

Visit # 1 - Overview of diet (Surgery as a tool to relearn eating habits)

Completed	Topics to discuss	Education materials / Resources
	Consume low fat, sugar and nutrient dense foods	Binder Materials; OVERVIEW SECTION, pg 2
	Consume 3 meals daily	Binder Materials; OVERVIEW SECTION, pg 2
	Review Portions	Myplate diagram
	Discuss chewing foods to pureed consistency	Binder Materials; OVERVIEW SECTION, pg 2
	Discuss 3 C's: No carbonation, caffeine, or concentrated	Binder Materials; OVERVIEW SECTION, pg 2
	Discuss NO alcohol	Binder Materials; OVERVIEW SECTION, pg 2
	Discuss the surgery as being irreversible	Binder Materials; OVERVIEW SECTION, pg 2
	<b>Patient Activities</b>	<b>Education materials / Resources</b>
	Discuss what the post op diet will be	Binder Materials; DIET STAGES SECTION
	Discuss decreasing carbonation	
	Complete a sample food diary	
	Have patient consume 2 oz juice & track time of consumption	* grab 2 oz containers from the kitchen and 1 ensure clear
	<b>Patient Homework</b>	<b>Education materials / Resources</b>
	Complete food diary x _____ days	Food Diary sheets- RESOURCE
	Decrease carbonation and caffeine	<b>Seven ways to size up your servings-</b>
	POWERPOINT - location in the J-drive	link: <a href="https://www.dhs.wisconsin.gov/publications/p4/p49356.pdf">https://www.dhs.wisconsin.gov/publications/p4/p49356.pdf</a>
		print pg 33

## Pre-appointment Nutrition Assessment

Name: \_\_\_\_\_ DOB : \_\_\_\_\_

Gender : \_\_\_\_\_ Age : \_\_\_\_\_ Height : \_\_\_\_\_ Weight : \_\_\_\_\_

PMH: \_\_\_\_\_

Medications:

\_\_\_\_\_  
\_\_\_\_\_

Vitamin/Minerals/Herbal Supplements:

\_\_\_\_\_  
\_\_\_\_\_

Food Allergies: \_\_\_\_\_

Past weight loss methods:

20's \_\_\_\_\_

30's \_\_\_\_\_

40's \_\_\_\_\_

50's and older \_\_\_\_\_

Range of weight loss:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Food Frequency:

Eating pattern	How often	Types of foods/beverages
Snacking or grazing		
Carbonation		
Sugar Sweetened beverages		
Alcohol		
Soda Intake		
Skipping meals		
Nocturnal Eating		

Name \_\_\_\_\_ DOB \_\_\_\_\_

Ht \_\_\_\_\_ Wt \_\_\_\_\_ BMI \_\_\_\_\_

MRN#:

Planned procedure: Gastric Sleeve or Gastric Bypass

Visit #1 Wt: \_\_\_\_\_ Visit #4 Wt: \_\_\_\_\_

Visit #2 Wt: \_\_\_\_\_ Visit #5 Wt: \_\_\_\_\_

Visit #3 Wt: \_\_\_\_\_ Visit #6 Wt: \_\_\_\_\_

Primary Care MD:

Weight loss goal for patient:

PMH: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IBW: \_\_\_\_\_

CBW: \_\_\_\_\_

MSJ: \_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Protein Supplement: \_\_\_\_\_

\_\_\_\_\_

Vitamin Supplement: \_\_\_\_\_

\_\_\_\_\_

Exercise: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Support System:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

How are they involved in your life \_\_\_\_\_

What will they be helping with \_\_\_\_\_

Feelings toward food:

Initial concerns:

Visit #2 Concerns/questions:

Visit #3 Concerns/questions:

Visit #4 Concerns/questions:

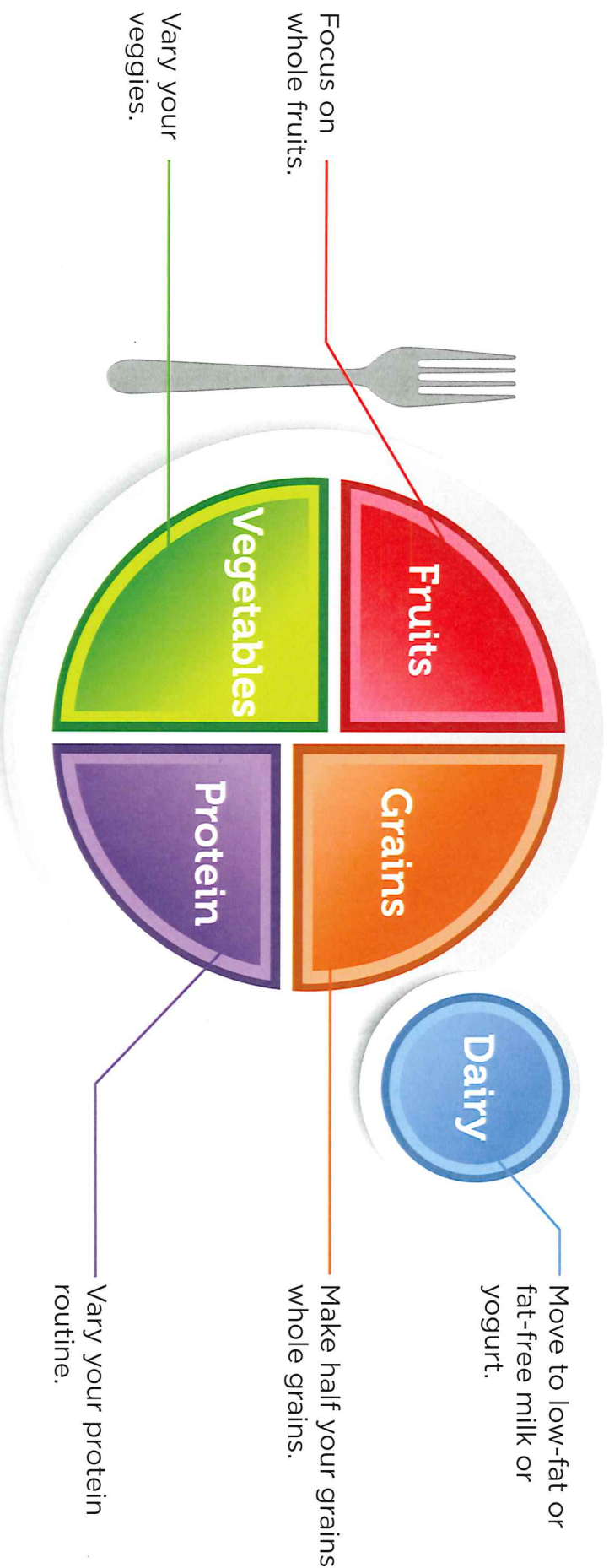
Visit #5 Concerns/questions:

Visit #6 Concerns/questions:

Post procedure questions:

# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**

## Limit

### Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

## MyWins

### Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.





Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [SuperTracker.usda.gov](http://SuperTracker.usda.gov) for a personalized plan.

<b>2 cups</b> <i>1 cup counts as:</i> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice	<b>2½ cups</b> <i>1 cup counts as:</i> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	<b>6 ounces</b> <i>1 ounce counts as:</i> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits	<b>3 cups</b> <i>1 cup counts as:</i> 1 cup milk 1 cup yogurt 2 ounces processed cheese	<b>5½ ounces</b> <i>1 ounce counts as:</i> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg
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**Drink water instead of sugary drinks.**

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



**Don't forget physical activity!**

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



**MyPlate, MyWins**

Healthy Eating Solutions for Everyday Life





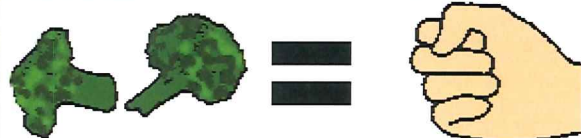

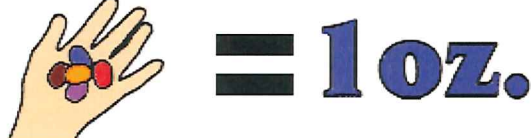
Choose **MyPlate.gov/MyWins**



# Seven Ways to Size Up Your Servings



Measure food portions so you know exactly how much food you're eating.  
When a food scale or measuring cups aren't handy, you can still estimate your portion.




## Remember:

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	

## MOST IMPORTANT

Especially if you're cutting calories, remember to keep your diet nutritious.

 2-4 servings from the Milk Group for calcium  
 2-3 servings from the Meat Group for iron

 3-5 servings from the Vegetable Group for vitamin A  
 2-4 servings from the Fruit Group for vitamin C  
 6-11 servings from the Grain Group for fiber

## WEBSITES, APPS, RECIPES & FREE TOOLS FOR TRACKING FOOD LOGS

[www.amihungry.com](http://www.amihungry.com) click on link for programs then click on the Mindful Eating for Bariatric Surgery button

[www.calorieking.com](http://www.calorieking.com) free website or app to look up nutritional information on foods that do not have nutrition labels

[www.bariatriceating.com](http://www.bariatriceating.com) recipe ideas

[www.froedtert.com/bariatric-surgery/recipes](http://www.froedtert.com/bariatric-surgery/recipes) over 30 recipes designed for people before, during and after bariatric surgery. Link used with their RD's permission

[www.myfitnesspal.com](http://www.myfitnesspal.com) free website or app to track food & exercise history, recipe calculator for homemade foods

[www.sparkpeople.com](http://www.sparkpeople.com) free website to track food logs, search recipes, develop grocery lists

[www.bariatricfoodie.com](http://www.bariatricfoodie.com) is a blog as well as a Facebook page. It is moderated by Nikki Massie, who had gastric bypass surgery in January 2008 and lost a total of 155 pounds. She started Bariatric Foodie when she decided she didn't want to be miserable about food for the rest of her life.

[www.obesityhelp.com](http://www.obesityhelp.com) is a website that has a Facebook page as well. ObesityHelp.com is a Bariatric social network and education resource for weight loss surgery patients.

[www.weightlossurgerychannel.com](http://www.weightlossurgerychannel.com) provides information from pre-op to the road to success. This website covers it all.

[www.eatright.org](http://www.eatright.org) is the website for the Academy of Nutrition and Dietetics. Provides general information on bariatric surgery

[www.asmb.org](http://www.asmb.org) is the website for the American Society for Metabolic and Bariatric Surgery

[www.baritastic.com](http://www.baritastic.com) helps with keeping track with nutrition intake and weight as well as sets up alarms to take vitamins, eat and drink. It can also track fitness goals and provide recipes and resources for bariatric patients.

[www.obesityaction.org](http://www.obesityaction.org) provides education and support for bariatric surgery