



Weight Loss Tips For The Pre-Surgical Bariatric Patient

The first place to start is simply be honest with yourself and your diet habits. Are there changes that you know you should make: portions are too big, too many carbohydrates, sweets, snacks, late night eating!!! If so then try to change these first. You may be surprised what you can do on your own. If you need some more tips here are some suggestions.

-Eat 3 x's/day. If patient does not normally eat breakfast, a "meal" is not needed but eating something is. (a protein shake, 1 egg/1 slice Whole Wheat toast, 1-2 string cheese, yogurt)

-Fluid load between meals. Of course sugar free, caffeine free and non-carbonated.

-If there is more than 5 hrs. between 2 meals than plan a small protein based snack. (string cheese, cottage cheese, yogurt) or raw vegetables. between 2 "plan ahead" for a healthy snack: this will prevent you from going to a vending machine.

-If you use a large plate at home, try using a smaller one ~9 inches.

-Plan your lean protein first (white fish, chicken, turkey, lean beef or pork, lofat dairy products and legumes)

-Portion control: try to keep the protein portion to 1-2 oz. @ B, 2-3oz. @ lunch and 3-4oz. @ dinner. Females need the smaller portions.

-Plan the Vegetable Portion of the meal next. (this does not include peas, corn or potatoes)

Eat a larger vegetable portion than normal: 1-1 ½ cups of broccoli, carrots, green beans or brussel sprouts, peppers, mushrooms.

-The smallest portion on your plate should be the "starch": rice, pasta, potato or bread. Begin by cutting your normal portion in at least half, and try to further cut back this portion.

Try to limit the use of cooking fats(oils) by using non-stick cookware, or using cooking sprays. Try baking, broiling, steaming or boiling meat and vegetables.

Choose Whole Grains when you do eat bread, cereal, rice or pasta. Even though they have similar calories the fiber is more “filling” so the full feeling lasts longer.

Try “diluting” the starch (pasta or rice) by combining similar size vegetables, ex: Penne with sliced peppers, portabellas and onions. Or rice with diced zucchini, peppers, tomatoes and onions. That way each bite is not just a mouthful of carbohydrates.

Always look for “Part Skim Milk cheeses” or “reduced Fat” not “nonfat”: you want real cheese not fake cheese. This way you get the protein you need without all the fat from whole milk..

Recipe substitutions for healthier cooking:

- use lofat plain yogurt in place of some or all of the mayonnaise or sour cream dishes.
- thicken soups or sauces with pureed legumes (beans) or other vegetables.
- Use cooking sprays instead of oils.
- Use salad spritzers instead of bottled dressing, they cover your salad with just a few sprays.

When eating out, Read the menu to find lower calorie, low fat cooking methods. Look for terms such as, “steamed in its own juice” (au jus), “garden fresh”, “broiled”, “baked”, “roasted”, “poached”, “lightly sautéed”, “grilled”.

Avoid the high fat foods/cooking methods like: “butter sauce”, “fried”, “crispy”, “creamed”, “in cream or cheese sauce”, “au gratin,” “au fromage,” “escalloped”, “hollandaise,” “béarnaise,” “marinated in oil.”

Once you have met with the Dietitian to go over the Post Op Guidelines for the surgery type you are planning, you will be made aware of some other eating strategies that you will need to begin working in preparation for surgery.