

Erlanger Metabolic and Bariatric Surgery Center

Nutrition & Weight Loss POST-Test & Goal Setting for Online Class

Patient Name: _____ DOB: _____
Daytime phone: _____ Today's Date: _____

Instructions:

Go to www.erlanger.org/bariatrics, follow the link to "Bariatric Education, and then "Nutrition & Weight Loss Class". Watch the 8-part video series and complete this post-test. Bring in this completed post-test and goals to your next appointment at Erlanger Metabolic & Bariatric Surgery Center or email them to metabolicsurgery@erlanger.org to receive credit for completion of the Nutrition & Weight Loss Class.

Part 1:

What was the deciding factor that had you pursue surgery?

What are you hoping to achieve at a lower body weight?

Part 2:

1. Which of the following nutrients provide our bodies with calories needed for energy?
 - a. Protein
 - b. Carbohydrates
 - c. Fats
 - d. Vitamins & Minerals
 - e. A, B, & C
2. After bariatric surgery if you eat a well-balanced diet you **do not** need to take vitamin/mineral supplements?
True: _____ False: _____

Part 3:

3. Protein is the most important nutrient after bariatric surgery?
True: _____ False: _____
4. After bariatric surgery you should consume _____ grams of protein per day?
 - a. 20-40
 - b. 40-60
 - c. 60-80
 - d. As many as you want

Part 4:

5. When eating carbohydrates after surgery you should avoid simple carbohydrates?
True: _____ False: _____
6. After bariatric surgery you should consume _____ grams of carbohydrates per day?
 - a. Less than 30
 - b. 60-80
 - c. More than 150
 - d. As many as you want

7. After bariatric surgery sugar intake should be limited to no more than _____ grams per meal to avoid dumping syndrome.
- 15
 - 30
 - 45
 - 60

Part 5:

8. After bariatric surgery high fat containing foods, especially fried foods, may cause dumping syndrome?
 True: _____ False: _____

Part 6:

9. What are your maintenance calories at your **current** weight? _____ calories/day
 What are your maintenance calories at your **goal** weight? _____ calories/day

Part 7:

10. Weight loss involves multiple lifestyle changes that need to be practiced for life. These include:
- Healthy eating
 - Physical activity
 - Environmental control
 - All of the above

Part 8:

3 goals to start working on to lose weight and/or prepare for surgery:

- _____
- _____
- _____

I acknowledge that I watched the 8-part video series for the Nutrition & Weight Loss Education.

Patient signature: _____ Date: _____

IMPORTANT INFORMATION:

- ❖ Please bring in this completed post-test and goals to your next appointment at Erlanger Metabolic & Bariatric Surgery Center or email them to metabolicsurgery@erlanger.org to receive credit for completion of the Nutrition & Weight Loss Class.
- ❖ This form must be turned in prior to you being scheduled for the Pre-op Bariatric Education Class.
- ❖ If you would like a copy of the slides to reference please visit our website: www.erlanger.org/bariatrics and click on "Bariatric Education"

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Date Form Received:	
Clinicians Signature:	