Nutrition Support & Education
WEIGHT LOSS SURGERY SEMINAR

Presented by Cassandra Golden Sampson MS, RD, LDN, MIEP
Registered Dietitian & Mindful and Instinctive Eating Practitioner

Learn more about Cassandra's approach to nutrition by visiting www.CassandraGolden.com
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I will be unmuting the audience during times of discussion.

If you are STILL muted after I announce everyone is UNMUTED, you must unmute yourself.

Many times attendees don’t realize that I unmute you first, but then you must unmute yourself, too.

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Nutrition Support & Education
WEIGHT LOSS SURGERY SEMINAR

**topics:**

- Motivation & creating new habits
- Pre-op weight loss
- Mindless vs. mindful eating
- Eating techniques
- Planning ahead
- True hunger & emotional hunger
- Overcoming food urges
- Vitamin supplementation
- Preventing dehydration
- "Normal" calories post-op
- Meal frequency
- Exercise after surgery
- Weight loss overconfidence
- Overcoming a plateau
- Sleep and stress
- Caffeine, alcohol & carbonation
- Tools for self-monitoring
- Strategies for long-term success
Welcome!

- At the end of every session there will be time reserved for anyone who wants to share personal stories of accomplishments and/or struggles

- Social support is helpful strategy for long-term weight loss success

- If you have a general question, please use the chat box to type in your answer.
Welcome!

- The purpose of this support group:
  - To educate, support, enlighten, and guide you in your weight loss journey

- The dynamic of this group:
  - Those who have recently had their surgery
  - Those who had their surgery years ago
  - Those who are looking forward to their upcoming surgery
Changing your habits

• A lifestyle change requires changing something you do on a daily basis

• What you do every day is more important than what you do once in a while.

• The more effort you put in initially (right now!) to prepare your mind and your lifestyle for surgery will only benefit you by requiring less effort down the road.

• The goals and guidelines we recommend are in place to minimize post-op weight loss plateaus and complications.
Audit your habits

• Habits are the things we repeatedly do on purpose. The quality of our lives often depends on the quality of our habits.

• What are your habits revealing?

• Have you fallen back into old habits?

• We make a choice to live a healthy life. We have hundreds of opportunities every single day to invest in our well being.
Audit your habits

• What bad habit do you want to eliminate?

• What is one thing you can do right now to change this habit?

• It’s incredible the power that’s behind an everyday choice.

• The secret to success is found in our daily routines.
Take inventory of your time

• Time is something we always want more of and something we can never get back.

• Is “lack of time” holding you back from reaching your goals?

• We all have 168 hours a week available to us. What we choose to do with our time is a pivotal decision.

• Take a look at where you’re spending your time each day. Decide what time-wasters are not bringing value to your day.

• What can you replace your time-wasters with?
Pandemic ➔ Slipping back into old habits

- How does weight regain happen?
  - Defaulting back to old habits
  - Old habits become the new normal
  - As time goes by, it becomes increasingly difficult to reverse the bad habit
  - When habits happen by default and not by design, you form habits that compromise what is possible for you in the future.
  - One of the hardest things to do is shed a bad habit. We underestimate how tough it is to undo what we’ve unintentionally been doing.
Weight Regain

• Weight regain is common at 12-18 months post-op

• WHY?
  – Overconfidence with weight loss
  – Less self-monitoring
  – Having the mindset that exercise is only needed for weight loss, not maintenance
    • Only 10-24% of post-op patients meet the healthy physical activity guidelines of 30 minutes a day

– The mentality that you’ve reached the finish line and the weight loss strategies can now stop.
  • You will always need to monitor your lifestyle behaviors
Weight Regain

• Biological changes:
  – The hunger and appetite hormonal changes become less pronounced
  – You may find your hunger increases and it takes more to get you to feel comfortably full

• Structural changes:
  – Pouch stretches in size (the stomach is a stretchy organ)
  – You may find you can eat larger volumes in one sitting
  – This ideally means you’ll need to eat less often
Weight Regain

• Even if you feel confident in your lifestyle routine and your weight loss, continue to follow up with your care team:
  – Dr. Bass’ office
  – Cassandra the Dietitian
  – Mental Health Counselor
  – Personal Trainer
  – Primary Care Physician

• Preventing weight regain is the goal!
• You weren’t meant to do this alone. We are here to help!
Adjusting to life in quarantine

• Common changes in behavior associated with COVID-19:
  – More comfort foods and junk foods
  – More snacking and nibbling on food in between meals
  – Boredom eating due to a lack of routine
  – Less structured meal and snack times
  – Poor sleep schedules
  – Increased screen time
  – For some, less physical activity
  – A relaxed attitude towards sticking to an eating plan
Creating a new normal

Steps to getting back on track:

1. Establish meal and snack times.
   - Write down specific times for your meals and snacks.
   - The goal is to challenge the habit of wandering into the kitchen and opening up the fridge and pantry every hour.

2. Plan your meals and snacks ahead of time.
   - Rather than waiting until you’re intensely hungry to decide what to eat, be intentional and plan meal and snack ideas for the week ahead of time.
   - It especially makes more sense to plan ahead while quarantined because we’re grocery shopping less often and/or you might have a tighter food budget than normal.
Creating a new normal

3. Do something active or restorative daily.
   
   • Think of the time of day when you struggle the most with mindless eating. This is the perfect time to schedule in an activity or simply inhale some fresh air.

   • If you can’t go outdoors for whatever reason, watch videos online.

4. Pack your meals and snacks the night before, even if you work from home or stay at home during the day.

   • Having food ready and portioned means when it comes time to eat, there are no decisions to be made.

   • The easiest and fastest choice becomes the prepped option.
Creating a new normal

5. Make it a point to eat at a table.

• This practice helps bring your attention to your food and your fullness level.

• Take small bites, chew slowly, really try and savor each bite, explore the flavors, notice the texture, etc.

• Don’t prep your next bite until you have swallowed

• Check in with your stomach after you’ve eaten half of your plate (how do you feel? are you half full or maybe almost full?)

• Chew 20 times before swallowing

6. Prioritize adequate, quality sleep

• Poor sleep habits negatively affect mood, which then can impact your food decisions.

• Poor sleep habits are associated with a higher body weight
Mindless vs. Mindful eating

- Mindful eating means to become more aware of the full experience of eating.

- Eating mindfully means to pay attention to your fullness signals.

- The ultimate goal is to eat until the first feeling of comfortable fullness.

- If you are not being mindful and not paying attention to your fullness – overeating can easily result.
Mindful eating strategies

Start by assessing the conditions of your eating environment.

Create a distraction-free zone.
- Disconnect from your devices. This restores your attention, making eating an intentional act instead of an automatic one.
- Give 100% of your attention to your food to fully enjoy what you are eating.

Sit at the table rather than slouched on the couch.
- Sitting up straight allows for better digestion and draws attention to the feeling of fullness.
Mindful eating strategies

Slow down!

- Eating slowly is important to avoid discomfort after surgery.

- Take 20-30 minutes for a full meal.

- Stop eating when you feel comfortably satisfied, and stop before you feel full.

- After surgery, the sensation of being full may feel different.
  - Patients sometimes describe a feeling of pressure in the upper stomach.
  - Get used to listening to your body during mealtime.

- This helps bring awareness to satiety, enhances digestion and draws attention to flavors you might have otherwise missed if the meal was rushed.
Mindful eating strategies

Pay attention to what you’re eating

- Take note of the colors, smells, textures, flavors, temperatures, and even the sounds (crunch!) of our food.

- When we rush through without considering these aspects – it affects meal satisfaction.

- If we are not satisfied after eating (due to being distracted), the urge to eat continues, despite having just ate.

- Take breaks in between bites to bring awareness to your fullness.

- Stop eating at the first sign of fullness. If overeating becomes a habit, your stomach can stretch in time and stabilize in size.

- Avoid drinking fluids 30 minutes before and after eating.
App for mindful eating

- Am I Hungry? is an app designed to help you eat more mindfully and less emotionally.

- It takes you through a set of questions guiding you to respond to your internal hunger cues and examine other feelings, such as stress or boredom that may be driving you to eat.

- This app is great for those seeking to cultivate a more mindful approach to wellness overall.
Time for questions & comments
Question of the Day

• Can you provide a Diet Plan so I know exactly what to eat?

• Answer:
  – “No, but I can definitely teach you how to make your own individualized plan for your meals, which is even better!”
Diet Plan or planning ahead?

• There is always a huge request for meal plans or diet plans.

• It’s easy to assume that a meal plan is what we need to be successful.

• People want to be told exactly what to eat and when to eat, so there’s no room to fail.

• The problem with this is that following a diet plan is usually unrealistic and unsustainable long-term.

• **Chances are, you’ve tried strict diet plans in the past.**
  – If it didn’t work then, why would it be successful now?
Planning ahead is NOT a Diet Plan

• We encourage you to let go of the diet mentality and consider the idea of living a healthy lifestyle
  – This means having confidence in making your own nutritious food choices that nourish your body.

• As opposed to a meal plan, planning ahead for meals is a dynamic process that sets yourself up for success.

• Rather than being told exactly what to eat, it’s best to learn how to plan ahead for your meals.

• Once you learn the basics of meal planning, you’re empowered to make informed decisions about what your body needs to function at its best.
Downsides of strict Diet Plans

- A strict meal plan doesn’t consider:
  - food preferences
  - cooking skills
  - work schedule
  - food availability
  - your unique hunger level and fullness level
  - your meal satisfaction
  - your culture
  - your budget
The Diet Plan Cycle

• The “all-or-nothing” (perfectionist) mindset is triggered when the plan is not followed 100%.

• Inevitably, the stress, the busy schedules and the unrealistic food choices create obstacles to following the meal plan long-term.

• The motivation and willpower that was present at the beginning of the meal plan begins to dwindle.

• This can result in frustration, which can easily lead to food binges and “The Last Supper” mentality.
The benefits of planning ahead

- Takes the guesswork out of meal time
- Ensures healthful foods are planned
- Prevents choosing quick, processed convenient foods when you have intense hunger, tiredness and stress all working against you
- Planning meals in advance saves money by eating out less and preventing food waste
- Prevents grazing
The benefits of planning ahead

• When you make an eating plan ahead of time you're deciding what to eat based on your best interest.

• Planning ahead for your meals is one of the most advantageous, yet simple habits you can implement as part of a healthy lifestyle.
Meal Planning

• Start to think about what you will eat just 24 hours in advance.
  – Avoid overwhelming yourself with planning the entire months’ worth of meals at one time

• Take an inventory of what’s available in your fridge and pantry.

• Write down your decision on a simple meal planning template, pen and paper or an app.
Meal Planning

• Your new eating pattern may seem overwhelming at first, but with consistent practice, the process will become a regular part of your daily routine.

• With a plan in place you are less likely to choose unhealthy options that will sabotage weight loss.
Step 1: Protein

Protein foods: Protein is most important and should be the “center” of all post-surgery meals. **Goal for protein:** 70 to 80g a day

- Fish (tuna, haddock, tilapia, cod, salmon, flounder, and mackerel)
- Shellfish (lobster, shrimp, clams, oysters)
- Poultry (skinless chicken, turkey)
- Lean cuts of Beef & pork (ground, steak, roast, chops, loaf)
- Eggs (whole eggs, egg whites and egg beaters)
- Low fat dairy (Greek yogurt, milk, cottage cheese, cheese)
- Low-fat string cheese or babybel cheese
- Tofu, edamame, soybeans
- Veggie burgers or bean burgers
- Beans and lentils
- Protein shakes/powders
Step 2: Fruits and veggies

• In addition to your supplements, this is where you will get vitamins and minerals.

• Avoid stringy, tough skins for the first 3 months after surgery.

• At each meal choose at least 2 ounces of a fruit or vegetable (the portion depends on how far out you are from surgery).

• Over time, a serving of vegetables may increase to ½ cup cooked or 1 cup raw.

• *Food tracking will help you learn about the nutrient amounts in your food choices
  – For example, potatoes, squash, beans and peas have more carbohydrates than leafy greens, broccoli, mushrooms and asparagus
Step 3: Whole grains and starches

• Foods in this category are carbohydrates sources

• Portion size needs to be considered (as with any food!)

• These foods are to be consumed last, only if you’ve not yet reached your comfortable level of fullness.

• The serving size is to be no more than 1 ounce of a whole grain starch and patients are recommended to prioritize lean protein and non-starchy veggies first.
Step 3: Whole grains and starches

Whole grains include:

• Oats/Oatmeal
• Bran Cereal
• Bagel or English muffin
• Brown Rice
• Whole Wheat Bread
• Whole Grain Pasta
• Barley
• Amaranth
• Buckwheat
• Bulgar, Corn
• Millet
• Farro
• Cream of Wheat
• Rye, Spelt, Teff
• Whole wheat tortillas
• Wild Rice
• Quinoa
Step 3: Whole grains and starches

Nutritious starchy vegetables include:

• Peas, beans and lentils
• White potatoes (yes, these still have nutrients!)
• Sweet potato
• Winter squash
• Parsnips
• Pumpkin

*Whole grains and starches have healthy FIBER!
Step 4: Healthy fats

Generally, you want to stick to low fat meats and dairy products.

Fats are a concentrated source of energy (in other words: high in calories).

Fats will be reserved as a topping, sauce, or small snack.
- Limit fats to 1 tablespoon per meal and 3 tablespoons total per day.

Fat Sources:
- Avocado
- Hummus
- Seafood (fatty fish)
- Nuts and nut butter
- Oils
- Olives
- Seeds
- Butter and margarine
- Mayonnaise
- Seasonings and dressings
Meal frequency

- Plan ahead for small meals throughout the day, using your hunger and fullness to guide portions

- Eating small meals throughout the day is not the same as grazing

- Grazing is eating throughout the day with no boundaries or plan

*Special attention should be paid to grazing:

- Eating when stressed or bored, eating while watching television or working on the computer.

- It is known that grazing after surgery reduces the long-term surgical success.
Weight Loss Plateaus

- Your weight loss may seem like a staircase.

- You are going to experience “plateaus”. Everyone will lose weight at a different rate, so please do not compare!

- A true plateau usually lasts for 4 weeks or longer.

- It's very common to notice "mini weight stalls" where your weight doesn't move for a period of 2-4 weeks.

- Expect from 1 to 3 plateaus in the first year following weight loss surgery.
Weight Loss Plateaus

• Plateaus and stalls can occur immediately after surgery because:
  – The body is recovering, healing, adapting
  – Water retention due to weeks of a liquid diet
  – Certain medication side effects or changes in medications
  – Stress and sleep patterns
  – During your post-op weight loss, the body will eventually need a ‘time out” to stabilize itself and adjust to your lower nutrition intake, smaller size and increased calorie burn (due to exercise).

• It can happen at any time in your weight loss journey, but is particularly common 3 to 6 months after surgery.

• Generally, stalls can last anywhere from a few days to a few weeks, even though you’re staying on track.
Weight Loss Plateaus

• A plateau can be an opportunity to investigate where to make a change.

• Weight loss typically begins immediately after the procedure, but some patients do not experience weight loss for weeks.

• Stall and plateaus are to be expected! It does NOT mean you are at the end of your weight loss journey. This is part of the process.

• What makes it difficult:
  – Your mind has likely gotten so used to the scale going down that you aren’t used to or comfortable with it not moving
  – Meanwhile, your body has gone through so much change in a short amount of time that it’s hitting the breaks to catch up with everything that has gone on.
Weight Loss Plateaus

• The scale cannot tell you everything about your body.

• If you find that you’re in a stall or plateau, stay consistent with everything you’re doing and investigate where you can make changes or adjustments.
  – Consider taking a break from the scale.

• If the scale is affecting your mindset, your motivation and your determination – take a break from the scale and remain consistent with your routine.
Overcoming a Plateau

- Stay consistent with your current healthy habits. Don’t allow yourself to backslide into old habits.
- Prioritize meeting your protein and fluid requirements
- Change up your activity (length of time, frequency, mode of exercise, etc.)
- Make a defined plan for meals
- Write down your feelings or frustration in the midst of the plateau
  - Then when you go through another plateau you can look back at your journal and reassure yourself that you will get through this.
- Surround yourself with a supportive environment
- Increase your self monitoring behaviors (food tracking, journal writing, accountability partners)
- Reach out for help! Get into these support group classes. Meet with Cassandra. Meet with Dr. Bass/Tiffany.
Overcoming a Plateau

• Discussing weight loss expectations should be an important part of your pre-surgery process, but can definitely be discussed at post-op appointments with your surgeon as well.

• A positive mindset is extremely important to avoid getting frustrated and disappointed.

• When you hit this point, it’s very easy to fall back into old habits and revert to the “all-or-nothing” mentality.

• STAY CONSISTENT!
When to reach out to Cassandra for post-op nutrition support:

- Your weight plateaus for more than 3-4 weeks
- Weight regain
- You are not sure what you should be doing/eating
- You misplaced your Nutrition Resource Guide
- You need accountability and support
- You have questions or concerns regarding your post-op journey

If you have other factors that are affecting your success (stress, temptations at home, family not supportive, injuries), seek appropriate referral.

Please don’t wait to reach out for help! Contact Cassandra through email: NutritionNibbles@gmail.com to set up a post-op nutrition follow up appointment.
Take home message:
How to be successful long-term

• How to be successful with weight loss 5 years post-op:
  – **Successful** = over 80% excess weight lost at 5 years post-op
  – **Not successful** = less than 40% of excess weight lost at 5 years post-op
Take home message:
How to be successful long-term

• What helped patients be successful with long-term weight loss?
  • Eat protein first
  • Take a multivitamin, calcium, iron and B12 supplement daily
  • Weigh-in daily
  • Attend support groups often
  • Exercise at least 3 times a week
  • Strength training at least 3 times a week

• What factors increasing the failure rate?
  • Eat high sugar foods daily
  • Eat in front of the TV
  • Drink caffeine more than once a day
  • Eat too large of portion sizes or meals and snacks
  • Grazing at least once a day
  • Mindless eating at least daily
Take home message

• Successful macronutrient percentages at 5-years post-op:
  • Approximately 50% of calories from protein
  • Approximately 30% of calories from carbs
  • Approximately 20% of calories from fat
Staying engaged and accountable: Bariatric Food Coach

• Bariatric Food Coach is a bariatric support membership site

• Provides meal plans, coaching videos, dining out guides, over 500 recipes, member’s community, ongoing support and accountability for $12 a month!

• [https://www.bariatricfoodcoach.com/](https://www.bariatricfoodcoach.com/)

• 20% off coupon code: **WLSPLAN20** (for first time customers only)
“Get Focused” Challenge with Bariatric Food Coach

• Challenge started June 7th with Registered Dietitian Steph Wagner but you can jump in at ANY time!

• The “Focus Challenge” is for any bariatric surgery patient looking for extra support getting or staying focused on the lifestyle needed for long-term goals.

• This is a 4 week period with check-ins to encourage one another towards making the habits that lead to results.

• Meal plan ideas, recipes, nutrition guides, goal sheets and live coaching over Zoom once a week.

• Live check-in events are held on Sunday evenings at 7:30pm Central Time. Recordings are made available the next day for those unable to make that time.

• [https://www.bariatricfoodcoach.com/get-focused-challenge/](https://www.bariatricfoodcoach.com/get-focused-challenge/)
Helpful tools for self-monitoring

Baritastic App:
- Track your food and nutrients
- Track weight loss and exercise
- Weekly motivation
- Photo timelines
- Access top bariatric forums
- Listen to the bariatric podcast

The Intuitive Eating Journal: 30 Mindful & Instinctive Thoughts to Start Your Day

- I recommend to work through this journal PRIOR to surgery. This journal is divided into five categories: thoughts, habits, diet culture, eating thoughtfully and self-care.
- Set aside just 20 minutes in the morning to focus on each of the 30 mindful and instinctive thoughts to start your day. Now available on AMAZON!
Podcasts

• The Bari-Heart of It
• East2West_WLS
• Bariatric Surgery Success
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Learn more about Cassandra's approach to nutrition by visiting www.CassandraGolden.com