



# GASTRIC SURGERY

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# PORTION CONTROL

- Serving size is the amount of food listed on the foods product label and varies from one product to the next.
- Portion size is the amount of food you choose to eat at one time.
- Portion size you eat may or may not be the same as serving size listed on the food label.
- Many foods you consume have multiple servings in one portion.



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**3-inch diameter  
140 calories**



**Today**

**6-inch diameter  
??? calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**3-inch diameter  
140 calories**



**Today**

**6-inch diameter  
350 calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**333 calories**



**Today**

**??? calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**333 calories**



**Today**

**590 calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**1 cup spaghetti with sauce  
and 3 small meatballs  
500 calories**



**Today**

**2 cup spaghetti with sauce  
and 3 small meatballs  
??? calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**1 cup spaghetti with sauce  
and 3 small meatballs  
500 calories**



**Today**

**2 cup spaghetti with  
sauce and 3 small  
meatballs  
1025 calories**





# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**6.5 ounces  
85 calories**



**Today**

**20 ounces  
??? Calories**



# WHAT IS PORTION DISTORTION?



**20 Years Ago**

**6.5 ounces  
85 calories**

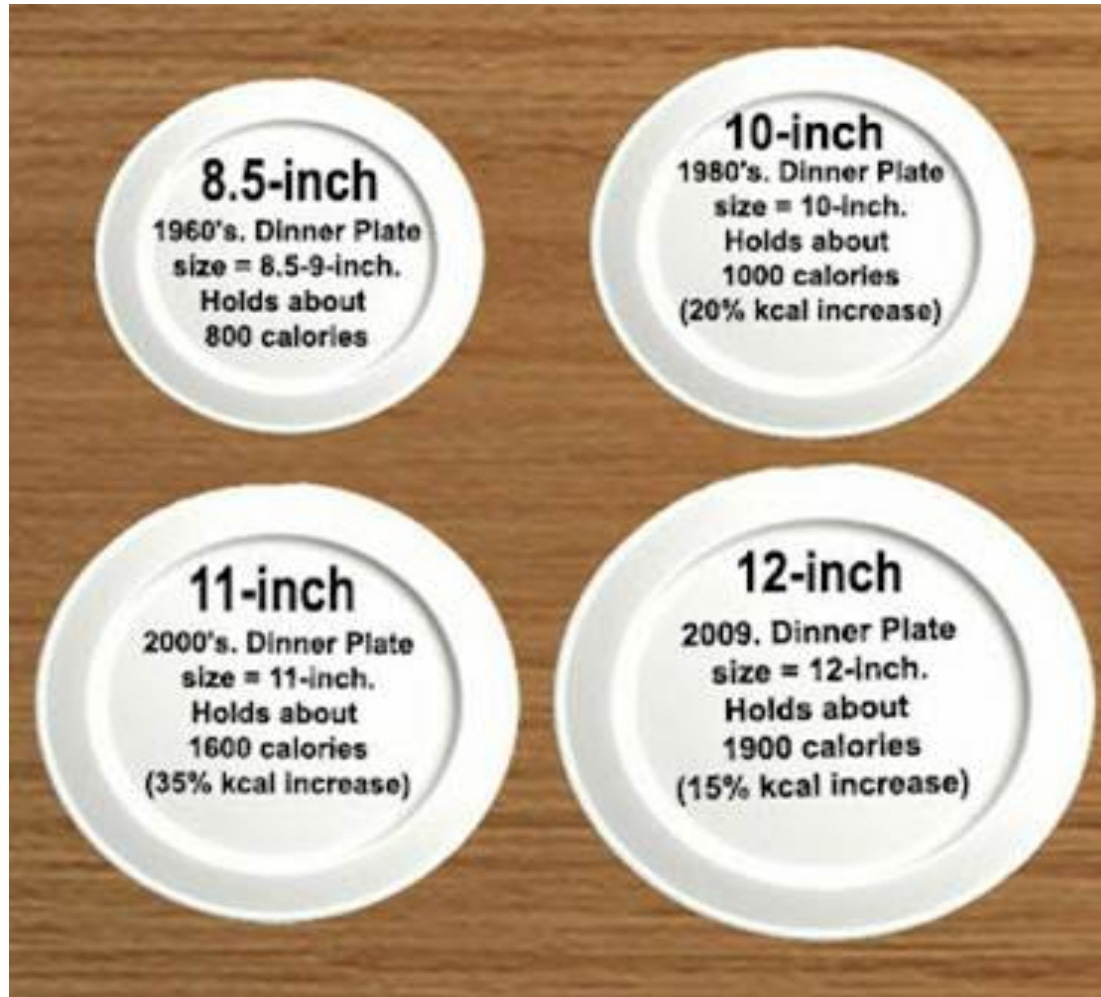


**Today**

**20 ounces  
250 calories**



# PLATE SIZES





## OTHER THINGS TO THINK ABOUT

- Chew your food to a paste consistency.
  - 20-40 times per bite.
  - Meals periods should be 20-30 minutes.
- Use smaller plates and utensils.
- Never skip meals.
  - Even when you are not hungry make sure to eat!



# HOW MANY MEALS AND SNACKS PER DAY

- 3-4 meals
  - ½ cup per meal
- 1 protein shake
- Snacking
  - Yes or NO?



# WHY DO WE SNACK?

- Boredom
- Stress
- Habit
- Social gatherings
- Happy
- Sad
- Angry
- TV
- Because its there!!



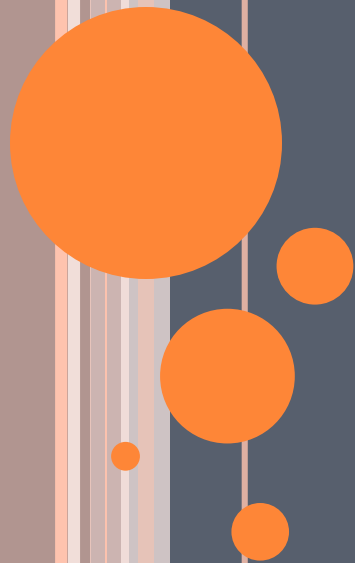
# WHAT CAN YOU DO TO STOP SNACKING?

- Find other things to occupy your time?
  - Exercise.
    - Go for a walk.
  - Find a new hobby or get re excited about an old one.
    - Crafting, wood working, knitting or crocheting.
  - Great time to clean.
    - Do the dishes, mop the floor, wash a wall, rearrange a room.
  - Read a book.
  - Play with your kids or your dog.
  - Surf the web.
  - Call a friend or loved one.
  - Brush your teeth.





# FAT AND SUGAR



# NAMES FOR ADDED SUGARS ON FOOD LABELS

- Agave
- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrate
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Sugar molecules ending in “ose”
  - Dextrose, glucose maltose and sucrose
- Syrup



# COMMON FOODS WITH ADDED SUGAR

- Beverages
  - Soda
  - Fruit drinks
  - Chocolate milk
- Canned fruit in light or heavy syrup
- Cookies
- Candy
- Cake
- Ice cream
- Cold cereal



# SUGAR RELATED TERMS

- Sugar-Free
  - Less than 0.5g of sugar per serving.
- Reduced Sugar or Less Sugar
  - At least 25% less sugar per serving compared to a standard serving size of the tradition variety.
- No Added Sugar or Without Added Sugar
  - No sugars or sugar containing ingredient such as juice or dry fruit are added during processing.
- Low sugar
  - Not defined or allowed as a claim on food labels.



# WAY TO DECREASE SUGAR INTAKE

- Read food labels.
- Use no calorie sweeteners.
  - Splenda
  - Stevia
  - Truvia
- Know sugar aliases.
- Use unsweetened products.
- Add more flavor.
  - vanilla bean and vanilla extract
  - Spices
  - Citrus zests



# UNHEALTHY FATS

## ○ Trans Fat

- This is a type of fat that occurs naturally in some foods in small amounts. Trans fats are made from oils through a food processing method called partial hydrogenation. Partially hydrogenated oils make the oils easier to cook with and less likely to spoil than do naturally occurring oils. Trans fats can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. This can increase your risk of cardiovascular disease.

## ○ Where is it found?

- Pie crust
- Margarine
- Frosting
- Cookies
- Cakes
- Biscuits
- Crackers



# FATS

## ○ Saturated Fat

- This type of fat is usually solid at room temperature.

## ○ Where is it found?

- Poultry Skin
- Marbled meats
- Whole Milk
- Butter
- Cheese
- Bacon and Sausage



# FATS

## ○ Polyunsaturated Fats

- This is a type of fat found mostly in plant-based foods and oils. Eating foods rich in polyunsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease and may also help decrease the risk of type 2 diabetes.

## ○ Where is it found?

- Soybean oil
- Corn oil
- Sunflower oil
- Fatty fish such as salmon, mackerel, herring and trout.





# FATS

## ○ Monounsaturated Fats

- This is a type of fat found in a variety of foods and oils. Consuming foods rich in monounsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease. Research also shows that MUFAs may benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.
- Where it is found?
  - Typically found in olive oil, canola oil, peanut oil, safflower oil, sesame oil, avocados, peanut butter, and many other nuts and seeds.



# TIPS TO DECREASE FAT INTAKE

- Consume more plant based foods.
- Switch to low fat or fat free dairy products.
- Use low fat or non fat salad dressings.
- Use less high fat toppings; such as sour cream, butter, and mayo.
- Choose leaner cuts of meats.
- Decrease cheese intake.
  - Choose Provolone, Swiss or Mozzarella, they are lower in calories.
- Save desserts for special occasions.
- Use applesauce in place of oils and Tofu in place of butter in baking.



A decorative vertical bar on the left side of the slide, featuring a gradient from dark blue to light blue, with several thin white vertical lines and a cluster of five orange circles of varying sizes. The word "PROTEIN" is written in a large, yellow, serif font, centered horizontally and partially overlapping the decorative bar.

# PROTEIN

# PROTEIN

- Why is protein important?
  - Important in building and maintaining a healthy body.
  - Helps you heal.
  - Helps your body resist infections.
  - Maintenance of healthy skin, hair and nails.
  - Makes you feel more satisfied.
- Eating enough protein will prevent you from losing large amount of muscle as you lose weight.



# PROTEIN

- Consume protein with every meal.
- At least  $\frac{1}{2}$  of your meals needs to be protein.
- Always consume protein foods first!
- Daily goal: 60-100grams.



# WHERE DO YOU FIND PROTEIN?

- **Meat** (chicken, fish, turkey, beef, pork, or wild game)
  - 1 ounce has 7 grams
- **Eggs**
  - 1 egg contains 8 grams
- **Milk**
  - 8 ounces have 8 grams
- **Tofu**
  - $\frac{1}{4}$  cup contains 5 grams
- **Beans** (pinto, chili, kidney, lima, ect.)
  - $\frac{1}{4}$  cup provide 4 grams
- **Mozzarella Cheese**
  - 1 ounce contains 7 grams



# PROTEIN SHAKES

## ○ Program's Criteria

- 20-30grams of protein per serving.
- Grams of **TOTAL CARBOHYDRATES** per serving should be less than half the amount of protein per serving.

## ● Examples:

- Premier Protein
- Unjury
- Bariatric Advantage
- BiPro
- Bariatric Fusion





# BEVERAGES



# BEVERAGES

- Consume at least 64 ounces per day minimum.
- Straws??
- Consume low calorie beverages.
  - Less than 15 calories per serving.
    - WATER!!!
    - Water with berries or veggies for flavor
    - Crystal light
    - Propel water
    - Powerade Zero
    - Sobe Life Water
    - Vitamin Water Zero
  - Say NO to:
    - Juices
    - Regular or Diet soda
    - G2, Regular Gatorade or Regular Powerade
    - Kool-Aid, Tang, Sunny Delight, Capri Suns
    - Any Beverage which contains sugar



# CARBONATED BEVERAGES

- What is consider a carbonated beverage?
  - Anything that fizzes when you open it!!
    - Soft drinks
    - Champagne
    - Beer
    - Seltzer water
    - Energy drinks



Source: Compressedgaswestern.com

- Carbonation Stretches your stomach pouch and causes pain!!!



# DRY MEALS

- Do not drink 30 mins prior to, during your meal period and 30-45 mins after your meals.
- Drinking with your meals can cause nausea or vomiting.
- Will cause you to feel hunger before your next meal time!!!



# LIQUID CONTAINING MEALS


- Be VERY careful with:

- Soups
- Cereal (hot and cold)
- Yogurt
- Cottage cheese
- Applesauce
- All foods that are very soft or contain liquids.



- These are occasional foods and should not be consumed on a regular basis.
- Measure these foods every time you consume them!!
  - NO guessing



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# VITAMIN AND MINERAL SUPPLEMENTS

# MULTIVITAMINS

- Why do I need to take a multivitamin?
  - You will be consuming less, this will decrease the amount of vitamins you will be receiving from you food.
- Multivitamins must be chewable or liquid for the first 6 weeks after surgery.
  - You can switch to a pill form on week 6 if you choose.
- Use a multivitamin formulated for your type of gastric surgery.
- Look for a multivitamin that meets 200% of the RDA.



# CALCIUM AND VITAMIN D

- Why is Calcium important?
  - 99% building and maintaining healthy bones and teeth.
  - Calcium has been shown to increase weight loss and prevent weight gain.
- How much do I need every day?
- Calcium
  - 1500-2000mg per day
- Vitamin D
  - 3000IU



# VITAMIN B-12 AND IRON

- Vitamin B-12 is important for red blood cells, nerve function, digestion and absorption of food and protein synthesis.
  - How much do you need everyday?
    - 350-500 mcg
- Iron is vital in red blood cell formation, which provides your entire body with oxygen.
  - How much do you need?
    - 18-27mg





Be prepared and purchase your protein shake or powder, chewable multivitamin and chewable Calcium/Vitamin D supplement prior to surgery!!!



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# LIVER SHRINKING DIET

# LIVER SHRINKING DIET

- Start 2 weeks prior to surgery date.
- Expect 10-15 lbs weight loss.
- Total calories ~ 700-800kcal.
- No Cheating!!!!
- If you are taking insulin: your meal plan will be different.
  - Please see me after class!



# MEAL PLAN

## ○ 1<sup>st</sup> Meal

- 1 Protein Choice
- 1 Fruit Choice
- 1 Dairy Choice

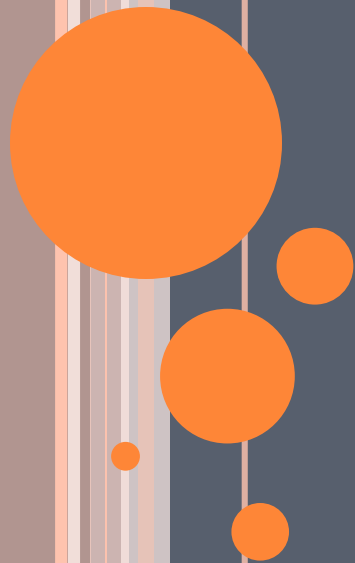


## ○ 2<sup>nd</sup> and 3<sup>rd</sup> meal

- 1 Protein Choice
- 2 Vegetable Choices (this equals 2 cups)



# POST OP DIET



# CLEAR LIQUIDS

- 100% fruit juice without pulp
  - Powerade Zero
  - Herbal teas
  - Sugar free Popsicles
  - Sugar free Gelatin
  - Broth
- 
- Start your protein shake.
  - 2-4 Tablespoons.



# FULL LIQUIDS

- Milk
- 1% or fat free, Almond milk, Soy milk, Lactaid milk
- Thinned and strained cream soup
- Pourable plain or “light” yogurt
- Sugar free pudding or custards
- Thinned cream of wheat or cream of rice cereal
  
- 2-4 Tablespoons
  
- Continue protein shakes.



# PUREE DIET

- Begin Dry meals.
- Always consuming your protein first.
- Continue Protein shakes.
- Puree foods to applesauce or baby food consistency.
- Stop eating at any sign of fullness!!!!
  
- 2-4 Tablespoons.





# PUREE DIET TIPS

- Do not use water to puree foods. This will dilute the flavor.
  - Use chicken, beef or vegetable broth, milk, yogurt, etc.
- Prepare puree foods in advance and freeze.
- Use baby food.



# SOFT FOOD DIET

- Beware of food intolerances.
- Begin slowly.
  - Only try 1-2 new foods per day.
- Remember your stomach pouch will empty slower with more solid or dense foods.
- Continue Protein shakes.
- Stop eating at any sign of fullness!!!
  
- 2-4 Tablespoons.



# SOFT FOOD DIET

- Baked fish
- Imitation crab meat
- Baby Shrimp
- Bananas
- Canned peaches or pears
- Well-cooked veggies without a skin or seed
  - No peas or corn
- Scrambled, poached or hard boiled eggs
- Tuna salad, egg salad, chicken salad or ham salad
  - No onions, celery, pickles, ect.
- Deli meat
- Baked, grilled or rotisserie chicken



# REGULAR FOODS

- Go Slowly.
  - Try small amounts and see how you feel.
- Always eat protein first.
- Chew your food completely.
- $\frac{1}{2}$  your meal needs to be solid protein.
- The other  $\frac{1}{2}$  of your meal focus of fruits and veggies.
- Stop eating at any sign of fullness!!!!
  
- Slowly increase intake to  $\frac{1}{2}$  cup.



# COMMON FOOD INTOLERANCES

Foods to avoid for the first 2-3 months after surgery.

- Red meat (beef, pork or wild game)
  - Ground meat is okay after the first month.
- Breads, rolls, biscuits, tortillas
- Pasta and rice
- Dried fruit, nuts, seeds, popcorn, and coconut
- Chips
- Any foods that are hard or crunchy



Questions???

