

# Nutrition & Weight Loss: Strategies for Success

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## What is Obesity?

- A life-long, progressive, life-threatening disease of excess fat storage
- Classified as a chronic medical condition
- Multifactorial disease
  - Genetics
  - Lifestyle
  - Physical inactivity
  - Unhealthy diet
  - Medical problems
  - Certain medications
  - Lack of sleep
  - Smoking cessation
  - Etc.



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## Health Consequences of Obesity

- High blood pressure
- Type 2 diabetes
- High cholesterol
- Heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea/breathing problems
- Cancer (endometrial, breast, colon, kidney, gallbladder, and liver)
- Decreased quality of life

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## Questions....

- What was the deciding factor that had you pursue surgery?
- What are you hoping to achieve at a lower body weight?

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## Bariatric Surgery

- Surgery is not a guarantee for weight loss.
  - You must commit to long-term lifestyle changes in diet and exercise.
  - After surgery it is necessary to learn a new way of eating to help you succeed in meeting your goals long-term.
    - Know the different food groups.
    - Understand what foods fall into which category.
    - Identify what to get in at each meal.
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## Components of Food

### **Macronutrients** (big)

- They are essential.
- Provide calories for energy.
- Needed for growth, metabolism, and other body functions.
- Major food groups:
  - Protein
  - Carbohydrates
  - Fat

### **Micronutrients** (small)

- They are essential in small amounts.
  - Help the body to produce enzymes, hormones, and other substances for growth and development.
    - Vitamins
    - Minerals
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## Macronutrients

- Protein
    - 1 gram of protein = 4 calories
  - Carbohydrates
    - 1 gram of carbohydrate = 4 calories
  - Fat
    - 1 gram of fat = 9 calories
- 
- Balance between these nutrients helps to achieve proper nutrition.
  - Balance of calories helps to achieve weight loss and weight management.
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## Micronutrients (Vitamins & Minerals)

- Found in many foods – why it's important to incorporate variety.
- Many people don't get enough of all the vitamins/minerals they need every day, even if they eat a balanced diet.
  - Decreased intake and absorption after surgery.
- Vitamin/Mineral supplements must be taken daily and for life after bariatric surgery.
- Take any additional supplements as prescribed by your physician.

## What foods contain protein?

### Protein Containing Foods


- Fish
- Poultry
- Meat
- Eggs
- Dairy
- Nuts
- Legumes/Beans/Lentils



# Protein

- Helps build muscle, fight infection, and heal wounds.
- Can also help you to stay full longer.
- Most important nutrient after surgery.
  - Incorporate a protein source at each meal.
- 1 gram of protein = 4 calories
- Good protein source:
  - Contains at least 7 grams of protein per every 100 calories.
- Goal: 60-80 grams of protein per day.
  - Approximately 3-4 ounces of protein per meal (deck of cards)

## Would these be good protein sources after surgery?

- Chicken breast 
  - 3 oz =
    - 128 calories
    - 26 grams of protein



- Bacon 
  - 3 oz. =
    - 350 calories
    - 11 grams of protein



## Protein content in foods

- 3 oz. chicken breast = 26 grams of protein



- 3 oz. salmon = 21 grams of protein



- 2 eggs = 14 grams of protein



- ½ cup cottage cheese = 14 grams of protein



## What foods contain carbohydrates?

### Carbohydrate Containing Foods

- Grains
- Fruits
- Vegetables
- Legumes/Beans/Lentils
- Some dairy products (milk & yogurt)
- Sugars



## Carbohydrates (carbs)

- Primary energy source for the body.
  - Include sugars, starches, and fiber.
  - 1 gram of carbohydrate = 4 calories
  - Choose complex carbohydrates.
  - Avoid simple carbohydrates.
- Goal: 60-80 grams of carbohydrates per day for the first year after surgery.
- After the first year, this limit can gradually increase to 100-130 grams per day.

## Carbohydrate content in foods

- ½ cup granola = 35 grams of carbs



- Medium apple = 20 grams of carbs



- 1 large flour tortilla = 44 grams of carbs



- Medium sweet potato = 26 grams of carbs



## Carbohydrates: Simple vs. Complex

### Simple Carbohydrates:

- Made of one or two sugar molecules and easily absorbed.
- Rapidly increase blood sugar levels.
- Lack vitamins, minerals, and fiber.
- Sources:
  - White bread
  - Candy
  - Desserts
  - Sugar

### Complex Carbohydrates:

- Made of three or more sugar molecules and absorb slowly.
- Lead to steady blood sugar levels.
- Contain vitamins, minerals, and fiber.
- Sources:
  - Whole grain breads
  - Starchy vegetables
  - Beans
  - Fruit



# Simple Carbohydrates: Added Sugar

## ■ Avoid added sugars.

- Added sugars can cause dumping syndrome.
  - Sodas and fruit drinks contribute the highest amount of sugar in the American diet.
    - Drink water to satisfy thirst.
  - Avoid cold cereals with high sugar content.
    - Certain cereals contain greater than 60% sugar.
- Limit sugar to no more than 15 grams per meal.

## ■ Other names for added sugar include:

- Fructose
- Glucose
- Sucrose
- Dextrose
- Maltose
- High fructose corn syrup
- Corn sweeteners
- Honey
- Maple syrup
- Invert sugar
- Agave



# Grains

- Grains provide a large source of carbohydrates.
- Good source of B-vitamins, iron, and fiber.
- Post surgery, many grains should be avoided for the first year.
  - Bread, rice, pasta, and tortillas.
- Choose unrefined vs. refined grains.



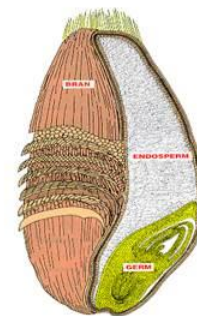
# Refined vs. Unrefined Grains

## ■ Refined Simple Grains:

- The bran (fiber) and germ (vitamins/minerals) are removed during the processing.
- Sources include:
  - White bread
  - White flour
  - White cereals
  - White rice

## ■ Unrefined Complex Grains:

- The bran (fiber) and germ (vitamins/minerals) are intact.
- Sources include:
  - Whole wheat bread
  - Whole wheat flour
  - Whole wheat cereals
  - Brown rice
  - Oatmeal
  - Quinoa



# Fruits and Vegetables

- Help eyes, hair, blood, and boosts your immune system.
- Good source of vitamins A and C, minerals, and fiber.
- Fruit and starchy vegetables are healthy sources of carbohydrates.
- Try having a serving of vegetables or fruit with every meal; like apples, broccoli, pears, carrots, squash, or salad.



## Non-starchy vs. Starchy Vegetables

### Non-Starchy Vegetables:

- Typically the flowering parts of the plant.
- Contain very little carbohydrates and allow you to stay full for less calories.
- Examples include:
  - Lettuce
  - Asparagus
  - Broccoli
  - Cucumber
  - Mushrooms
  - Peppers
  - Tomatoes

### Starchy Vegetables:

- Include several types of roots, bulbs, and kernels.
- Complex carbohydrates and contain more calories than non-starchy vegetables.
- Examples include:
  - Corn
  - Peas
  - Potatoes
  - Squash
  - Pumpkin
  - Parsnips
  - Beans

## Fruits and Vegetables

- Recommendation: 5 or more servings per day
  - How much is a serving?

#### ... of Vegetables?

- 1 cup of vegetables
- ½ cup of legumes (e.g. kidney beans)
- 2 cups of lettuce or leafy greens

#### ... of Fruit?

- 1 medium piece of fruit
- 1 cup of unsweetened canned fruit
- 1 cup sliced fruit or berries



# Fiber

- The Dietary Guidelines for Americans recommends 25-35 grams of fiber per day.
  - Average American consumes less than 10 grams/day.
- Fiber containing foods:
  - Vegetables
  - Fruits
  - Beans
  - Whole grains
- Benefits of fiber:
  - Weight management
  - Lowers cholesterol
  - Bowel motility
  - Satiety (fullness)
  - Decreases risk of colon cancer

## Fiber content in foods

- 1 cup cooked oatmeal = 4 grams of fiber



- ½ cup black beans = 5 grams of fiber



- 1 cup blueberries = 4 grams of fiber



- 1 cup broccoli = 5 grams of fiber



## Foods that contain Protein & Carbs

### Dairy

- Help maintain strong bones and teeth.
- Good source of calcium and protein.
- Milk and yogurt are healthy sources of carbohydrates.
- Have 3 servings of low-fat dairy foods per day - like 8 oz. milk, 1 oz. cheese, 6 oz. yogurt, or 4 oz. cottage cheese.

### Legumes

- Includes beans, peas, and lentils.
- Good source of protein, fiber, and vitamins and minerals.
- Contain healthy carbohydrates.
- Try swapping a meal with meat for a meal made with legumes to save fat and calories.

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# What foods contain fats?

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## Fat Containing Foods

- Oils
- Butter, margarine
- Meats, Poultry, Fish
- Nuts
- Dairy
- Grains



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## Fat

- Plays a role in a variety of body functions.
  - Because they are so common in our diets, limited intake is recommended.
  - 1 gram of fat = 9 calories
  - Choose unsaturated fats vs. saturated fats.
    - Liquid vs. solid at room temperature.
  - Avoid trans fat.
  - Goal: no fat goal, consume healthy fats in moderation
-

## Saturated vs. Unsaturated Fat

### Unsaturated Fat (heart healthy)

- Fish, flaxseed, soybean
- Olive oil, canola oil, nuts, avocado
- Corn oil, safflower oil, sunflower oil, soybean oil



### Saturated Fat (not heart healthy)

- Beef, pork, veal, lamb
- Full fat dairy
- Hydrogenated vegetable oils
- Cocoa butter, coconut oil, palm oil



### Trans Fat (avoid/eliminate)

- Shortening stick, margarine
- Partially hydrogenated oils

## Fat content in foods

- 3 oz. chicken breast = 3 grams of fat



- 3 oz. salmon = 5 grams of fat



- 1 tbsp olive oil = 14 grams of fat



- 1 oz. almonds = 15 grams of fat



## Ways to reduce fat intake

- Remove visible fat from meats.
- Use non-stick sprays or broth to cook with vs. oil or butter.
- Practice healthy cooking methods: baking, broiling, roasting, grilling, and steaming.
- Avoid excess condiment use, limit to serving size.
- Choose items low in fat: less than 5 grams per serving.

# Food Label

**Nutrition Facts**  
Serving size  $\frac{2}{3}$  cup (28 g)  
Servings per container 14

**Amount per serving**  
Calories 110      Calories from fat 9

**% Daily Value\***

**Total Fat** 1 g      2%  
Saturated fat 0 g      0%  
Trans fat 0 g

**Cholesterol** 0 mg      0%  
**Sodium** 250 mg      10%  
**Total Carbohydrate** 23 g      8%  
Dietary fiber 1.5 g      6%  
Sugars 10 g

**Protein** 3 g

Vitamin A 25% • Vitamin C 25% • Calcium 2% • Iron 25%

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

	Calories: 2000	2500
Total fat	Less than 65 g	80 g
Sat fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrate	300 g	375 g
Fiber	25 g	30 g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS**, listed in descending order of predominance:  
Corn, Sugar, Salt, Malt Flavoring, freshness preserved by BHT,  
**VITAMINS and MINERALS:** Vitamin C (Sodium ascorbate),  
Niacinamide, Iron, Vitamin E, (Hydroxytoluenesulfonates),  
Vitamin B<sub>6</sub> (Riboflavin), Vitamin A (Palmitate), Vitamin B<sub>12</sub>,  
(Thiamin hydrochloride), Folic acid, and Vitamin D.

Callout boxes:  
- The serving size and number of servings per container  
- kCalorie information and quantities of nutrients per serving, in actual amounts  
- Quantities of nutrients as "% Daily Values" based on a 2000-kcalorie energy intake  
- Daily Values reminder for selected nutrients for a 2000- and a 2500-kcalorie diet  
- kCalorie per gram reminder  
- The ingredients in descending order of predominance by weight

# Food Label – chewy granola bar

<b>Nutrition Facts</b>	
Serving Size 1 bar (33g)	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 32
% Daily Values*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Sodium</b> 116mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein</b> 2g	<b>4%</b>

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

Would this be an appropriate food after surgery?

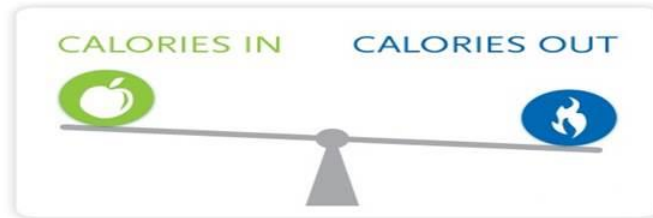
# Food Label – protein bar

<b>Nutrition Facts</b>	
Serving Size 1 Bar (50g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
Sugar Alcohol 4g	
<b>Protein</b> 21g	<b>28%</b>

Would this be an appropriate food after surgery?

## Why do we gain weight?

- Energy Balance: Calories In vs. Calories Out



## What is a Calorie?

- A calorie is a measure of energy found in food and how much our body uses.
- Weight gain occurs when the amount of energy ingested (food) exceeds the amount of energy expended (exercise).
  - Protein            4 calories per gram
  - Carbohydrate    4 calories per gram
  - Fat                    9 calories per gram

## Maintenance Calories Equation

- Maintenance calories = current weight x 10
  - Number of calories required to maintain current body weight
    - \_\_\_\_\_ x 10 = \_\_\_\_\_ maintenance calories (now)
- Maintenance calories at goal weight = goal weight x 10
  - Number of calories required to maintain goal weight
    - \_\_\_\_\_ x 10 = \_\_\_\_\_ maintenance calories (goal)

# Energy Balance

## ■ Intake vs. Output

- Walking = 5 calories/minute
  - 100 calories = a mile (walking at 3 MPH)
- Burger King Whopper = 640 calories
  - To walk off a Whopper  $640/5 = 128$  minutes (6 miles)
- Subway 6" Turkey Sub (no cheese, no mayo) = 289 calories
  - To walk off a Turkey Sub  $289/5 = 57$  minutes (3 miles)

## Foods once looked like this...



## ...but now many foods look like this





## Portion Distortion



## Intake vs. Output

### “The **Super Size** it Society!”

Double Quarter-Pounder with Cheese	760 calories
+ Chocolate Shake 32 fl. oz.	1150 calories
+ Super Size Fries	610 calories
+ 2 packets (2 Tbsp) ketchup	30 calories

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**Total: 2550** calories

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## Intake vs. Output

High Intensity Activity: Mountain Climbing

10 calories/minute

To Burn off “Super-sized”  
meal: 2550 calories  
= over 4 hours 15 minutes  
of mountain climbing



# Healthy Portion Sizes

Grains	Vegetables	Fruits	Protein	Dairy	Fats
1/3 cup Brown Rice	1 cup Raw Carrots	1 Apple	3 oz. Chicken	1 cup Skim Milk	1 Slice Bacon
1 slice of Whole Wheat Bread	½ cup Cooked Broccoli	2 Plums	¼ cup Tuna Fish	1 cup Yogurt (low-fat)	2 tbsp. Cream Cheese
1 Pancake – 4 inch ¼ inch thick	1 cup Raw Broccoli	1 Orange	½ cup Beans	¾ cup Plain Yogurt (non-fat)	2 tbsp. Salad Dressing
½ cup Cereal	½ cup Cooked Green Beans	½ cup Grape Juice	3 oz. Meatloaf	1 cup Soy Milk	1 tsp. Margarine
1/3 cup Pasta	1 cup Cucumber	1 Slice Watermelon	1 Egg	1 oz. Cheese	1 tbsp. olive oil

## Weight Loss

- Involves multiple lifestyle changes that need to be practiced for life.
  - Healthy eating
  - Physical activity
  - Environmental control
- Consistency is important.
- Successful weight management takes practice.



## Successful Strategies for Weight Loss

- Keep a food journal
- Fill up on vegetables
- Don't drink your calories
- Reduce eating out
- Practice mindful eating
- Set up environment for success
- Get moving

## Food Journal



- Learn about your eating habits – explore what you eat, how much you eat, when you eat, and how you feel when you eat.
- Brings self-awareness and accountability to what goes in your mouth.
- Individuals who track lose 50% more weight.

## Food Journal

Get the most out of your food journal:

1. Choose the method that will work best for you.
  - Written, website, phone application
2. Track food and beverages as you eat them.
3. Use measuring devices for accuracy with portions.
4. Track the times you eat.
5. Track your emotions.
6. Vow to be honest with yourself.

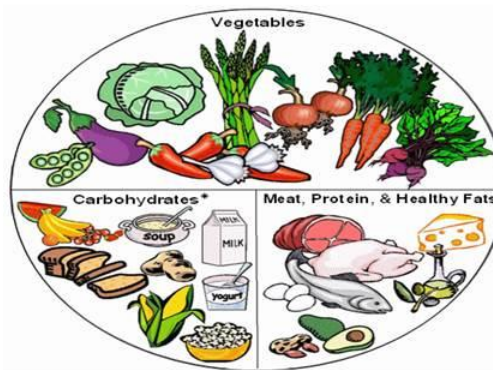
## Free Tracking Applications and Websites

- MyFitnessPal
- Baritastic
- Lose It
- MyPlate Calorie Tracker



# Healthy Plate

- Fill half your plate with non-starchy vegetables.
  - Helps to reduce portions.
  - Fills you up on healthy and filling foods.
- 20-30 grams of protein at each meal = 3-4 oz. of lean protein
- Incorporate 1 serving of a complex carbohydrate per meal.
  - Swap half the starch or protein in a casserole/pasta dish with vegetables.



# Non-Starchy Vegetables

Non-Starchy Vegetables	Non-Starchy Vegetables
Artichoke	Kale
Mushrooms	Kohlrabi
Asparagus	Leeks
Beans (green, wax, Italian)	Mustard Greens
Bean Sprouts	Okra
Beets	Onions
Broccoli	Pea Pods
Brussels Sprouts	Peppers – all varieties
Cabbage	Radishes
Carrots	Salad Greens – all varieties
Cauliflower	Sauerkraut
Celery	Spinach
Collard Greens	Tomatoes – fresh or canned
Cucumber	Turnip Greens
Eggplant	Water Chestnuts
Green Onions	Scallions
Watercress	Zucchini / Squash

# Lean Protein Sources

Food Name	Portion	Calories	Protein (grams)
Chicken – White Breast No Skin	3 oz.	138	26
Chicken – Leg No Skin	3 oz.	162	21
Turkey – White Meat	3 oz.	105	21
Beef – Eye of Round	3 oz.	143	21
Beef – Top Loin	3 oz.	176	21
Steak – Sirloin Trimmed	3 oz.	166	26
Hamburger – 90% Lean	3 oz.	169	21
Veal Loin	3 oz.	149	21
Veal Leg – Top Round	3 oz.	128	21
Ham – Lean 5% Fat	3 oz.	133	21
Pork Tenderloin	3 oz.	139	21
Pork Loin Chop	3 oz.	172	21
Lobster – Steamed	3 oz.	77	16
Crab – steamed	3 oz.	82	17
Shrimp – Steamed	3 oz.	84	18
Cod – White Baked	3 oz.	89	21
Flounder	3 oz.	62	21

## Lean Protein Sources

Food Name	Portion	Calories	Protein (grams)
Halibut	3 oz.	119	21
Salmon – Baked	3 oz.	155	21
Tuna – Canned Water Packed	3 oz.	111	25
Swordfish – Baked	3 oz.	132	21
Cheese – American Fat Free	1 oz.	40	6
Cheese – Cottage 1% Fat	½ cup	82	14
Cheese – Parmesan Grated	¼ cup	128	12
Cheese – Mozzarella Part Skim	1 oz.	78	8
Cheese – Ricotta Part Skim	½ cup	170	14
Egg – Hard Cooked	1	78	6
Tempeh	½ cup	165	16
Texturized Soy Protein	½ cup	59	11
Tofu	½ cup	94	10
Seitan	3 oz.	100	21
Greek Yogurt, plain	½ cup	65	12
Cottage Cheese	½ cup	90	13

## Carbohydrate Sources: Fruits and Starchy Vegetables

Fruits	Fruits	Starchy Vegetables
Apple	Strawberries	Sweet Potatoes
Blueberries	Nectarine	Butternut Squash
Orange	Kiwi	Acorn Squash
Honeydew	Oranges	Spaghetti Squash
Pineapple	Grapes	Pumpkin
Peach	Blackberries	Corn
Raspberries	Persimmon	Peas
Cherries	Fresh Figs	
Melon	Mango	
Mandarin	Pear	
Tangerine	Banana	
Avocado		

## Carbohydrate Sources: Beans and Dairy

Dairy	Beans	Beans
Skim Milk	Baked Beans	Adzuki Beans
Soy Milk	Garbanzo Beans	Black Beans
Fairlife® Fat Free Milk	Navy Beans	Black Eyed Peas
Yogurt	Lima Beans	Cannellini Beans
	Soy Beans	Kidney Beans
	Baked Beans	
	Pinto Beans	
	Split Peas	
	Yellow Split Beans	
	Lentils	
	Lima Beans	
	Butter Beans	

## Carbohydrate Sources: Grains

Grains	Grains
All Bran	Rolled Oats
High Fiber Bran Cereal	Wheat Bread
Muesli	Barley
Steel Cut Oats	Bulgur
Kellogg's Bran Buds	Rye Crisp Bread
Buckwheat Oats	Buckwheat Kasha
Fiber One Cereal	100% Sprouted Whole Wheat Bread
Oat Bran	Multigrain 7-9 Whole Wheat Bread
Quinoa	100% Stone Ground Whole Wheat
High Fiber Bran Cereal	Rye Pumpnickel Bread
Oat Bran Bread	
Oats	

## Drink Zero Calorie Beverages

- Avoid sugar-sweetened beverages – juice, sport drinks, soda, sweet tea, chocolate milk, etc.
  - Empty calories that don't fill you up.
- Limit alcohol intake (beer, wine, and liquor).
- Aim for 64 oz. of fluid per day.
- Add variety with low-calorie flavor packets or liquids.



## Eating Out

- The average American eats out on average five times per week (1/4 of our meals are eaten outside the house).
- One out of four Americans eat fast food every day.
- Food away from the home tends to be of lower nutrition quality.
  - Contains more total fat, saturated fat, sodium, cholesterol, and less fiber and calcium.
- For each meal away from the home, approximately 150 additional calories are consumed.
  - $150 \text{ calories} \times 5 \text{ meals/week} = 750 \text{ additional calories/week}$
  - 11 pound weight difference in a year!
- The average American spends almost half of its food budget on eating out.

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## Eating Out: Strategies to Reduce Intake

- Plan ahead—look online for the menu and nutrition information to choose your meal ahead. This can decrease the impulse order.
  - Ask for nutrition information at the restaurant if you weren't able to look ahead.
  - Order first—we tend to order similar to our fellow diners, going first means you're more likely to stick with your original, healthy plan.
  - Look for “light” menu items—many restaurants now have a certain section for these items.
  - Choose a balance of protein, vegetables, and healthy carbohydrates.
  - Order smaller portions—look for a high protein appetizer and add a side vegetable or salad to make a meal.
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## Eating Out: Strategies to Reduce Intake

- Ask how items are prepared and don't be afraid to make specific requests (no cheese or mayonnaise, salad dressing on the side, or no oils, butter, or sauce on vegetables).
  - Choose foods that are grilled, baked, broiled, steamed, or roasted.
  - Avoid foods that are fried, breaded, creamy, crispy, or fritters.
  - Substitute high-calorie side dishes for additional steamed vegetables or a salad.
  - Split a meal with a friend or ask for a to-go container at the beginning of the meal to box up half.
  - Don't drink your calories—if you want an alcoholic beverage try a glass of wine instead of a heavy beer or mixed drink.
  - Avoid “all-you-can-eat” restaurants or buffets.
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## Mindful Eating

- Eating with complete awareness, being present in the moment.
    - Limit distractions:
      - Turn off the TV, don't play with your phone, and don't eat at your desk.
    - Eat slowly - give yourself 30-minutes to eat a meal.
      - Put your fork/spoon down between each bite.
      - Pay attention to the flavors and textures you are enjoying.
    - Listen to your body, stop when you feel satisfied, the goal isn't to feel full.
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### The hunger/ satiety scale

- 10** Very uncomfortable, maybe even painful.
- 9** Moving into uncomfortable.
- 8** Not uncomfortable, but definitely eating a belly full.
- 7** Comfortably satisfied. Hunger is definitely gone. Stop here and you may not feel hungry again for 2 to 3 hours.
- 6** No longer hungry. You sense food in your belly but you could definitely eat more.
- 5** Neutral. Not hungry. Not full.
- 4** A little hungry. You can wait to eat, but you know you will be getting hungrier soon.
- 3** You are hungry and the urge to eat is strong.
- 2** All food looks good. You may be preoccupied with your hunger.
- 1** You are so hungry you want to eat anything you can.

## Environmental Control

- Set up your environment for success.
  - Do not rely on willpower and self-control.
- Remove tempting foods from the environments that you spend the most time: home, work, car, etc.
- Add healthy foods to your environments.
  - Fruit basket on the counter or work desk, washed and prepared vegetables and fruit on the middle shelf in fridge for ready-to-go snacks.

## Physical Activity

- Can help speed up weight loss momentum.
- Key strategy for weight management long-term.
- Aim for a minimum of 150 minutes/week of intentional physical activity (30 minutes, 5 days/week).
  - Incorporate resistance training 2-3 times/week.
- Have fun while being active!





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## Rapid Weight Loss Before Surgery

- Start first phase of the pre-op diet
  - 3 shakes + healthy meal per day
    - Shake guidelines:
      - Less than 200 calories per serving
      - 15-30 grams of protein per serving
      - Less than 15 grams of sugar per serving
    - Healthy meal:
      - 3-4 oz. of a lean protein + 2 cups of non-starchy vegetables
        - No fried or breaded items, no sauces or gravies
      - OR frozen portion controlled entrée less than 350 calories
        - Lean Cuisine, Smart Ones, Healthy Choice, Stouffers FitKitchen
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## Rapid Weight Loss Before Surgery

- Aim for a minimum of 64 ounces of water per day.
  - If you are finding you are hungry between meals, add in vegetable/fruit snacks to avoid going off plan.
  - If you have diabetes – please consult with your physician before beginning this diet as some of your medications may need to be adjusted. Also, check your blood glucose more frequently to avoid hypoglycemia.
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## Goal Setting

- S.M.A.R.T. Goals
    - Specific – What exactly do I want to achieve?
    - Measureable – How can I measure this?
    - Achievable – Is your goal attainable?
    - Realistic – Is your goal realistic in the timeframe set?
    - Timely – What is the timeframe?
  - Example: Track my daily food intake on MyFitnessPal for the next week.
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## Goal Setting

- Set **3** S.M.A.R.T. goals that will help you lose weight and/or prepare for surgery.

1.

2.

3.

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## SMART Goal examples

- Track daily food intake on myfitnesspal for the next month.
  - Increase vegetables and fruits to 5 servings per day.
  - Aim for a minimum of 64 oz. of no-calorie fluids daily.
  - Incorporate exercise 30 minutes 3 times per week.
  - Reduce eating out to no more than 1 time per week.
  - Start the Rapid Weight Loss diet Monday and follow for 2-weeks.
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