



Bariatric Health & Lifestyles

Educational Classes:

Monday

Pre-op Classes*

Nutrition

3 p.m. - 4 p.m.

Therapy

4p.m. - 5 p.m.



Wednesday

Post-op Classes*

Therapy

11:30 a.m. - 12:30 p.m.

Nutrition

12:30 p.m. - 1:30 p.m.

* Must have Bariatric physician's approval prior to attending

Creating a Bariatric Kitchen

A Trip through the Supermarket

As bariatric patients, we don't view indulgence as a deal breaker, only a reminder to recapture the spirit and focus the commitment to smart food choices within a healthier lifestyle. This is the perfect time to clean out the kitchen cabinets, and your home, of (we like to call it "contraband") or other items that are still hanging around including liquor, desserts, and candy or chocolates and surround yourself with resources and opportunities to guide you back to a feeling of control, and mastery over your food choices and eating habits. All of us, bariatric or not could benefit from smarter, healthier eating.

Produce, fruits, salad bar, meat/poultry/fish, whole grain breads and dairy are on the outside sections of the store. You may notice that the middle aisles are filled with pasta and rice mixes, boxed cookies and crackers, cereals, candy, soda and canned foods. However, there are also nutritious and wholesome foods in the aisles too, i.e. canned veggies, nuts, soy products; the point is to be a savvy shopper and make the best possible selections for your ongoing success. If weight loss surgery patients can accommodate the needs of their families, as well as themselves, everyone will benefit from alternative food choices that are simple, tasty, and require little effort.

Lori Nevins, LCSW

REMINDER:

Nutrition Plan For Continued Weight Loss and a Healthier Life

Good Food Choices

Fruits and Vegetables

-1 to 2 servings of fresh fruit daily

-2 to 3 servings of fresh vegetables daily

Breads and Cereals

-1 small portion of low-sugar cold or hot cereal.

-1/2 to 1 slice of toasted whole wheat or rye bread each day. NOTE: Some patients have difficulty eating bread.

Meat, Fish, Poultry, Eggs

1 oz. to 2 oz. of meat, fish, or poultry or 1 egg each day. (Remove all visible fat from the meat. Remove the skin from poultry. Prepare the meat in ways that need very little fat. Grilling, steaming, microwaving, or boiling are all good ways to do this.) NOTE: Some patients have difficulty eating meat.

Dairy Products

Milk and yogurt are calories in liquid form. However, these types of food have calcium, which makes them an important part of a healthy daily diet, so choose a maximum of 2 cups of skimmed milk or low-fat yogurt and 1 oz. of cheese a day.

Fats

Restrict the use of fat to 3 to 4 teaspoons of margarine, butter, or oil per day. You can have low-fat salad dressings and mayonnaise in moderation.

Drinks

Drink as many calorie-free liquids per day as you wish (though not with meals- 30 min. before/ 30 min. after).

Suitable drinks are:

- Tea or coffee (black) with low-calorie sweetener
- Water
- Non-carbonated beverages containing few or no calories.

Some doctors have reported that carbonated beverages may contribute to enlargement of the small pouch and recommend they be avoided.

Foods To Avoid

Some foods have a concentrated supply of calories with little nutritional value and should be avoided. They include foods such as:

- * Syrups
- * Cakes
- * Biscuits
- * Jam
- * Honey
- * Pies
- * Chips
- * Pastries

Alcoholic drinks should be consumed in moderation, for example, no more than one glass of wine per day. (After the first year)

Common Food Problems

Some foods have difficulty passing through the opening of the stoma and may cause blockage.

These include foods such as:

- * Dry meat
- * Shrimp
- * Pasta
- * Untoasted or doughy bread
- * Rice
- * Peanut Butter
- * Dried fruit
- * Nuts
- * Coconut
- * Popcorn
- * Fibrous vegetables like corn, asparagus, and celery
- * Greasy or fried food
- * Seeds and skins of fruits and vegetables
- * Membrane of citrus fruits

Introduce these foods slowly and individually to see if they are tolerated. Always be careful, chew well, and follow your surgeon's or dietician's advice.



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“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

~Maria Robinson

Ten Important Guidelines You Need To Know

These guidelines for eating, drinking, and exercising can help patients achieve success with the LAP-BAND® Adjustable Gastric Banding System or Restrictive procedure. Check with your surgeon to make sure they are consistent with your personal needs.

1. Eat only when you are hungry and no more than three small meals a day.
2. Eat slowly and chew thoroughly.
3. Stop eating as soon as you feel full.
4. Do not drink while eating- (30 min. before/ 30 min. after).
5. Do not eat between meals.
6. Eat only good-quality food (No fast food).
7. Avoid fibrous foods.
8. Drink enough fluids during the day (64 oz.).
9. Drink only low-calorie liquids.
10. Exercise at least 30 minutes a day.

LOVE SONG

TO MY POST-OP WLS body...

Bariatric professionals spend a great deal of time talking to patients about what to eat after WLS. That's certainly an important concern for most patients, but sometimes I think that learning how to love and care for mind, body, and spirit may have more to do with long-term WLS success than food.



Unfortunately, bariatric patients rarely prioritize their own care. Caring for others and keeping the peace are what people with long histories of morbid obesity do best. MOs are pariahs in our thin obsessed culture. They carry baggage filled with fear, shame, and the deep-seated belief that their obesity has made them unworthy, even contemptible. They cultivate being invisible despite their size and learn to endure incredible discrimination and unacceptable treatment in order to fit in.

Allowing the surgeon to cut up a hated body may be easier for many MOs than shifting into nurturing and caring for that body afterwards. Most MO's have practiced

ignoring the needs of their bodies for so long they no longer know what their needs are. In this emotionally depleted environment, eating often emerges as a solitary mechanism for regulating all moods and needs. Food is a best friend and an exclusive tool for satisfying and coping with all daily struggles.

Learning to love and care for a post-op body requires a huge shift in attitude and lots and lots of practice. Surgery is the kind of watershed movement that can trigger such a shift. It's a movement when the wish to change has superseded all else. The little rivers of struggles and tributaries of pain that culminated in morbid obesity draw together on that day and open up brand new directions. Finding gentle, caring, and thoughtful ways of being present in body after surgery can be one of the most important changes a bariatric surgery patient makes. A way that prioritizes self-care, a way that plans for health, rest, and joy, and a way that ends compulsive eating and mindless stuffing as an essential method of coping. The right kind of eating follows naturally if we truly want to learn to love and care for our post-op bodies, but it's up to us.

By Carol Signore, MAT, LMFT, FAED