

## Bariatric Eating

### Permanent Diet and Behavior Changes after Weight Loss Surgery (Roux-en-Y Gastric Bypass, Lap Band, Gastric Sleeve, Duodenal Switch )

View your new stomach pouch as a “tool” to help you improve your health and quality of life by changing your diet and eating behaviors and habits. With support from your surgical team, dietitian, and psychologist, you will learn how to redefine your relationship with food. Proper use of your new “tool” will optimize long-term weight loss while minimizing risk of weight regain and nutritional deficiencies.

#### 6 Lifelong Rules for Weight Loss Maintenance:

1. **Fluids.** Drink at least (8 cups) 64 oz per day between meals to avoid dehydration. Symptoms of dehydration include fatigue, dizziness, nausea, vomiting, and diarrhea in severe cases. Do not drink beverages with more than 40 calories per 8 oz serving and avoid carbonated beverages as they tend to cause more gas pressure.

**Avoid:** fruit juice, punch, carbonated drinks, or beverages with more than 40 calories per 8 oz serving with the exception of nonfat milk. Drinking beverages with calories adds up. Save your calories for the enjoyment of nutritious and healthy food.

2. **Rule of 30.** You can resume drinking fluids 30 minutes after a meal has finished. Drinking with meals leads to weight loss plateaus and weight regain.

3. **Protein.** Not only do proteins (proteins are made up of amino acids) serve as essential co-factors in daily organ function (heart beating, breathing, muscle contraction...), but are also important to preserve lean muscle tissue and assist with post-op healing. Make sure you eat protein **FIRST** at EVERY MEAL!

**Examples of Protein Foods:** eggs, low fat dairy products, poultry, fish, beef, legumes, soy products

4. **Chewing.** Eat slowly and chew food thoroughly. Chew food until it is a pureed consistency in your mouth. You should be able to chew food and spit it into a sink drain. If the food could clog the drain, it could do the exact same thing to you by **blocking the stoma or outlet**. Try chewing your food 20 – 30 times before swallowing and wait between each bite to allow food to settle into the pouch. Try to reduce bite size to ½ teaspoon.

5. **Avoid snacking or grazing on simple carbohydrates-** Focus on filling up on fiber and protein products 4-5 x day.

6. **Exercise.** Aim for 30 minutes of purposeful exercise 5 days per week. Exercise helps increase metabolism so you burn more calories at rest, decreases anxiety and increases the secretion of “feel good” endorphins. The more muscle you have, the more calories you will be burning at rest.