Visit # 3 - Protein nutrition clear/full liquid supplements, vitamin/mineral supplements

Completed	Topics to discuss	Education materials / Resources
	Discuss how goals are going and concerns or questions	
	Discuss next goals or habits to change	
	Review Food diary and point out protein food sources	Goal setting worksheet
	Overview of post bariatric diet - HOW MUCH SHOULD I EAT	Binder Materials: Diet phases, pg. 10
	Overview general guidelines for bariatric	Binder Materials: Overview, pg. 2
	Discuss protein and requirements- discuss phases pre/post surgical	Binder Materials: Diet phases: I & II pg. 1-3
	Discuss clear liquid protein sources and examples of supplements	Clear liquid protein options- handout
	Discuss vitamin and mineral supplements	Binder Materials: Vitamin and mineral supplements
	Review options and examples	
	CHECK MD REFERRALS- Have you scheduled these yet?	*labs, GI (EGD), psych, PCP, Cardiac (EKG), Sleep study,
	Patient Activities	**Education materials / Resources**
	Have pt tell you the three c's, teach back method.	Carbonation, Caffeine and Calorie beverages
	Have pt tell you how long they need to eat a meal for after surgery	20-30 minutes
	Have them tell you signs and symptoms of dumping syndrome	nausea, bloating, abdominal pain, cramps, diarrhea, flushing, rapid heart rate, palpitations, dizziness.
	Have pt tell you how many minutes before consuming fluids	30 before eating and 30 minutes after eating
	Signs and symptoms of dehydration	low urine output, light-headedness, fatigue, thirst, dry skin
	Patient Homework	**Education materials / Resources**
	Complete food diary x _____ day(s), measure and track protein.	Food diary sheet
	To pick up vitamin and mineral supplements; goal- bring to visit #4	Supplement handout of options/examples
	To pick up protein supplement; goal to bring to visit #4	Clear liquid protein options- handout

Identifying Sugars in Foods

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eating foods high in sugar can interfere with weight loss, and for those with a gastric bypass, can cause dumping syndrome. Choose products that are sugar free.

✓ Always read food labels (REMEMBER: the serving size may be too large for post-bariatric surgery portions)

✓Avoid foods with more than 5 grams of sugar per serving, except fresh or no sugar added fruit, milk and light yogurt.
It is better to choose products that are labeled sugar-free. Sugar alcohols are one type of reduced calorie sweetener. They will have less than 5 grams per serving.

✓ Avoid products that contain more than 5 grams of sugar alcohols
per serving. They may cause gas and diarrhea.
Some examples of sugar alcohols are: erythritol, sorbitol, mannitol, etc.

✓Artificial sweetener that are acceptable to use: Splenda ® (Sucralose), Equal® (NutraSweet), Sweet-n-Low®, Sugar Twin®, Sweet One®, Stevia, Truvia, Purvia.

✓ Avoid foods that have sugar as the main ingredient. If one of the first 3 ingredients on the label is on the following list, avoid this item.

Sugar	Brown sugar	Sucrose
Raw sugar	Cane crystals	Glucose
Nectar (ex: peach or pear nectar)	Cane sugar	Dextrose
Corn syrup	Evaporated can juice	Fructose
Corn syrup solids	Fruit juice concentrates	Maple syrup
High fructose corn syrup	Molasses	Malt syrup
Anhydrous dextrose	Brown sugar	Maltose
Confectioner's powdered sugar	Inverted sugar	Honey

❖ You may see other names that are used for added sugars on food labels, but these are not recognized by the FDA as food ingredients. They include: cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice and fruit nectar.

Foods to Avoid:

Ice cream	Barbeque sauce (try dry rubs)	Sherbet/sorbet	Chocolate milk
Regular soda or soft drinks	Pudding	Jams	Kool-Aid
Sweetened fruited or frozen yogurt	Sugared ice tea	Cookies	Dried fruits
Snapple fruit drinks	Regular Jell-O	Jellies	Candy
Sugar coated cereal	Doughnuts	Regular popsicles	Cakes
Canned or frozen fruits with syrup	Regular lemonade	Regular fruit drinks	Syrups

Clear liquids supplements

Things to remember when buying protein supplements:

- ✓ Always check your serving size
- ✓ 15 grams of protein or more per serving
- ✓ Less than 15 grams of carbohydrate per serving
- ✓ 5 grams or less fat per serving (can be slightly higher if contains nut butter)
- ✓ Approximately 150-200 calories per serving
- ✓ Sugar: 5 grams or less per serving

Protein Sources and quality

- Best protein sources (look at the food label ingredients)- protein casein, soy, egg whites and whey
- You may also look for proteins sources that are available in concentrates or isolates. These tend to have higher concentration of protein and very little lactose. If you are lactose intolerant these may be better tolerated.

Product	Amount	Protein (gm)	Where to find
Protein 2O	1 bottle (16.9 fl oz)	15 gm	Walmart and Amizon
Unjury	1 scoop	21 gm	www.unjury.com **Flavors:** unflavored, chicken soup flavor or strawberry sorbet. Can be added to water, crystal light or low calorie beverage.
Beneprotein	1 scoop	6 gm	Walmart, Walgreens (can purchase in stores or online). Can be added to water or low calorie beverage.
Nature's best-Isopure Protein-Zero Carb	1 scoop	25 gm	www.Amazon.com, www.theisopurecompany.com **Flavors:** unflavored, apple melon, alpine punch or mango peach. Can be added to water.
Syntrax Nectar Protein	1 scoop	23 gm	www.syntraxnectarprotein.com . This can be mixed with water. **Flavors:** apple ecstasy, caribbean cooler, crystal sky, fuzzy navel, lemon tea, pink grapefruit, roadside lemonade, strawberry kiwi, twisted cherry.
Clear Premier Protein	1 bottle (16.9 fl oz)	20 gm	Sam Club (online or try in store), www.Amazon.com **Flavors:** orange, raspberry or tropical punch

Multivitamin and B_{12} shopping Guide: Sleeve Gastrectomy

Multivitamins

Name	Picture	Dose	Where to Buy
Bariatric Advantage Multi EA Chewable		Take 2 tablets/day • Do not need to take additional B12	www.bariatricadvantage.com or call 1-800-898-6888
Celebrate Multi-Complete "36"- for men "45"- for women		Take 2 tablets/day • Do not need to take additional B12	www.celebratevitamins.com or call 1-877-424-1953
Opurity Bypass/Sleeve Optimized Multi		Take 1 tablet/day	www.opurity.com or call 1-800-517-5111
ProCare Health Bariatric Complete Chewable		Take 1 tablet/day • Do not need to take additional B12	www.procarenow.com or call 1-877-822-5808
Flintstone's Complete Children's Chewable (not gummy)		Take 2 tablets/day	CVS, Walgreens, Walmart, Target

Nutrition Facts

1 servings per container

Serving size **16.9 fl oz (500mL)**

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 0g	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 1g	**0%**
Protein 20g	**40%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

FILTERED WATER, WHEY PROTEIN ISOLATE, NATURAL FLAVORS, SALT, SUCRALOSE, YELLOW 6, YELLOW 5, PHOSPHORIC ACID.

CONTAINS MILK.

Strawberry Sorbet UNJURY

Nutrition Facts

Serving Size: 1 Scoop (~28g)[1]
Servings Per Container:17

Amount Per Serving	1 scoop
Calories	100
Calories from Fat	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 55mg	2%
Potassium 95mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 21g	42%
Calcium 130mg	15%
Phosphorus 65mg	7%
Vitamin A	0%
Vitamin C	0%
Iron	0%

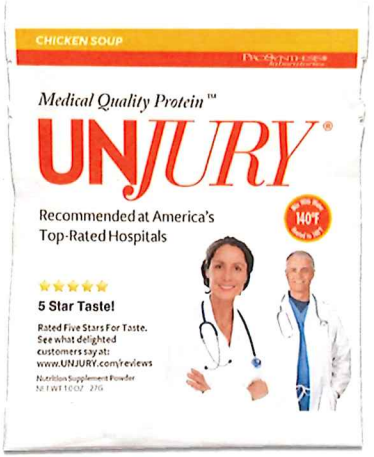
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium	Less Than	3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Calories Per Gram
Fat 9 Carbohydrate 4 Protein 4

[1] Actual serving size 27.5 grams (rounded to 28)

INGREDIENTS: Whey Protein Isolate, Fructose, Citric Acid, Natural and Artificial Flavors, Red beet (for color), Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.



Chicken Soup UNJURY

Nutrition Facts

Serving Size: 1 Packet (27g)
Servings Per Packet:1

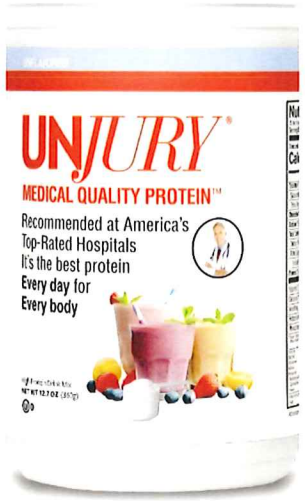
Amount Per Serving	
Calories	90
Calories from Fat	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	30%
Potassium 140mg	4%
Total Carbohydrate <1g	<1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Calcium 130mg	15%
Phosphorus 80mg	8%
Vitamin A	0%
Vitamin C	0%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium	Less Than	3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Calories Per Gram
Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Whey Protein Isolate, Natural Flavors and Soy Lecithin



A Clean Tasting Unflavored Protein Supplement!

Mix UNJURY® Unflavored Protein with your favorite beverage or recipe. It tends to disappear in fruit-flavored Crystal Light, for example. Some customers like using unflavored UNJURY® mixed into milk for their cereal....it really boosts the protein.

UNJURY® Unflavored whey protein supplement is specifically designed by a clinical dietitian to deliver Medical Quality Protein™. UNJURY® uses only the highest quality protein from Whey Protein Isolate.

For all UNJURY® flavors, do not use in liquids hotter than 140º F. Proteins, when heated, change texture. For example, you have seen an egg white go from a clear gel, to firm white, when cooked. For UNJURY®, in a hot liquid, the proteins tend to clump. A food thermometer is a good way to get the temperature nicely warm...just right.

Note: We don't recommend mixing Unflavored UNJURY® in plain water

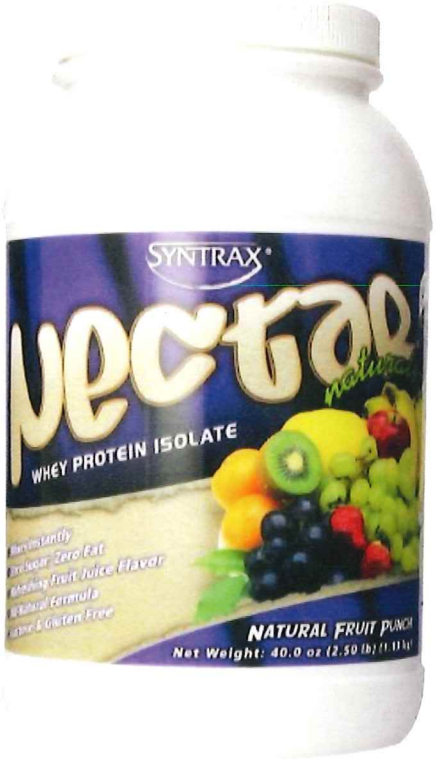
Nutrition Facts

Serving Size: 1 Scoop (~24g)1
Servings Per Container 15

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 0mg	0%
Potassium 106mg	2%
Phosphorus 49mg	4%

**NOTE: Soy Ingredient is Soy Lecithin, not Soy Protein



Nutrition Facts

Serving Size: 1/2 Scoop (20g)
Servings Per Container: 57

Amount Per Serving		
Calories	45	
Calories from Fat	0	
		% Daily Value*
Total Fat	0g	0%*
Saturated Fat	0g	0%*
Trans Fat	0g	
Cholesterol	0mg	0%*
Sodium	25mg	1%*
Potassium	70mg	2%*
Total Carbohydrate	9g	3%*
Dietary Fiber	0g	0%*
Sugars	0g	
Erythritol (non-caloric)	8g	
Protein (20g per scoop)	10g	20%*

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	0%
Phosphorus	4%	Magnesium	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Important Amino Acids Per 100 Grams Of Protein

Arginine•	2.4g
Glutamine•	7.4g
Histidine*	1.7g
Isoleucine‡*	6.7g
Leucine‡*	11.9g
Lysine*	9.7g
Methionine*	2.0g
Phenylalanine*	3.3g
Threonine*	7.2g
Tryptophan*	2.1g
Valine‡*	6.2g

* Essential Amino Acids
‡ Branched-Chain Amino Acids
• Important Nonessential Amino Acids

One Scoop of Nectar® Naturals Contains:

Protein	Fat	Sugar
20g	0g	0g

This product is packed by weight, not volume. Some settling may have occurred during transportation. Keep out of direct sunlight and store in a cool, dark place.

INGREDIENTS: Whey protein isolate (milk)*, erythritol*, citric acid, natural flavors, silicon dioxide, soy lecithin, red rice powder, stevia extract, monk fruit concentrate.

• Promina™ brand; ultrafiltered and undenatured; includes beta-lactoglobulin, alpha-lactoalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease peptone, lactoferrin, lactoperoxidase
• A natural carbohydrate that contains zero calories.

100% WPI **0** Carbs **160** Cals **40g** Protein

Calories	160	
Calories From Fat	0	
Total Fat	0 g	0 %
Sodium	80 mg	3 %
Potassium	45 mg	1 %
Total Carbohydrate	0 g	0 %
Protein	40 g	80 %
Vitamin A		0 %
Vitamin C		0 %
Calcium		6 %
Iron		0 %

*Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on

100% WPI **0** Carbs **100** Cals **25g** Protein

Calories	100	
Calories From Fat	0	
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	10 mg	3 %
Sodium	260 mg	11 %
Total Carbohydrate	0 g	0 %
Dietary Fiber	0 g	0 %
Sugars	0 g	
Protein	25 g	50 %
Vitamin A		0 %
Vitamin C		0 %
Calcium		4 %
Iron		0 %

*Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

0% JUICE

Nutrition Facts

Serv. size	1 bottle
Amount per serving	
Calories	**60**
	% Daily Value
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Sodium 105mg	4%
Total Carb. 1g	0%
Protein 15g	30%

Not a significant source of cholest., fiber, total sugars, added sugars, vit. D, calcium, iron, and potas.

INGREDIENTS: WATER, WHEY PROTEIN ISOLATE (MILK), NATURAL FLAVORS, CALCIUM CITRATE, RED 40, BLUE 1, SUCRALOSE

Made Exclusively For Protein2o Inc. Chicago, IL

SHAKE WELL. SETTLING IS NATURAL. BEST SERVED CHILLED. REFRIGERATE AFTER OPENING.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

WHEY PROTEIN HAS SHOWN POSITIVE EFFECTS IN:

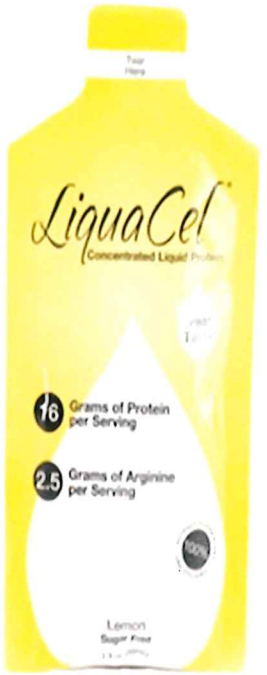
- MUSCLE BUILDING IN ASSOCIATION WITH RESISTANCE TRAINING
- BOOSTING ENERGY BEFORE EXERCISE
- REDUCING APPETITE

PET 1 (BPA FREE) KOSHER LACTOSE FREE GLUTEN FREE

Serving Size: 1fl oz/ 30ml
Servings Per Bottle 32/ Per Packet 1

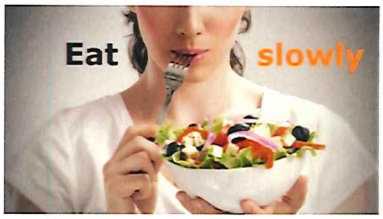
Amount Per Serving

Calories 100	Calories from Fat 0
	% Daily Value *
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	
Sugars 0g	
Protein 16g	
Vitamin D 0mcg	0%
Vitamin C	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 10mg	0%
Phosphorus 20 mg	2%



* The Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Hydrolyzed Kosher Collagen Protein, Water, Glycerin, L-Arginine, Citric Acid, Malic Acid, Natural Flavors, L-Tryptophan, Potassium Sorbate and Sodium Benzoate (to maintain freshness), Sucralose, Neotame. *



Tips and Tricks for EATING SLOWLY

Eating too quickly can cause you to feel nausea, vomiting or just plain uncomfortable. It can also allow you to take 1 bite too many causing symptoms of dumping. Dumping is when food is emptying too quickly out of your pouch. After a gastric bypass this can be a symptom if too much is consumed and if you eat too fast. It takes practice to slow down your pace of eating. Here are some tricks to train your brain to eat slowly.

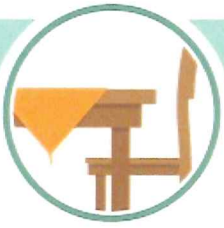
- ☐ SIT DOWN for all meals and snacks
- ☐ Keep serving bowls and platters off of the kitchen table
- ☐ USE UTENSILS (don't choose foods that you can easily eat with your fingers)
- ☐ Put utensils (fork/spoon) down between bites
- ☐ Use small plates (< 10" in diameter) and small baby utensils or cocktail forks to keep bites small
- ☐ Cut dense foods into smaller pieces –fingernail or dime sized
- ☐ Count your chews per bite – aim for 25 chews per bites of dense food items
- ☐ Try the "half plate strategy" – divide the food on your plate into 2 halves and notice the time. Eat ½ of the food first, than think about if you are satisfied before finishing the other half.
- ☐ Use your non-dominant hand to eat
- ☐ Try using chopsticks to eat (clumsy/awkward eating slows you down)
- ☐ Strive to be the last one at the table to finish eating
- ☐ Avoid eating while driving
- ☐ Control you eating environment by removing distractions like the TV and computer
- ☐ Set the mood by playing mellow music, create a dinnertime playlist (make your meal last 3 songs), dimming the lights and candles
- ☐ Remember to focus on enjoying the few bites that you can eat and enjoy the taste and flavor
- ☐ Try MyDietDinnerware (http://wwwmydietdinnerware,com/) an electronic fork and spoon that uses red and green lights to help you slow down eating!


15
DON'T RUSH
EATING.
CHEW SLOW.
CHEW WELL.

mindful eating

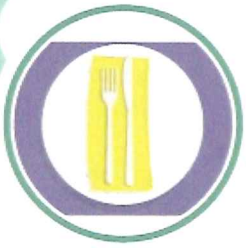
Here are a few tips you can try at home:

1. Always try to sit down at a table to eat.



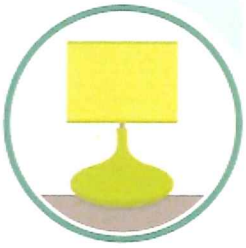
2. Before you sit, clear any clutter that may be on the table.

3. Set a place for yourself, even if you are eating alone.



4. Use tableware and utensils that appeal to you.

5. Take a moment to adjust the lighting so it feels pleasant to you.



6. Consider playing some soft, relaxing music while you eat.

7. Try to minimize multitasking while eating.