



Bariatrics: Back to Basics

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What do “I” need to focus on?

Ask yourself:

1. Have I remembered to consistently apply my required bariatric behaviors?
2. Have I remembered to prioritize myself and my health journey?
3. Have I become complacent and forgetful?
4. Do I remember my lifelong required bariatric behaviors?

Back to Step 1: “Taking out the trash”

Evaluate your lifestyle:

- Am I dining out too frequently or having too many processed foods? (Fast food/Take Out/Dining Out/Door Dash/Processed foods etc.)
- **FIX**: Set a specific number of days a month you can reduce your “dining out” to. Write it in on your calendar or as a reminder on your phone.
- **REMEMBER**: Dining out or obtaining food from other sources other than prepared at home should be limited to 2 times per month. Foods consumed outside of the home, should still follow healthy meal guidelines (Lean protein, non starchy vegetables and 1 small portion of a fiber rich starchy food).

Step 2: “Remembering my journey”

Try to remember why you started this challenging journey. YOU know it was NOT the easy way out, and you know how hard you have had to work for every single pound of weight loss.

- Don't allow one bad meal, one bad season or temptation drag you down. Remember your strength. Remember how far you have come.
- The only one that is going to fight for you is YOU! So Fight!!!

Step 3: “Restarting the required bariatric dietary behaviors ”

Ask yourself: “Do I even remember all the bariatric dietary guidelines?”

- **Fix**: If you still have your bariatric binder, pull it out and place it in an area you will see it daily. Use it as a reference for things you might have forgotten.
 - Write a list of goals you are struggling with and focus on those ones first. Then slowly implement more until you are fully on track.
- **Remember**: This is a lifelong journey and you will likely have some set backs, but don’t allow the set backs to dictate your intended direction.

The Required Bariatric Behaviors

- Taking required Bariatric multivitamins and minerals: Have you faithfully been taking the recommended vitamins and minerals to avoid the countless nutrition deficits? If not, restart!
- Protein: Are you remembering to consume high quality lean protein at every meal and snacks? You need a minimum of 3-4oz or 21-28g of protein 3-4 times per day. Lack of protein results in decreased muscle mass, muscle building and poor wound healing. Plan accordingly!

The Required Bariatric Behaviors

- **HYDRATION, HYDRATION, HYDRATION!** Water is key to keeping you on track and out of the Emergency Room for dehydration. A minimum of 64oz of water/fluid per day is very important. However, if you are able to, aim for 80oz per day.
- **When we drink water/fluids matters!** Stop drinking fluids 30 minutes before meals to allow your pouch to empty prior to eating your meals. Avoid drinking fluid with meals to allow getting the optimum nutrition and calories your body needs and wait 30 minutes until after meals to allow for digestion.
- **SIP, SIP, SIP!** How we drink our water/fluids matters. If you are currently taking large drinks/gulps, it is important to avoid this. Too much water at one time will cause waterlogging and then lead to feeling full, which then leads to meal avoidance.

The Required Bariatric Behaviors

- **CHEW, CHEW, CHEW!** How we chew our food matters. Remembering to chew your food to applesauce consistency (20-30 times) before swallowing will not only ensure you will be able to get the most amount out of the food but also assist with ease in digestion. Taking big bites and not chewing appropriately results in feeling satiated more quickly.
- **VEGETABLES RULE!** While typically underrated by majority of people, vegetables play a crucial role in the diet. They supply important vitamin and minerals to keep the body healthy and are better absorbed by the GI than the pill forms of multivitamin and minerals. Try for at least 4-5 servings per day.

The Required Bariatric Behaviors

- **3-4 small meals per day:** Are you remembering to eat? After having bariatric surgery, it is crucial to remember that your body needs appropriate energy. Skipping meals can lead to nutritional deficits and re-trigger bad habits of trying to eat larger meals.
- **Small Plates:** Have you been consistent with using small plates to assist with keeping your portion size appropriate? Remembering to use 5-6” bread size plates will help keep you on track with portion control.

The Required Bariatric Behaviors

- **Elimination of Caffeine:** Caffeine is natural diuretic which will increase your chances of dehydration.
- **Elimination of Alcohol:** Excessive alcohol can harm the liver and individuals who have had bariatric surgery are more susceptible to liver damage due to altered liver function.
- **Eliminate Carbonation & Straws:** Increased carbonation and air in your GI tract expands, which causes pressure in the stomach and increases the likelihood of stretching the stomach and can further suppress nutrient absorption.

Exercise

- **Exercise & activity** is crucial to maintaining good health. The body is an amazing instrument and part of our responsibility is taking care of what we have. This includes daily exercise to keep our mental health, metabolism, bones and muscles strong. After bariatric surgery, the American Society of Metabolic & Bariatric Surgery (ASMBS) highly recommends up to 300 minutes per week of moderate intensity activity. This can include HIIT, circuit training or a regime that includes various cardio and muscle building exercises you enjoy.
- REMEMBER...You only get ONE BODY! Love what you have and treat it as one of the most important treasures you will ever be blessed with.



Questions?

Call LMG Bariatrics at 505-727-2790.

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