

The New “Normal” After Bariatric Surgery

Your diet is back to normal...but what does “normal” mean after surgery?

HERE ARE SOME TIPS TO HELP YOU CONTINUE TO LOSE WEIGHT AND/OR MAINTAIN THE WEIGHT YOU HAVE LOST

1. Review your Bariatric Surgery Notebook and nutrition handouts from time to time.
2. Set specific, reasonable goals for yourself. They don't need to be big goals, as long as you're moving in the right direction.
3. Keep food records – they can be tedious, but they hold you accountable and keep you on track. Always feel free to ask your dietitian to take a look at your food logs!
4. Plan your days in advance. Dedicate a notebook to meal planning and food records – Every night you can plan out your next day and record what you ate next to the plan to help pinpoint areas to improve.
5. Exercise! Most people who experience weight regain after weight loss surgery have fallen off of their exercise program. Be sure to include both resistance/strength and cardiovascular exercise. Aim for 90-150 minutes per week of cardiovascular exercise and 60-90 minutes of resistance/strength training per week.
6. Review your meal schedule: Space your meals about 4-5 hours apart – when going longer, it may be appropriate to add a small snack. Aim for 3 meals and 1-2 snacks per day
7. Continue to eat your protein foods first – These will help fill you up faster and keep you full longer, helping to reduce portion sizes
 - a. Refer to your notebook for your individualized protein goal. This is your gold standard and the number you should strive for each day. If protein intake is too low, it may result in fatigue, hair loss, muscle loss and WEIGHT GAIN

If you are struggling or need some extra support, do not hesitate to ask for help! There's a whole team of people committed to your success! For any questions or concerns contact your dietitian: Cala Dittmer 706-238-8028 or cala.dittmer@harbinclinic.com

b. After weight loss has begun to stabilize:

i. Females: Aim for 55-65 grams of protein each day

ii. Males: Aim for 65-75 grams of protein each day

8. Make sure you are getting at least one good fiber source with every meal

Fiber helps to fill you up and keep you full longer as well – so make sure you are including plenty of vegetables, fruits and whole grains!

9. Measure your portions out – for the long-term, you will need to limit your meals to no more than about 1 cup per meal TOTAL. Use measuring cups when preparing meals at home – your visual estimate can lose accuracy over time, so definitely double-check yourself

10. Choose low fat and low sugar foods – Aim for no more than 35 grams of fat per day. Keep sugar to a minimum, no more than 12-15g per serving.

11. Do NOT graze! Although the reduced size of the stomach prevents eating large amounts of food at one time, grazing can cause weight gain. If you find you are grazing, contact your dietitian for help.

12. Do NOT drink your calories! Drinks with calories add up quickly and do not satisfy hunger. Drink 48-64oz of caffeine-free, carbonation-free, and calorie-free fluid per day!

13. Take your vitamins: 2 multivitamins/day, 500-600mg Calcium Citrate 3x/day, and B12 3x/week.