

# *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](http://www.CassandraGolden.com)



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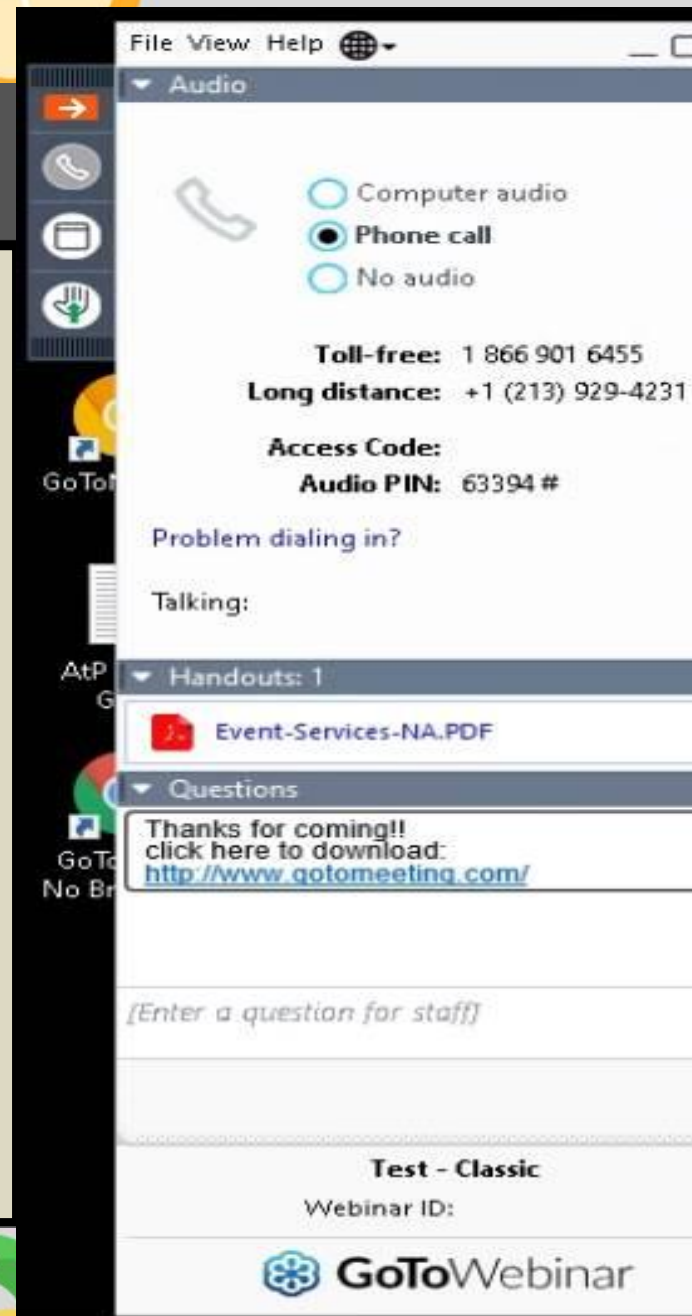
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# Nutrition Support & Education

## 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** or questions option 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



# Motivation

- **Assumptions about motivation:**
  - People need motivation first, then they're able to take action
  - People need an outside source to motivate them (a personal trainer, a dietitian, a workout partner)
- External motivators are helpful, yet internal motivation is what counts
- You have to act **FIRST** in order for the motivation to grow!
- Many people think they need motivation to begin.
  - Not true! The only thing you need to begin is a **decision**. Once you've decided, it's time to start moving. Get into action and begin.
- Action is what produces motivation
  - Consistency is the ultimate motivation tool

# Motivation

- Your actions convince your mind that it's possible
- The more you act (consistency), the more motivated and confident you become
- Motivation is cultivated through practice, and in taking action over time.
- If you wait for motivation in order to make changes in your life, you could be waiting for a long, long, long time.

# External motivators post-op

- Looking at before and after photos
- Talking with another post-op friend (who is doing well and will encourage you!)
- Attending a support group class
- Joining a closed Facebook group of other post-ops who had surgery the same month and year as you did (just a simple search will show if this exists for you)
- Buy new workout clothes or shoes
- Write out a workout plan and ask a friend to join you
- Find a new healthy recipe to try out
- Buy a new kitchen gadget
- Writing down all of the non-scale victories you've achieved since surgery

# 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/>
- 20% off coupon code: **WLSPLAN20** (for first time customers only)

# Helpful tools for self-monitoring

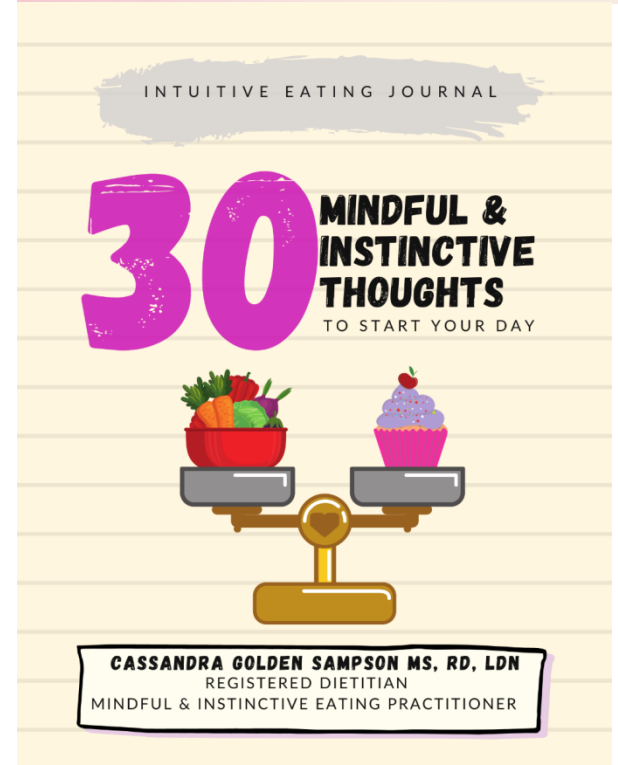
## Baritastic App:

- 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

# Cleanse your environment

- Nutrient dense foods must be convenient
  - The most convenient option is usually the one most chosen.
  - Make sure that your home, your surroundings and your grocery list are conducive to your new lifestyle.
  - Fill the pantry with healthier options.
  - Have a reusable water bottle ready-to-go.

# Accountability

- Having someone keep you honest is essential for helping you stay on track
- Not everyone is a candidate for good accountability. Even your biggest supporters may not be the best fit.
- The right accountability person has the perfect blend of **honesty** and **grace**.
- Too much grace and you aren't really being held accountable. Too much honesty and now you've got the food police watching your every move.



# Accountability

- Our accountability partner cannot be the “end all-be all”.
  - Our accountability partner gets sick (can’t workout together)
  - They have their own ebbs and flows when it comes to staying on track
  - Just like the surgery, an accountability partner is another tool in your toolbox
  - All of the tools used together is what leads to long-term success

# Weight gain during the pandemic

- How does **weight gain or regain** happen?
  - Something triggers defaulting back to old habits
    - Stress, change in routine, vacation/special event
  - 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

- Statistics tell us that about 1/3 of all patients who have weight loss surgery will gain the weight back
- Preventing weight regain should NOT be an afterthought
- Top 10 reasons for weight regain after surgery:
  - Distracted eating
  - Slider foods: foods that are easily tolerated and easy to overeat
  - Drinking calories throughout the day (grazing)
  - Unsupportive environment
  - Eating past comfortable fullness
  - Relying on feeling sick to control portions and food choices
  - Stress (or other event such as vacation) triggers getting into old habits
  - Lack of self-monitoring
  - Overconfidence with weight loss
  - Not prioritizing meeting protein and water goals on a daily basis

# 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 from the very beginning!**
- 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

## 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 and slow down your pace.

- 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.

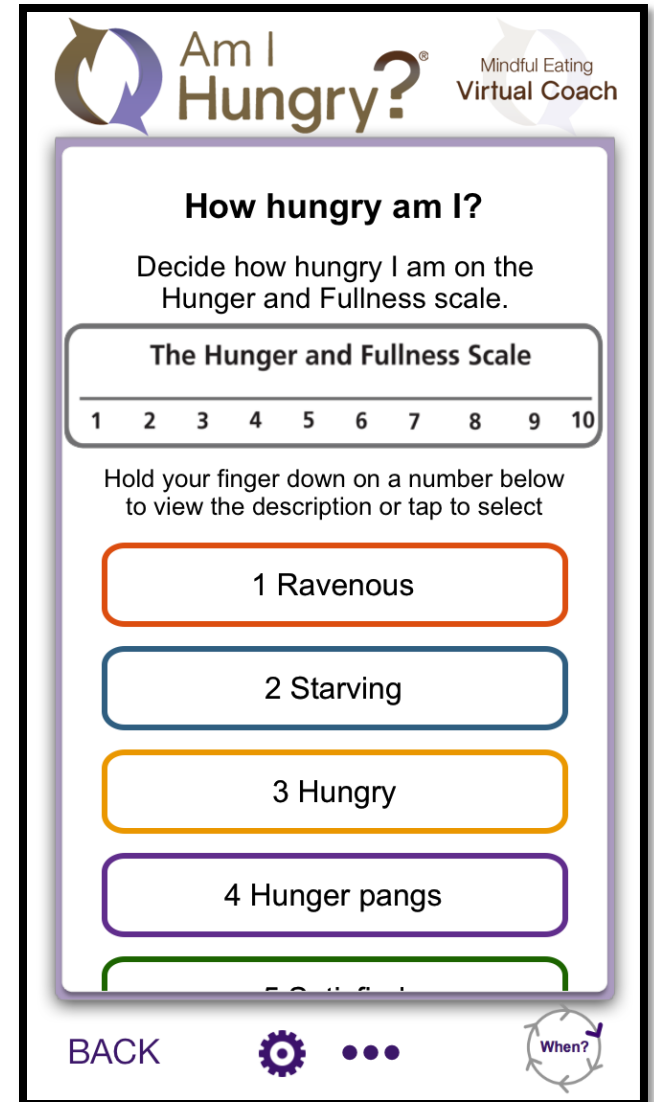
# Mindful eating strategies

## 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

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

# 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. (Growth mindset vs. Fixed mindset)
- 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 is 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

- 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 for help

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](mailto:NutritionNibbles@gmail.com) to set up a post-op nutrition follow up appointment.

# Travel tips after WLS

- Please see the handout in your control panel



# 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

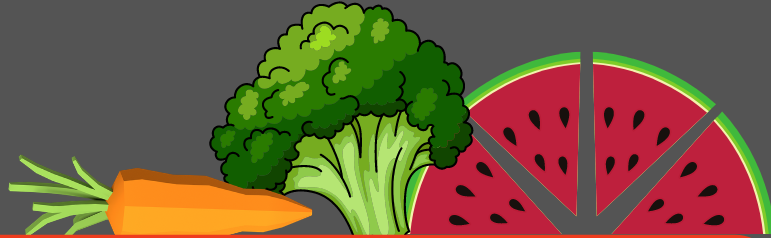
- **What helped patients be successful with long-term weight loss?**
  - Eat protein first
  - Take a multivitamin, calcium, iron and B12 supplement daily
  - Weigh-in daily
  - Attend support groups often
  - Exercise at least 3 times a week
  - Strength training at least 3 times a week
- **What factors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





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