Importance of Nutrition Before and After Bariatric Surgery

Good nutrition plays a vital role in your health and well being. With the tool of bariatric surgery coupled with appropriate diet and exercise, our goal is for you to lead a long, happy, healthy life. To be successful after surgery, diet and exercise must be major components of your new lifestyle. Appropriate nourishment is of the utmost importance for successful weight loss and to avoid potential complications and deficiencies. Our job at the Comprehensive Weight Management Center (CWMC) is to equip you with the skills and knowledge that you will need to use your new “tool” to its fullest capacity.

Obesity

The Centers for Disease Control and Prevention (CDC) state that “Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems”.

Obesity is also defined as a chronic, lifelong, genetically related DISEASE that tends to be progressive. Although the method of genetic transmission of obesity is not known, in some people the body is programmed to store food as excessive body fat.

There are many other factors that play a role in causing obesity, as well. As mentioned above, there are some suggestions that genetics may play a role in development of obesity. However, it is difficult to separate possible genetic, environmental and psychological links, since families share and develop similar lifestyle habits that may affect all of these areas. There are also certain medical conditions that can increase the tendency to gain weight. All of these factors must be taken into consideration when weight management is the goal.

Nutrition Education at the Comprehensive Weight Management Center

If you decide to have bariatric surgery through the CWMC, you will receive extensive education prior to surgery. We want all of our patients to be well equipped for life after surgery. You will be required to attend:

1) “Exploring Weight Loss Surgery Class” at Fort Henry Mall in Kingsport, TN. You may register for this free session by calling Nurse Connection at 423-723-6877 or toll-free at 1-877-230-6877.

2) “Pre-Op Class” at Fort Henry Mall. Educates you about diet specific to your surgery, exercise, tips on behavior adjustment, and your hospital stay at Holston Valley Medical Center. This session is scheduled on the day of your initial consult with your surgeon.

3) At least one meeting of the Kingsport Bariatric Surgery Support Group. It is recommended that you attend at your earliest convenience to enjoy contact
with others who’ve had weight loss surgery and to meet your pre-op preparation requirements as soon as possible.

4) At least one individual nutrition consultation with the dietitian. This is scheduled after you complete the “Pre-op Class”.

To gain nutritional clearance for surgery, you must:

1) Attend classes, as stated above

2) Accurately complete homework assignments regarding your diet and bring it to your individual consultation with the dietitian. You will receive your homework assignments at the Pre-Op class.

3) Complete a pass/fail nutrition quiz

**Tips for Success**

We want you to be successful in your journey to a new, healthy, active life! You will find that three major areas, along with your tool of bariatric surgery, play vital roles in your success. These areas are:

1) **Nutrition**

   a) Food Log- you may find that keeping a food log or diary is a great way to better see what you are actually taking in. This can help to come up with goals and lifestyle changes to promote a healthier life. (HAVE A LINK TO “PERSONAL FOOD RECORD AND EXERCISE LOG” FILE)

   b) Our goal for you is a well balanced diet “for life” with adequate fluids and protein – our Post-Op patients strive to meet their goals of 6-8 cups of fluids each day and 60-75 grams of protein each day, along with adequate servings/portions of grains, fruits and vegetables. (HAVE LINKS TO “APPROPRIATE FLUID CHOICES AFTER BARIATRIC SURGERY”, “ESTIMATED PROTEIN CONTENT FOR VARIOUS FOODS”, “CWMC WEBSITE PORTION CONTROL” FILES)

   c) Adequate estimation of intake – sometimes it’s difficult to get an estimation of what we truly take in. A food diary can help and here are some websites that can help determine your current intake. (HAVE LINKS TO:

2) Physical Activity

   a) Our most successful patients have a planned physical activity routine. Here is some information to help you get started, upon clearance from your physician. (HAVE LINKS TO “PERSONAL FOOD RECORD AND EXERCISE LOG” (same as one above) and:

3) Behavior Modification

   a) Rule One: Positive Attitudes and Strategies for Success

   b) Rule Two: Develop a Support System

   c) Rule Three: Stress Management

You will learn tactics for behavior modification during your Pre-Op education.

Nutrition/Fitness Website Resources

American Dietetic Association: www.eatright.org
American Society for Bariatric Surgery: www.asbs.org
National Institutes of Health: www.nih.gov
Obesity Help: www.obesityhelp.com
Online Diet and Fitness Journal: www.fitday.com
Shape Up America www.shapeup.org
Gastric Bypass Website by a registered dietitian: www.dietexperts.com
Protein Supplement Resources: www.affordablesupplements.com
                               www.bariatricadvantage.com
                               www.gnc.com
                               www.unjury.com
                               www.walgreens.com
                               www.eas.com
                               www.bariatricaid.com

You may also find protein powder products locally at drugstores, GNC Stores, Health Food stores, Groceries, or Wal-Mart Stores

Books

“The Essential Guide for Weight Loss Surgery Patients”


“Exodus from Obesity”
by Paula Peck, R.N.

**Bariatric Cookbooks**

“Before & After: Living and Eating Well After Weight Loss Surgery: With 100 Low Carb High Protein Recipes for a Healthier, Happier, & Slimmer You”
by Susan Maria Leach, available at [www.bariatriceating.com](http://www.bariatriceating.com)

“Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat, High-Protein Recipes to Enjoy in the Weeks, Months and Years after Surgery”
by Patt Levine, Michele Bontmop-Saray, William B. Inabnet,
Available at [www.amazon.com](http://www.amazon.com)

“Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient”
by David Fouts, available on multiple websites – search [www.google.com](http://www.google.com)