NDEP_Buffer_Table_Tips_General.pdf
- https://www.nutritioncaremanual.org/topic.cfm?ncm_category_id=1&lv1=272986&lv2=16997&lv3=267967&ncm_toc_id=267967&ncm_heading=Nutrition%20Care
- <https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2012/09/HEPJan2015.jpg> <https://4570book.info/amazing-cliparts/proteins-food-clipart-school.htm> <https://www.clipart.email/clipart/healthy-fat-clipart-465081.html>
- <https://breakingmuscle.com/healthy-eating/how-long-does-it-take-to-get-hydrated>
- https://www.nutritioncaremanual.org/topic.cfm?ncm_category_id=1&lv1=272986&lv2=16997&lv3=267967&ncm_toc_id=267967&ncm_heading=Nutrition%20Care
- <https://www.health.harvard.edu/blog/why-keep-a-food-diary-2019013115855> [https://jandonline.org/article/S2212-2672\(15\)01636-6/fulltext](https://jandonline.org/article/S2212-2672(15)01636-6/fulltext)
- <https://www.eatright.org/food/nutrition/healthy-eating/eat-breakfast> <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#callout-dietary-fats-figure>
- https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf