



Surgical Education Success Manual

JourneyLite.com

Questions? Send an email to rd@curryweightloss.com

**PLEASE HAVE THIS MANUAL AVAILABLE AT ALL YOUR
PRE-SURGICAL APPOINTMENTS!**

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Supervised Medical Weight Loss Program

Introduction - Important!

Some insurance companies require a period of supervised medical weight loss (frequently called a “supervised diet”) before they will even consider you for approval for surgery. This is not a requirement by our office, it is strictly a requirement of your insurance plan. Typically plans will require patients to be seen **by a doctor (or a mid-level provider such as a nurse practitioner)** on a monthly basis **with no gaps**. Sometimes they require a registered dietitian to be involved as well. This is why diet plans like Weight Watchers or Jenny Craig typically will not satisfy this requirement, and most patients have to start from ground zero. Plans vary but many require an overall weight loss from start to finish as well.

There are typically 4 different lengths of supervised diet requirements, depending on the plan:

- 3 month supervised diet (3 consecutive months)
- 90 day supervised diet (4 monthly visits equaling a total of 90 days from start to finish)
- 6 month supervised diet (6 consecutive months)
- 12 *visit* supervised diet (12 *visits*, which can be weekly, biweekly, or monthly)

Your initial consultation will be counted as your first supervised diet visit unless otherwise indicated.

Some supervised diets are required to be **consecutive**. This means if you skip a month, you may be required to start over from the beginning. With the exception of plans that require 12 weekly visits, it is critical when making your appointments that **each one is in a different month**. For example, if you come on July 1st, July 31st, and September 1st, even though these are roughly 30 days apart, your insurance company will view the second July visit as a duplicate which will not be accepted. In addition they will likely say you skipped August and make you start over. So please keep your appointments and track them in this manual to make sure you meet your plan’s supervised diet requirements!

There are 5 primary goals for our patients on our supervised diet program:

- 1. Achieve pre-operative weight loss to reduce surgical risk**
- 2. Learn nutrition basics that will help you after surgery**
- 3. Learn diet journaling habits that are critical to long-term success**
- 4. Start a simple exercise program and keep it going**
- 5. Wake up and weigh each morning and keep a weight journal**

During each visit our dietitians will review these goals with you and make recommendations for improvements that can be made before the next appointment. During the process, it is important to know what the low end of your BMI limit is for your particular insurance policies. For example, many policies will not cover surgery for patients with a BMI below 40, so if you start the process with a BMI near there, you need to know what weight you need to stay above during your supervised diet. You can go to JourneyLite.com/ReverseBMI to find out what this is for you. For higher BMI patients who are in our HERO program, specific weight loss goals will be set and authorization for surgery will not be submitted until these goals are met.

For weight and food journaling we use our patient dashboard. Please see your welcome letter email for a link to set up your patient dashboard.

Note: You cannot create an account from within the app, you must follow the instructions at the URL above to create your account, and then log in through the app.

Supervised Diet Appointment Schedule

	<u>3 Month</u>	<u>90 Day</u>	<u>6 Month</u>	<u>12 Visit</u>
Visit 1	_____	_____	_____	_____
Visit 2	_____	_____	_____	_____
Visit 3	_____	_____	_____	_____
Visit 4		_____	_____	_____
Visit 5			_____	_____
Visit 6			_____	_____
Visit 7				_____
Visit 8				_____
Visit 9				_____
Visit 10				_____
Visit 11				_____
Visit 12				_____

Starting Points

- Focus on **health**, not diets.
- Initiate lifestyle changes that will improve your health and achieve the balance between energy and calories.
- Make a plan for change.
- When you stray from your plan, don't get upset. Figure out what got you off track and how you can fix it.
- Make small changes "one step at a time".
- Journal your food/fluids, behaviors, emotions, and exercise.
- Safe and effective programs for weight loss should include these components:
 - Healthy eating plans that reduce calories but do not rule out specific foods or food groups
 - Regular physical activity and/or exercise instruction
 - Tips on healthy behavioral changes that also consider your cultural needs
 - Medical care if you are planning to lose weight by following a special formula diet, such as a low-calorie diet
 - A plan to keep the weight off after you have lost it.

Food Journaling

One of the best ways to achieve successful weight loss and maintenance is to keep a food journal. It may take a few extra minutes out of your day, but if you want to see success, this is the route to go. **Journaling makes you more accountable for your actions.** Journaling can also help your dietitian pinpoint issues with food choices and also help you with planning your meal patterns. It's also beneficial in identifying behavior changes that need to be made, like trigger foods and emotional eating trends. If you're technology-phobic, paper journaling with a *DietMinder* is a great option. The DietMinder is sort of like a Franklin Planner for diet journaling. These can be ordered from Amazon. Most people prefer electronic food journaling on their smartphones as it makes it much easier to tally your calories, carbs, protein, etc. **If you are going to do electronic food journaling we ask that you use the patient dashboard so that our dietitians can track your progress from our clinic dashboard.**

General Guidelines With Food Journaling

- Log your intake as close to meals as possible. Avoid waiting until the end of the day and relying upon your memory to recall exactly what you ate and drank during the day.
- Accurately record portion sizes.
- Record EVERY morsel, no matter how big or small...nibbles and sips add up.
- Journal **even when in a maintenance phase** (such as 1 year after surgery). Sometimes when you reach a comfortable weight you may begin to fall back into old habits, which can lead to weight gain.
- If you are at a comfortable weight and are at a loss for ideas with your meal planning, look back at past journals when you were doing well for ideas. These can be used as sample menus to keep you on track.

If you feel like you are getting off track, here are some questions you may want to ask yourself that could be answered in your food journal:

Are you skipping meals?

Skipping meals can cause *increased* hunger, which can lead to overeating.

Are you overeating at certain times of the day?

Monitor if you are eating/snacking late in the day. Many people struggle with boredom-eating in the evening after dinner.

Are you eating protein-based meals?

Protein-based meals keep you full for long periods of time, where starchy meals will have you snacking before you know it.

Do you overeat or eat too quickly when you wait too long to eat?

Keeping meals evenly spaced will help keep your hunger in better control.

Are you eating appropriate foods but too large of a quantity?

Protein, complex carbohydrates, and healthy fats are the choices you want to focus on. However, too much of even a good choice can end up in weight gain. Pre-portioning your foods can help eliminate this issue.

Do you notice any meal in particular in which you consume too much?

Journaling can help identify meals in the day where you tend to consume large amounts.

Are you eating a lot of combination foods?

Combination foods are usually high in fat and carbs, which can lead to weight gain. Examples would be casseroles, soups/stews, boxed meals, etc.

Nutrition 101

In order for you to be successful after weight loss surgery you must become an “amateur dietitian!” You need to understand the basics of nutrition and what it takes for your body to “run” on for fuel yet still lose weight in a healthy, steady manner. You will need to learn to look at food labels and know foods that are good or bad for your program. Let’s start out with some of the basics and learn about carbohydrates, protein, and fat.

What is a Nutrient?

A nutrient is a substance the body must take in from the diet for good health, growth, development and other normal body functions. **Carbohydrates, proteins and fats** are the nutrients that provide energy for the body. Each one performs unique and special functions in your metabolism. Among other nutrients in foods are water, fiber, and various different vitamins and minerals. Some things that may be a part of your diet are not considered nutrients, such as alcohol. Alcohol does provide energy but has no other unique function. Alcohol is not essential for health; therefore, it is not regarded as a nutrient.

Carbohydrates: What are They?

Carbohydrates are the major energy source for the body. Carbohydrates provide energy for normal body functions (such as heartbeat, breathing, digestion, and brain activity) and for intense exercise (like biking, walking, running). Carbohydrates provide 4 calories per gram. A supply of carbohydrates is necessary to maintain health and a must if your goal is to reduce your body fat and enhance your fitness level, however must be closely monitored in terms of the amount and types consumed. There are two major groups of carbohydrates; complex carbohydrates and simple carbohydrates.

Complex Carbohydrates

Complex carbohydrates are chains of three or more sugar molecules linked together. Long chains of sugar molecules are called starches. Branched complex carbohydrates are called cellulose. Starches are fairly easy to digest,

however, your body doesn't digest cellulose, which is an important component of dietary fiber. Complex carbohydrates are found in fruits, vegetables, nuts, seeds and grains. Some examples of foods high in **starchy complex carbohydrates** include:

- bread
- cereal
- pasta
- potatoes
- dry beans
- carrots
- Corn

In contrast, green vegetables like green beans, broccoli, and spinach contain less starch and more fiber. All grains include starchy carbohydrates. However, whole grains, such as whole wheat pasta, are better for you because they also have more **dietary fiber**. **Dietary fiber** is only found in plants. We eat plants but we cannot digest the fiber. There are two types of dietary fiber: insoluble fiber and soluble fiber.

Insoluble fiber is the type of fiber found in high fiber foods like whole grains, nuts, wheat bran and vegetables. Insoluble fiber does not dissolve in water so it helps to move material through the colon faster. This can be very helpful to people who suffer from constipation or irregularity. Diets high in insoluble fiber also decrease the risk of diabetes, colon cancer, and heart disease. Many studies also show that fiber can reduce hunger and increase weight loss.

Soluble fiber is also found in many high fiber foods like oats, citrus fruits, apples, barley, flax seeds and beans. Soluble fiber absorbs water and helps to soften the stool. A diet high in soluble fiber has been shown to reduce cholesterol.

Simple Carbohydrates

Simple carbohydrates are made up of one or two sugar molecules linked together. These carbohydrates are broken down and digested very quickly. Most simple carbohydrates contain very few important vitamins and minerals. Simple carbohydrate foods include table sugar, honey, molasses, maple syrup, brown sugar, and candy. Fruit juice, fruits and milk are also foods that contain simple carbohydrates. However, they also contain some complex

carbohydrates, such as dietary fiber, as well as some important vitamins and minerals. Typically there are many simple sugars added to foods and beverages. Although they may enhance the taste and/or texture they also add extra unwanted calories. Here is a list of common “added sugars” to watch for:

Brown Sugar	Inverted Sugar	Corn Sweetener
Lactose	Corn Syrup	Maltose
Dextrose	Malt Syrup	Fructose
Molasses	Raw Sugar	Fruit Juice Concentrates
Raw Sugar	Glucose	Sucrose
Sugar	Honey	High-Fructose Corn Syrup
Syrup		

What to Know About Sugar Substitutes

Sugar substitutes are natural or chemical compounds that provide the sweetness of sugar without as many (or no) calories. Sugar substitutes are much sweeter than sugar and it takes less amounts to create the same sweetness. The following are sugar substitutes approved for use in foods and beverages:

- Splenda (sucralose)
- Saccharin (Sweet N’ Low)
- Aspartame (Equal)
- Stevia
- Truvia

Sugar alcohols are also sugar substitutes, and they usually end with the letters “-ol”. They occur naturally in a wide variety of fruits and vegetables, but are also produced commercially from other forms of carbohydrates. They are not completely absorbed or metabolized by the body, therefore contribute fewer (or no) calories. Because of the incomplete metabolism, there are possible side effects from the use of sugar alcohols. Such side effects can include abdominal cramping or bloating, gas, and diarrhea. Here are some common sugar alcohols:

Sorbitol	Mannitol
Lactitol	Xylitol
Maltitol	Isomalt

Carbohydrate: Key Recommendations

- **TRACK YOUR CARBOHYDRATES CLOSELY!**

- Your dietitian will give you a carbohydrate goal to stay under each day.
- 40% of your daily calories should come from complex carbohydrates.
- Choose fiber rich fruits, vegetables, and whole grains.
- Consume 25-38 grams of fiber each day.
- Choose and prepare foods and beverages with little or no added sugars.
- Choose whole fruit (fresh, frozen, canned) rather than juice.
- Choose vibrantly-colored vegetables and potatoes.
- Use sugar substitutes sensibly.

Since not all of your carbohydrate intake gets absorbed, you should mainly be concerned about your **net carbohydrate intake** and this is what you should track. To calculate your net carbs use the following simple formula:

$$\begin{aligned} & \text{Total Carbs} \\ & - \text{Fiber} \\ & - \text{Sugar Alcohols} \\ & = \text{Net Carbs} \end{aligned}$$

Using the label below, you would end up only counting 21 gm/net carbs after subtracting the fiber (3 gm) and sugar alcohols (4 gm). Just remember! **SUGAR ALWAYS STAYS IN THE COUNT.**

Sample Food Label & How To Read It

Another thing you must analyze on a food label is **servings per container**. In this example, the label indicates the nutrition info for one container, which is one serving. It may seem obvious in this example, but becomes sneaky when you buy a snack-sized bag of potato chips. You might look at the label and think “it’s not as bad as I thought,” but actually there may be **two servings** in the bag, which means you have to double everything on the label to get the total amount in the bag.

Nutrition Facts			
Serving Size: (20g)			
Servings Per Container: 1			
Amount Per Serving			
Calories 160	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 160mg	7%		
Total Carbohydrate 28g	9%		
Dietary Fiber 3g	12%		
Sugars 0g			
Sugar Alcohol 4g			
Protein 7g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 8%	•	Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Food Label Claims

Here are some other food label claims that you might want to think about when reading a food label:

Fat & Cholesterol

Fat Free: This does not actually mean the product has zero fat, rather it means less than 0.5 grams.

Low Fat: This equates to 3 grams of fat or less.

Reduced Fat: At least 25% less than the standard product.

Cholesterol Free: Less than 2 mg of cholesterol and 2 gm of saturated fat.

Reduced Cholesterol: At least 25% less cholesterol than the standard product and 2 gm or less of saturated fat.

Sodium

Sodium Free: Less than 5 mg sodium.

Very Low Sodium: 35 mg of sodium or less.

Reduced Sodium: At least 25% less sodium than the standard product.

Light In Sodium: 50% less sodium than the standard product.

Calories

Calorie Free: Less than 5 calories.

Low Calorie: 40 calories or less.

Light or Lite: $\frac{1}{3}$ fewer calories or 50% less fat than the standard product, if more than half the calories are from fat. Fat content must be reduced by 50% or more.

Sugar

Sugar Free: Less than 0.5 gm of sugar.

Reduced Sugar: At least 25% less sugar than the standard product portion reference.

No Sugar Added: natural sugar items with natural sugar ex: applesauce, fruit pops or other fruit items.

Protein: What are Proteins?

Proteins are an essential nutrient. Protein provides energy when not enough carbohydrate is available. Like carbohydrates, protein provides 4 calories per gram. Protein is contained in every part of the body: the skin, muscles, hair, blood, body organs, eyes, fingernails and bones. Protein is needed for growth, making muscle, tissue repair and aiding the body in fighting disease and infection. There is no life without protein! Next to water, protein is the most plentiful substance in the body. You will want to track your protein

intake, as your dietitian will give you a protein intake goal which you should achieve each day.

Animal Proteins

Most animal proteins contain all the essential, and also plenty of the non-essential amino acids in liberal amounts. Therefore, they are identified as “complete proteins”. They can provide a balanced mixture of amino acids from their proteins that the body can use to meet its own needs. Besides protein, foods from this group supply a varying amounts of other important nutrients, including iron, zinc, magnesium, Vitamin E, calcium and B vitamins (such as thiamin, niacin, B6 and B12). Some of the foods in this group contain higher amounts of fats, saturated fat, and some cholesterol. Choosing the lower fat, lean, or extra lean cuts of red meats, poultry, and fish will promote an optimal cardiovascular health. Choosing a meat reduced in fat will not reduce the amino acid content of the meat, therefore it will not have a negative effect on the overall protein quality consumed.

Here are some helpful tips when making beef, poultry, and fish choices:

Beef:

- choose cuts with “loin” or “round” in the name (such as top round, round tip, top sirloin, bottom round, top loin, and tenderloin)
- ground beef – choose beef 92-95% lean or, ground round which is the leanest
- veal - choose cutlet, blade, arm steak, rib roast, and rib or loin chop
- look for “lean or “extra lean” cuts

Pork

- choose cuts with “loin” or “leg” in the name (such as tenderloin, top loin roast, top loin chop, center loin chop, sirloin roast, loin rib chop)

Lamb

- choose cuts with “loin” or “leg” in the name (such as leg, loin chop, arm chop and foreshanks)

Poultry

- choose skinless white meat
- ground turkey – choose ground turkey breast

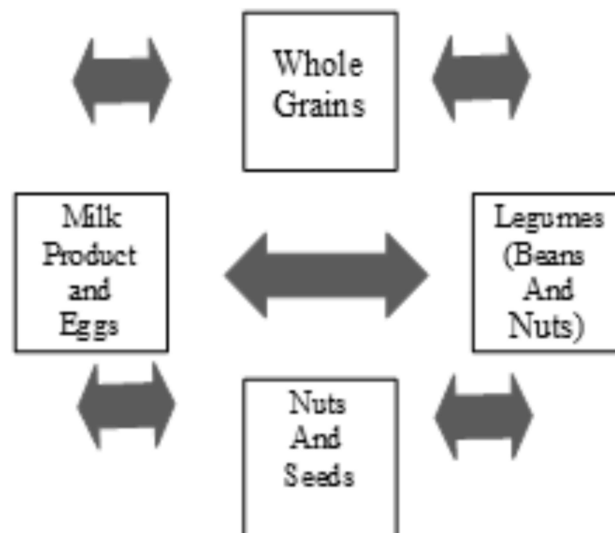
Fish

- prepare grilled, baked, roasted, or boiled. Avoid deep fried, choose canned fish in water

Plant Proteins

Proteins from plant sources are mostly “**incomplete proteins**” in their natural forms. They contain small amounts of one or another amino acid. If a single plant protein is eaten by itself, the body can not take full advantage of it as a protein source. However, by combining two or more plant proteins that make up for each other’s deficiencies, a complete mix of all essential amino acids is still provided to the body. These are called “**complementary proteins**”.

Complementary Proteins



Protein Supplement Note: Immediately after surgery you will likely need to utilize some protein supplements. When selecting please make sure the supplement has AT LEAST 15-20 grams of protein and a net carb count of 10 grams or less.

Fats: What are Fats?

Fats occur naturally in food and play an important role in nutrition. Fats and oils provide a concentrated source of energy for the body. Fats provide 9 calories per gram, more than two times the calories you get from carbohydrates and protein. Fats are used to store energy in the body, insulate body tissues,

and transport fat soluble vitamins through the blood. They also play an important role in food preparation by enhancing food flavor, adding mouth-feel, making baked products tender, and conducting heat during cooking.

Oils

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are:

- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

Solid Fats

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are:

- butter
- pork fat (lard)
- beef fat (tallow, suet)
- shortening
- chicken fat

Not All Fats and Oils Are Created Equally

Fats and oils are composed of basic units called fatty acids, each type of fat or oil is a mixture of different fatty acids.

Saturated Fatty Acids

Saturated fatty acids are found in animal sources such as meat and poultry, whole or reduced-fat milk, and butter. Also, some vegetable oils like coconut, palm kernel oil, and palm oil contain saturated fats. Saturated fats are

usually solid at room temperature.

Monounsaturated Fatty Acids

Monounsaturated fatty acids are found mainly in vegetable oils such as canola, olive, and peanut oils. They are liquid at room temperature.

Polyunsaturated Fatty Acids

Polyunsaturated fatty acids are found mainly in vegetable oils such as safflower, sunflower, corn, flaxseed, and canola oils. Polyunsaturated fats are also the main fats found in seafood. They are liquid or soft at room temperature. Specific polyunsaturated fatty acids, such as linoleic acid and alpha-linolenic acid, are called essential fatty acids. They are necessary for cell structure and making hormones. Essential fatty acids must be obtained from the foods we choose.

Trans Fatty Acids

Trans fatty acids are formed when vegetable oils are processed into margarine or shortening. Sources of trans fats in the diet include snack foods and baked goods made with "partially hydrogenated oil" or "vegetable shortening." Trans fatty acids also occur naturally in some animal products such as dairy products. Avoid or limit products containing these oils.

Fat and Cholesterol Key Recommendations

The guidelines for fat intake are well known: for healthy Americans, consume no more than 20 percent of total calories from fat.

The "20 percent" guideline means:

7-10 percent of total calories from saturated fats

- About 10-15 percent of total calories from monounsaturated fats
- About 10 percent from polyunsaturated fats
- For cholesterol, one should limit intake to less than 300 milligrams per day

Fluid Intake

Water:

You should drink at least eight – 8 oz. glasses of water to equal a minimum of 64 oz. of fluid daily. If you are exercising strenuously you may

require more. You may also have other beverages as long as they are sugar-free and less than five calories per serving, in addition to your 64 oz. of water. Diet soda does not count towards your daily fluid goal and is best to be eliminated completely from your diet. Water is an essential nutrient and makes up more than 50% of our body weight. Not drinking enough water can result in problems including everything from muscle cramps, headaches, and fatigue (especially at the end of the day) to constipation, kidney stones, and urinary-tract infections. Changes in exercise, altitude, heat or cold can increase your need for water.

Alcohol:

If you choose to have an alcoholic beverage, men should limit consumption to two or fewer drinks at a time, and women to one drink, a maximum of twice a week. A 5 oz glass of wine, 12 oz of beer, or 1 ½ oz of distilled spirits all contain approximately the same amount of alcohol, approximately 15 grams, and are considered to be one alcoholic drink.

Carbonated Beverages and Caffeine:

Caffeine should be limited as it is a stimulant, and can increase your heart rate, blood pressure, and appetite. If you are currently consuming multiple caffeinated beverages a day, try to wean yourself from them to reduce headache pain.

Exercise

While on the supervised diet program our preference is to keep it simple when it comes to exercise. A step-based program is good, as this will capture activity from most types of exercise plans with reasonable accuracy (with the exception of cycling). **In order to accurately track your steps you will need a tracker.** We recommend the patient dashboard that integrates directly with our dietitian's dashboard so they can follow your exercise progress. Sign in each morning when you weigh in to upload your data to the dashboard. The typical recommended daily step goal is 10,000, however we recognize that some patients may be lucky to get half that initially. The important thing is to start somewhere, and as your weight loss continues, increase your step goal accordingly. **Your daily step goal needs to be met at least 5 out of 7 days per week.**

Emotional Eating and Addiction Transference

A note from psychologist Dr. Charles Buhrman

Emotional eating is typically a response to affective distress such as depression, anxiety/stress, boredom, loneliness, etc. It is a maladaptive behavior, conditioned from a repetitive pattern, often for many years (i.e. even a lifetime). This consumption of food as a reaction to emotional distress has become a habit. Habits are “learned automatic acts” (i.e. behaviors) and although difficult to break, can be unlearned, and eliminated as they are not inherent. The emotional eating behavior can be changed through the application of cognitive behavioral coping strategies. This process is bidirectional in that change needs to occur in **two ways**.

The **first** is termed cognitive modification or restructuring. Cognitions are our automatic thoughts (i.e. self-statements) that follow a stressful event (a precipitant). As noted above, these are automatic and lead to emotions (i.e. depression, anxiety, loneliness, etc.) which in turn trigger behavioral responses (i.e. food consumption). The task is to make ourselves aware of these cognitions or “self-statements,” to intervene quickly to stop them by distraction, and to modify them to become positive thoughts (or at least more realistic). In this manner, we can reduce the level of affective distress (feeling such as anxiety) which will lead to behavioral changes.

The **second** part of the process is to initiate the behavioral changes. We need to become aware of the entire pattern within the context in which the maladaptive behavior occurs. It is often helpful to keep a log of when this behavior occurs that includes time of the day, events, feelings, and behaviors that preceded the emotional eating. The goal then becomes not only to eliminate the maladaptive but to substitute new behaviors (i.e. exercise, reading, computers, work, etc.) in an attempt to break the pattern. This often leads to a reduction in affective distress (i.e. depression) which in turn helps us to form more positive thoughts. In psychological literature, this has at times been referred to as forming a positive addiction to replace a negative addiction.

This process can be done quite effectively through some short-term counseling with a psychologist who is trained in cognitive behavioral therapy. The skills are then applied in an independent manner to implement lifestyle changes.

ADDICTION TRANSFERENCE

Addiction transference, also known as cross addiction, is when a person has two or more addictive behaviors which cannot only include drugs and alcohol but also food or other compulsive behaviors. For some individuals, it is important to have an awareness that they can “swap” unhealthy behaviors such as food, drugs or alcohol. Cross dependence can occur when a person is making a concerted effort to abstain from a behavior or substance of choice (i.e., food). Attempting to cover up thoughts and feelings can be overwhelming and an effort to cover these up can lead to an alternative addiction. This transfer can be socially reinforced.

Patients should be careful that they are not trading one compulsive behavior for another and work on a balanced lifestyle. If necessary, support can be provided by nutritionists, mental health professionals and personal trainers. The overall goal is to form healthy coping skills.

APPENDIX

General Goal Setting

GOALS (WHY DO YOU WANT TO LOSE WEIGHT)	CONCERNS (WHAT ARE YOUR CONCERNS IF YOU DO NOT LOSE THE WEIGHT)	SUCCESSSES (WHAT HAVE YOU ACCOMPLISHED IN YOUR PROGRAM)

Step Goals

Visit 1	
Visit 2	
Visit 3	
Visit 4	
Visit 5	
Visit 6	

Carbohydrate Goals and Recommendations

1. _____
2. _____
3. _____
4. _____
5. _____

Protein Goals and Recommendations

1. _____
2. _____
3. _____
4. _____
5. _____

Fat Goals and Recommendations

1. _____
2. _____
3. _____
4. _____
5. _____

Vitamin and Mineral Recommendations

1. _____
2. _____
3. _____
4. _____
5. _____

Fluid Goals and Recommendations

1. _____
2. _____
3. _____
4. _____
5. _____

Weight Goals and Recommendations

Starting BMI: _____ **Minimum BMI/Weight:** _____ / _____ **lbs**

Visit 1	
Visit 2	
Visit 3	
Visit 4	
Visit 5	
Visit 6	
Visit 7	
Visit 8	
Visit 9	
Visit 10	
Visit 11	
Visit 12	

Additional Comments and Recommendations

Behavior Changes For Long-Term Success

- Do not skip **any** meals—eat three meals per day, focusing on meal timing.
- 1-2 low-carbohydrate, low-fat, high-protein snacks if needed.
- Take 20-30 minutes to eat meals, and at least 10 minutes to eat snacks.
- Pay attention to portion sizes!
- Limit eating fast food.
- Decrease saturated fat in your diet.
- Exercise at least 150 mins per week.
- Decrease caffeinated and/or carbonated beverages.
- Drink 64 ounces of water per day.
- Practice chewing foods *thoroughly* before swallowing.
- Practice sipping beverages—no “chugging” or “big gulps”.
- Practice stopping fluids: 10 minutes before meals, during meals, and 30 minutes after meals.
- Keep a food and activity record

Online journaling with your smartphone or computer is becoming very popular as it greatly simplifies the process, allowing for easy entry of many foods. If this sounds interesting to you, try our free patient dashboard. Text 513-572-1718 for a link to the patient dashboard.

Guide to Eating Away from Home

Whether you're at the office cafeteria or a fine dining restaurant, you can eat the nutrient-rich way. It's easy to do when you make the following choices:

In the Office Cafeteria...

- Omelet filled with tomatoes, mushrooms and spinach (or any veggie)
- Lean roast beef, ham or turkey with veggies
- A salad bar creation of dark greens and other colorful veggies, avocado slices, sunflower seeds, and lean protein. Top with low-carb dressing.

When Dining Out...

- Salads made with deep greens such as spinach, arugula and romaine lettuce.
- Lean entrees such as beef sirloin, pork tenderloin, skinless turkey breast, fish or seafood. Ask for sauces on the side.
- Stir fries loaded with broccoli, carrots, cabbage and peppers plus lean beef, lean pork, skinless chicken breast or tofu.

Eating on the Go

It's easy to eat the nutrient-rich way, even when you're in a time crunch. Try these ideas the next time hunger strikes when you're on the go.

Fast Snacks in a Flash

- Low carb granola mixed into low sugar yogurt.
- Lean roast beef, ham or turkey rolled up in a low carb tortilla plus a handful of cherry tomatoes.
- A scoop of low-fat or fat-free cottage cheese with sliced strawberries or cantaloupe cubes.

Smart Picks From the Vending Machine or Convenience Store

- Protein-packed beef jerky.
- Packages of baby carrots, broccoli florets or celery sticks.
- Mozzarella cheese sticks.
- Low Carb protein bars

Make-it-through-the-Day Desk Drawer Stashes

- Instant protein oatmeal packets.
- Small packs or cans of water-packed tuna and small cans of veggies (don't forget the can opener).
- Light microwave popcorn. Bonus: Popcorn is a whole-grain food.
- Beef Jerky
- Nuts (almonds, peanuts, walnuts, sunflower seeds, pistachios)

Quick List of Low Carb Fast Food

There are times when fast food is the only option. The following are some recommendations for a healthier choice:

- Entrée salads with grilled chicken and low-calorie dressing.
- Grilled chicken or steak tacos with lots of lettuce and tomato.
- Any burger, without bun or ketchup.
- Grilled chicken sandwiches, no bun.
- Caesar salad with grilled chicken. (no croutons)
- Bacon ranch salad w/ grilled chicken. (no croutons)
- Any breakfast sandwich, without biscuit/bread.
- Naked Egg Taco which comes with sausage at Taco Bell.
- Low carb breakfast at Taco Bell, Mini Skillet. (no potatoes)
- Power Menu Bowl at Taco Bell. It comes with steak or chicken, pico de gallo, cheese, guacamole, sour cream, avocado ranch dressing, and romaine lettuce. (no rice and beans, go lite on dressing).
- Chili from Wendy's, Gold Star or Skyline

Low Carb Snack Options

Easy grab-and-go options:

- Lean lunch meats
- Nuts/seeds
- Peanut butter and Celery
- Beef jerky
- Salami roll ups (can add banana peppers for a kick)
- Hard boiled egg (can stuff with chicken/tuna/guacamole salad.)
- Deviled eggs
- Raw veggies and dip Laughing Cow
- Cheese on celery or approved cracker
- Radishes and guacamole
- Hummus and veggies
- Edamame Hummus
- Low carb yogurts
- Gelatin bites (Kroger brand in refrigerated Jello section)
- Sugar-free popsicles
- Sugar-free fudgsicles
- No-sugar-added or sugar-free pudding packs
- Pepperoni chips (just bake at 350 degrees until crispy)
- Dill pickles or no-sugar-added sweet pickles and cheese
- Mini peppers with string cheese (eat them cold or broil for 10 minutes)
- ¼ cup berries and ½ cup cottage cheese
- Edamame
- Lettuce wraps with lunch meat, chicken or tuna salad
- Apple and peanut butter (or any nut butter)
- Approved pre-made protein shakes
- Approved protein bars
- Seaweed

Caprese Bites:

On a toothpick put: grape tomato, 1 small piece fresh mozzarella cheese, basil leaf. Then drizzle with olive oil and balsamic vinaigrette.

Greek Salad Bites:

12 grape tomatoes

4 ounces feta cheese, cut into 12 (1/2-inch) cubes

1 mini cucumber sliced into 12 pieces

12 pitted kalamata olives

2 tablespoons extra-virgin olive oil

1 ½ teaspoons Mediterranean spice

12 4-6" wooden skewers

Directions:

1. Thread the skewers starting with a tomato, then a piece of feta cheese, a cucumber and an olive. Repeat with the remaining ingredients.
2. Just before serving, arrange skewers on a platter, drizzle with olive oil and sprinkle with Mediterranean spice.

Baked Edamame

This is a nutrient-packed, crunchy alternative to traditional party mix that saves you 7 grams of carbohydrates per 1/2 cup serving and has four times as much fiber. It keeps well in the refrigerator, but it's also good to eat on the go.

Ingredients:

3 cup shelled edamame beans

1 tablespoon extra virgin olive oil

2 teaspoon curry powder 1 dash of salt and pepper

Directions: Preheat oven to 375 degrees. Toss edamame beans, olive oil, curry powder, salt, and pepper together in a bowl until the beans are thoroughly coated. Spread out on a baking sheet and roast for 15 minutes.

Servings: 6 (1/2 cup)

Kale Chips

Toss two large handfuls of chopped and washed kale in a bowl with extra virgin olive oil, salt, and pepper. Line a baking sheet with tin foil and bake at 300

degrees for 20 minutes. One cup of fresh chopped kale only contains 35 calories and 7 grams of carbohydrates.

Parmesan Cheese Chips

Ingredients:

1 cup grated hard cheese (such as Parmesan) - NOT the dried powdery stuff!

Directions: Preheat oven to 350 F.

Note on type of cheese: You can use any kind of hard cheese, but the results will be different depending on the type. Hard cheeses, such as Parmesan, Romano, Asagio, etc, will make a crisp "shell," whereas cheddar will be more chewy and "lacey" (the fat separates out), though still firm. Softer cheeses such as mozzarella will not work well.

Toss cheese with any seasonings you'd like -- garlic powder (about half a teaspoon for a cup of cheese), hot pepper powder, even cinnamon. Or leave plain.

Pile 1 to 4 Tablespoons of cheese (depending on the size you want) on a baking sheet covered with a silicone mat or parchment paper oiled on both sides. Flatten the tops so they are in more or less an even pile. There should be at least two inches between smaller mounds, 4 inches between larger ones. Bake 5 to 6 minutes until they are a light golden brown (they will be a little darker at the edges). It happens fast, so watch carefully.

Baked Sesame Crackers:

Ingredients:

1 cup almond meal

¼ cup sesame seeds

4 oz. shredded cheese (at least half should be a hard cheese such as Parmesan)

1 egg white

2 teaspoon prepared mustard

- 1 teaspoon garlic powder
- ¼ teaspoon salt

Directions: Preheat oven to 325 F.

1. Combine all ingredients. A food processor makes it really easy, but you can use a spoon, or even your hands. Keep combining until the ingredients cling together into a ball.
2. Using your hands, roll dough into a cylinder about 1.5 inches in diameter. Slice with a sharp knife, about three to an inch.
3. Put rounds on a baking sheet covered with a silicone baking mat or parchment paper. Leave enough space between each to flatten.
4. Using something with a flat bottom such as a measuring cup, flatten until the rounds are a little over 2" wide. Smooth out the edges with fingers.

Bake for about 14-18 minutes, though you might want to check before to see how they are coming along. When they begin to brown, remove from oven and cool. Makes approximately 24 crackers.

High Protein Veggie Dip:

Ingredients:

16 oz plain greek yogurt 1 packet ranch dip mix

Blend and serve with fresh veggies!

Cinnamon Almond Fruit Dip

Ingredients:

1 cup ricotta cheese (recipe here)

2 tbsp almond butter

1/2 tsp cinnamon

1 tsp raw honey

1 tsp low fat milk

Fruit of your choice, cut into bite size pieces

Directions:

Place all of the ingredients except the fruit in a food processor and process until smooth. If the dip is a little too thick add another teaspoon of milk. Serve with fruit and dip in!

Nutritional Info: $\frac{1}{4}$ cup is 1 serving and makes approx. 1 cup of the dip total.
Carbs: 4 net carbs and 9 grams of protein per serving

Low Carb Cheat Sheet

These are some good alternatives for when you are trying to decrease your carb intake. If you want to know what stores near you carry this product, go to the product website and they should give you an option to do a retail search or have a store locator.

Pasta:

- Journeylite Pasta (JourneyLite offices or E-store)
- Miracle Noodles (most grocery stores, usually in the organic refrigerated section)
- Edamame Pasta or Black Bean Pasta, made by Explore Asia, (Costco, Jungle Jim's, Meijer)
- Zucchini Noodles (use vegetable shredder)

Tortillas: (Some of these products could be located in the deli section.)

- Mission Brand Tortilla's "Carb Balance"
- Tumaro's "Low in Carbs" Tortilla's (Kroger/Jungle Jim's)
- LaTortilla Factory (Kroger/Meijer/Walmart)
- Flat Out's Lite

Ice Cream:

- Blue Bunny "Sweet Freedom" No sugar added (Kroger, Remke Bigg's, Walmart (not all))
- Edy's Slow Churned: No Sugar Added (Kroger, Meijer)
- Breyer's Carb Smart Ice Cream
- So Delicious Coconut Milk Ice Cream No Sugar Added (Kroger, Whole Foods) usually located in the Organic section in the freezer.
- Arctic Zero Ice Cream
- Halo Top Ice Cream (Kroger – only sold in pint sizes)

Granola/Granola Bars:

- McCabe's Granola (Remke/Bigg's, Kroger, Whole Foods)
- Bear Naked Peak Protein Granola (Organic Section)
- Nature Valley Protein Granola Bars (Granola Bar Section)
- Kellogg's Fiber Plus Protein Bars (Granola Bar Section)

Yogurt:

- Dannon Light & Fit Greek
- Kroger Greek Lite
- Kroger Carbmaster Yogurt
- Kroger Carbmaster Protein Yogurt Smoothie
- Oikos Triple Zero
- Elli Quark (Target or Whole Foods)

Milk:

- Carbmaster Milk (Original, Vanilla, and Chocolate) Kroger only
- Almond Breeze Unsweetened Almond milk
- Silk Unsweetened Cashew milk
- Soy Slender Soy Milk
- Unsweetened Coconut Milk

Low Carb Breads

Label Reading Guidelines: 10 grams Net Carbohydrate or less per serving

<u>BRAND</u>	<u>VARIETY</u>	<u>SERVING SIZE</u>	<u>NET CARBS</u>
Arnold Sandwich	Fill'ems	½ bun	8
Thins	Honey Wheat	½ bun	8.5
	Multigrain	½ bun	8.5
	100% Whole Wheat	½ bun	8.5
Aunt Millies	Five Grain	1 slice	7
Healthy Goodness	Potato	1 slice	7
	Whole Grain	1 slice	7.5
	White	1 slice	7.5
Healthy Life	Whole Grain	1 slice	5
Pepperidge Farm	Very Thin	1 slice	7.5
	(Serving size listed here is smaller than that listed on the package label)		
Pepperidge Farm	100% Whole Wheat	½ "flat"	7
Deli Flats			
Pepperidge Farm	Oatmeal	1 slice	8.5
Light Style	7 Grain	1 slice	7
	Soft Wheat	1 slice	7

Sara Lee Thin	100% Whole Grain	½ bun	8
Style Buns	100% Whole Wheat	½ bun	8
S. Rosen's	Dark Jewish Rye	1 slice	8
Thin Sliced	Dill Rye	1 slice	8
	Jewish Rye	1 slice	8
Trader Joe's	Sprouted 7 Grain	1	4
Wonder	Smart Wheat	1 slice	6
	Smart White	1 slice	4

Carb-Controlled Crackers

**Label Guidelines: 2-3 grams of fat or less per serving
15 grams carbohydrate or less per serving**

Brand	Variety	Serving Size	Grams Carbohydrate
Angonoa	Garlic	1	4
Breadsticks	Garlic Sesame	1	3
	Plain	1	4
	Sesame	1	3
Bremner Wafer	Bremner Wafer	3	4
Capeachio's	Original Water Crackers	3	9
Crunch Master	Multi Grain, Sea Salt	4	6
Devonshire	Melba Toast (all varieties)	2	7
	Melba Rounds	3	7
Kashi	Pita Crisp	4	7
	Original 7 Grain	4	5
Keebler	Club Reduced Fat	3	6
	Town House Reduced Fat	3	6
	Town House Flatbread Crisp		
	Italian Herb	4	6
	Sea Salt & Olive Oil	4	6
	Roasted Garlic	4	6
	Zesta Saltines (all varieties)	3	7
Maries Gone Crackers	All varieties	4	6

Brand	Variety	Serving Size	Grams Carbohydrate
Nabisco	Premium Saltines (all varieties)	3	7
	Reduced Fat Ritz	3	7
	Soup and Oyster Crackers	10	5
	Wheat Thins Crackers	4	7
	Triscuits (all varieties)	2	8
Old London	Melba Toast	2	8
Rutherford & Meyer	Gourmet Wafers (all varieties)	4	4
Ry-Krisp	All varieties	2	10
34 Degree	Savory Crisp (all varieties)	4	4
Sunshine	Krispy Saltines (all varieties)	3	7
	Krispy Soup & Oyster	10	7
Shur Good	Soup & Chili Crackers	10	3
Skyline	Oyster Crackers	10	6
Venus	Cracked Pepper	4	4
Fat-Free Crackers	Garden Vegetable	4	10
	Garlic and Herb	4	4
	Multi Grain	4	10
Wellington Water Crackers	Cracked Pepper	3	9
	Toasted Sesame	3	8
	Traditional	3	9
Wasa	All varieties	1	10

Protein Supplements

Protein supplements are a great way to help boost your protein intake; however, there are some products that are more suitable to your needs than others. Obviously, protein is an essential piece of the puzzle, yet carbohydrates are where things can get tricky. The recommendations below will give you low carbohydrate options. However, you can also use the recommendations if you come across another brand that you'd like to try.

When choosing a protein shake or powder you want to get 20-30 grams of protein and 5 grams (or less) of net carbs per serving. Below are appropriate options for shakes and powders that you could add to your daily routine.

Net Carbs = Total Carbohydrate - Fiber - Sugar Alcohol

If using a powder, it is recommended that you use water or unsweetened almond milk as a base to keep net carbs low.

- Journeylite Physician
 - Healthwise Shakes; 15 grams protein with 6 net carbs
- FairLife Shakes
 - Core Power; 26 grams protein with 6 grams net carbs
 - Core Power Elite; 42 grams protein with 8 grams net carbs
 - Nutrition Plan; 30 grams protein with 3 grams net carbs
- Premier
 - Protein Shakes; 30 grams protein with 3 grams net carbs
 - Protein Powder; 30 grams protein with 3 grams net carbs in 2 scoops
- Owyn - plant based protein
 - Protein Shake; 20 grams protein with 5 grams net carbs
 - Pro Elite Shake; 32 grams protein with 0 grams net carbs
 - High Protein Complete Nutrition; 26 grams protein with 0 grams net carbs

- Pro Elite Powder; 30 grams protein with 3 grams net carbs
- Protein Powder; 20 grams protein with 7 grams net carbs
- Atkins
 - PLUS; 30 grams protein with 2 grams net carbs
 - MEAL; 23 grams protein with 4 grams net carbs
 - ICED COFFEE; 15 grams protein with 2 grams net carbs
 - CLASSIC; 15 grams protein with 2 grams net carbs
- Quest
 - Protein powders; flavors vary in protein and net carb content. All flavors are appropriate
 - Shakes; 30 grams protein with 3-4 grams net carbs
- Orgain
 - PROTEIN SHAKE; 30 grams protein with 5 grams net carbs
 - Collagen peptide; 19 grams protein with 0 grams net carbs
 - *Any Orgain products, other than these 2 products, are too high in net carbs to be considered appropriate for bariatric patients.*

Post-op Diet Protocols

Sleeve/Gastric Bypass/SIPS/Band - Clear Liquid Diet

Band Patients: Non-carbonated clear liquids for the first 24 hours after surgery

Sleeve/RNY/Overstitch/SIPS: Non-carbonated clear liquids for the first week after surgery

The ultimate goal of on clear liquids is to consume 48-64 ounces per day, from the recommended list below.

In order to prevent your blood sugar from going low and give you a little energy, you should be consuming diluted juices (2 oz juice/2 oz water) or diluted non-diet sports drinks (2 oz beverage/2 oz water) **every 3 hours. (Total undiluted juice should be no more than 8 ounces in a day - that equals 16 ounces of fluids once diluted.)**

- Diluted Fruit Juice (2 oz juice/2 oz water)
 - Grape, cranberry, or apple ONLY (100% juice or no added sugar)
- Diluted regular Gatorade or Powerade (2 oz beverage/2 oz water)

Recommended Choices for Clear Liquid Diet- (2 oz every 15 mins)

- Clear broth or Bouillon – chicken, beef, or vegetable
- Water or ice chips
- Crystal Light or Sugar-free Kool-Aid
- Decaf Tea and Coffee (NutraSweet, Splenda, Sweet-n-low, Stevia allowed)
- Sugar-free gelatin
- Propel Zero, Powerade Zero, or Gatorade Zero
- Sugar-free popsicles
- Sugar-free Italian Ice
- Bariatric Advantage Clear Protein Drink (Journeylite)
- Journeylite Supplements: Fruit Drinks, Protein Bouillon, and Hot Beverages (made with 8oz water)

Avoid:

- Carbonated beverages
- Sugary drinks
- Caffeinated beverages
- Avoid citrus (orange, grapefruit, pineapple) and tomato juices.
- No juice drinks, juice cocktails or undiluted 100% juices

Guidelines:

- No straws
- No extreme temperatures
- Small sips, no gulps
- DO NOT ADVANCE DIET ON YOUR OWN. YOUR DIET WILL BE ADVANCED BY A DIETITIAN.

Sleeve/Gastric Bypass/SIPS/Band - Puree Diet

Duration: _____

Protein/Protein Foods 5-6 Servings per Day	Carbohydrates 4-5 Servings per Day (Maximum)	Fats 4-5 Servings per Day
1 serving of meat/seafood = 2 ounces = 16 grams of protein	1 serving of a carbohydrate = 5-15 grams of net carbohydrates	1 serving of fat = 5 grams
Food Items	Food Items	Food Items
<p><u>Meats/Seafood:</u> (1/4 cup)</p> <ul style="list-style-type: none"> -Puree chicken or turkey (no skin) -Puree Fish, water packed tuna -Pureed soft fish (haddock, tilapia, cod, and salmon) -Pureed canned chicken -Pureed meatballs -Stage 2 baby food meat (no dinners) <p><u>Dairy/Eggs:</u> (1/4-1/2 cup)</p> <ul style="list-style-type: none"> -Scrambled eggs/egg substitute -Cream Soups made with Skim milk (avoid tomato, potato, or pea soup) -1-2% cottage cheese (puree) -Part skim ricotta cheese -Sugar Free Pudding (made with skim milk) -milk (1% or skim) -Carbmaster milk -Fairlife milk -unsweetened almond milk -unsweetened soy milk -Reduced sugar yogurt <ul style="list-style-type: none"> -Carbmaster (Kroger) -Kroger Greek Lite -Light and Fit Greek 	<p><u>Vegetables:</u> (1/4 cup)</p> <ul style="list-style-type: none"> -Pureed canned or steamed vegetables (no hulls) -Stage 1 and 2 baby food vegetables -Vegetable Juice -Puree Vegetable Soup <p><u>Fruits:</u> (1/4 cup)</p> <ul style="list-style-type: none"> -No sugar added applesauce -Stage 1 and 2 baby food fruits. -Unsweetened fruit juice -Puree canned fruits in juice or water only. <p><u>Starches:</u> (1/4 cup)</p> <ul style="list-style-type: none"> -Puree acorn or butternut squash -Puree sweet potato -Puree Peas -Mashed sweet potato 	<p><u>Unsaturated Fats:</u></p> <ul style="list-style-type: none"> - mayonnaise - sour cream - olive oil <p><u>Saturated Fats:</u></p> <p>(Use sparingly)</p> <ul style="list-style-type: none"> -butter -mayonnaise -cream cheese -sour cream

<p><u>Plant Proteins:</u> (¼ cup) -Pureed Tofu -Refried Beans (thinned) -Reduced sugar soy milk -Unsweetened almond milk -Pureed bean or lentil soup -Pureed vegetarian chili</p> <p>Protein Supplements:(½-1 cup) as tolerated. <i>Refer to protein supplement handout.</i></p> <p>FOCUS ON PROTEIN AT ALL MEALS AND SNACKS!!!</p>	<p><u>Grains/Cereals:</u> (¼ cup) -Hot Cereal made with skim or 1% milk</p>	
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<p style="text-align: center;">FLUIDS</p> <p style="text-align: center;">Your goal for fluid intake is 6-8 cups sugar free/non-carbonated beverages throughout the day.</p> <p>Optimal choices:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;">-Water</td> <td style="width: 33%; border: none;">-Sugar free Kool-Aid</td> <td style="width: 33%; border: none;">-Fruit 2 O</td> </tr> <tr> <td style="border: none;">-Crystal Light</td> <td style="border: none;">-Propel Fitness Water</td> <td style="border: none;">-Powerade Zero</td> </tr> <tr> <td style="border: none;">-Decaf tea or Coffee</td> <td style="border: none;">-Sugar Free popsicles</td> <td style="border: none;">-Sugar Free Jell-O</td> </tr> </table>			-Water	-Sugar free Kool-Aid	-Fruit 2 O	-Crystal Light	-Propel Fitness Water	-Powerade Zero	-Decaf tea or Coffee	-Sugar Free popsicles	-Sugar Free Jell-O
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<p style="text-align: center;"><u>Tips for Preparing Puree Foods</u></p> <p>Cut foods into small pieces, then put into a food processor or blender. A little liquid makes it easier to blend, and can also add protein to your foods. You can use 1% or skim milk, reduced fat sour cream, fat free gravy, broths, juices. Avoid using water to thin the foods. Water will take from the flavor and make the foods quite bland. Blend foods until desired consistency. After blending, strain foods to remove any chunks.</p> <p>You can also freeze individual portions for re-using. Pour leftover portions into ice cube trays. Once frozen you can remove from trays and place in a freezer bag for more convenient storage. Always thaw the cubes in the refrigerator. A lot of patients have found it convenient to puree leftovers from meals prior to their surgery. Then after surgery you only have to worry about thawing them out.</p>
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<p style="text-align: center;"><u>FOODS TO AVOID</u></p> <ul style="list-style-type: none"> ● Soft bread, doughnuts, pastries. ● Salads and all other raw vegetables ● Sugar and sweets (table sugar, cakes, cookies, pies) ● High fat meats (bacon, sausage, ham, salami) ● Steak, roast beef, pork, lamb, veal, venison ● High fat foods (whole milk, ice cream, creamy salad) ● Fibrous vegetables (whole broccoli, brussels sprouts, corn, cabbage, salad greens, asparagus). ● Fresh fruits except bananas ● Rice and pasta
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- Nuts, seeds, coconut, raisins, popcorn, dried fruits

Important Tips to Remember!

- All food choices on the puree stage should be the consistency of applesauce!!!
- Do not use your mouth as a blender. Please puree all foods in a blender.
- Foods like rice, pasta, bread, raw fruits and vegetables do not blend well. These foods can swell up and can cause discomfort. Avoid using these products.
- Eat a protein source every time you eat, and make sure to make protein your priority.
- Eat 5-6 mini meals a day.
- Portions at each meal are up to $\frac{1}{3}$ cup for dense foods (eg: pureed chicken salad, egg salad, tuna salad, etc) and up to $\frac{1}{2}$ cup for full liquid proteins (eg: protein shakes, yogurt, cream soups, etc)
- Make sure to stop eating when you are full.
- Avoid drinking 5-10 minutes before and 20-30 minutes after meals and also avoid drinking during a meal.
- Avoid skipping meals, we recommend spacing meals/supplements about every 2.5-3 hours.
- Avoid eating anything 3 hours prior to bed.

The Dietitian will go over an appropriate diet plan/meal schedule with you during your 1-week follow up visit.

Quick Puree Recipes

Easy Egg Salad

3 hard boiled eggs

2 Tbsp mayo

1 Tbsp sugar free pickle relish

1½ tsp yellow mustard

Season with salt, pepper and onion powder (optional) to taste. Blend until smooth.

Yields 6 ⅓ cup servings

****Can substitute canned tuna or chicken to vary choices.**

Pesto Chicken Puree

3 oz cooked or canned chicken breast

¾ cup ricotta cheese

2-3 Tbsp prepared pesto sauce

First cut chicken into small pieces then blend chicken until finely minced. Add other ingredients and blend until smooth.

Yields 6 (⅓ cup serving)

Chicken and Mushrooms

3 oz cooked or canned chicken breast

½ cup mashed potatoes

¾ cup mushroom gravy or soup

First cut chicken into small pieces then blend chicken until finely minced. Add other ingredients and blend until smooth.

Yields 6 (⅓ cup) servings

Saucy Meatballs

4 (1oz) meatballs (cooked)

½ - ¾ cup spaghetti sauce

½ tsp Parmesan cheese

Quarter meatballs and add to food processor with other ingredients. Can season with salt, pepper, and garlic powder. Blend until smooth.

Yields 4 (⅓ c servings)

Sleeve/Gastric Bypass/SIPS/Band- Soft Diet

Duration: _____

Protein/Protein Foods 5-6 Servings per day	Carbohydrates 4-5 Servings per Day (Maximum)	Fats 4-5 Servings per Day
1 serving of meat/seafood = 2 ounces = 16 grams of protein	1 serving of a carbohydrate = 5-15 grams of net carbohydrates	1 serving of fat = 5 grams
Food Items	Food Items	Food Items
<p><u>Meats/Seafood:</u> (2-4 ounces) -finely chopped lean meats -canned tuna in water -canned chicken in water -thinly sliced lean lunch meat (chicken, turkey, low fat bologna) -flaky white fish -salmon</p> <p><u>Dairy:</u> (½ - 1 cup) -milk (1% or skim) -Carbmaster milk -Fairlife milk -unsweetened almond milk -unsweetened soy milk -yogurt (low carb/low fat) -cottage cheese (1%-2%) -reduced fat cheese -part skim ricotta cheese -string cheese</p> <p><u>Eggs:</u> -hard/soft boiled -egg salad -scrambled -fried eggs -egg beaters</p> <p><u>Protein Supplements:</u> -1-2 per day as needed (refer to the protein supplement handout)</p>	<p><u>Vegetables:</u> (½ cup) -cooked/steamed (without seeds, skin, strings) -cauliflower -broccoli florets -canned in water -carrots -beets -mushrooms -tomato sauce puree -V8 juice</p> <p><u>Fruits:</u> (½ cup) (limit 1-2 servings per day) -canned (in water or own juice, no strings or skin) -ripe banana -cooked tender -100% juice (no sugar added)</p> <p><u>Grains/Cereals:</u> -JourneyLite oatmeal -cooked cereal -cold unsweetened cereal (soaked in milk) -crackers -toast (bread must be toasted)</p>	<p><u>Unsaturated Fats:</u> -olive oil -mayonnaise -salad dressing (oil and vinegar base)</p> <p><u>Saturated Fats:</u> (Use Sparingly) -butter -mayonnaise -cream cheese -sour cream</p>

<p><u>Plant Proteins:</u> -beans (½ cup) -lentils (½ cup) -tofu -natural peanut butter (no sugar added)</p>	<p><u>Starches: (⅓-½ cup)</u> Limit 1 serving per day -mashed potatoes -baked potato (no skin) -sweet potato (no skin) -peas (canned)</p>	
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FLUIDS (MINIMUM 6-8 CUPS DAILY)

Consume sugar free and carbonated free beverages throughout the day.

- | | | |
|----------------|-----------------------|-------------------|
| -Water | -Sugar free kool-aid | -Fruit O2 |
| -Crystal light | -Propel fitness water | -Powerade Zero |
| -Decaf tea | -Decaf coffee | -Sugar free jello |
| -Broth | -MIO | |

FOODS TO AVOID

- Soft breads, doughnuts, pastries.
- Salads and all other raw vegetables
- Sugar and sweets (table sugar, cakes, cookies, pies)
- High fat meats (bacon, sausage, ham, salami)
- Steak, roast beef, pork, lamb, veal, venison
- High fat foods (whole milk, ice cream, creamy salad)
- Fibrous vegetables (whole broccoli, brussel sprouts, corn, cabbage, salad greens, asparagus).
- Fresh fruits except bananas
- Rice and pasta
- Nuts, seeds, coconut, raisins, popcorn, dried fruits

Permanent Behavior Changes for Success

- Plan to eat 3 meals and 2 snacks
- Make sure protein is the primary focus
- Set aside 20-30 minutes for planned meals and 10-15 minutes for snacks
- Eat slowly
- Take small bites
- Chew thoroughly (puree consistency)
- Avoid skipping meals
- Avoid drinking with meals, wait 20-30 minutes after meals to drink
- No eating 3 hours prior to bed

Soft Diet Sample Meal Pattern

The 3 meals and 2 snacks pattern is based on a meal size of $\frac{3}{4}$ -1 cup (6-8 ounces) in a 20-30 minute period and a snack size of $\frac{1}{4}$ - $\frac{1}{2}$ cup (2-4 ounces) in a 10-15 minute period.

Meal 1:

- 5.5oz container Ratio yogurt (25g protein/9g net carbs/3.5g fat)
- $\frac{1}{3}$ cup blueberries (0g protein/3g net carbs/0g fat)

Snack:

- 1 bag Quest Nacho Cheese protein chips (18g protein/4g net carbs/6g fat)

Meal 2:

- 3 ounces pulled pork (21g protein/0g carbs/18g fat)
- 1-2 Tbsp G. Hughes sugar free BBQ sauce (0g protein/2g net carbs/0g fat)
- $\frac{1}{4}$ cup steamed carrots (0g protein/2g net carbs/0g fat)

Snack:

- $\frac{1}{2}$ Premier protein shake (15g protein/2g net carbs/2g fat)

Meal 3:

- 4 oz sauteed shrimp with lemon and garlic (28g protein/0g net carb/1g fat)
- $\frac{1}{4}$ cup canned green beans (1g protein/1g net carb/0g fat)
- 2 Tbsp baked sweet potato (1g protein/7g net carbs/0g fat)
- $\frac{1}{2}$ tsp of butter (0g protein/0g net carbs/2g fat)

Soft Diet Sample Meal Pattern (5-6 Mini Meals)

The 5-6 mini meal pattern is based on a meal size of $\frac{1}{2}$ cup (4 ounces) in a 20-30 minute period every 2-2 1/2 hours.

Meal 1:

- $\frac{1}{4}$ cup scrambled eggs or egg whites (6g protein/0g net carbs/5g fat)
- 2 Tbsp cheddar cheese (4g protein/3g net carbs/6g fat)
- 2 ounces turkey sausage (12g protein/0g net carbs/4g fat)

Meal 2:

- $\frac{1}{4}$ cup fat free cottage cheese (6g protein/2g net carbs/0g fat)
- $\frac{1}{4}$ cup canned peaches (in their own juice) (0g protein/7g net carbs/0g fat)

Meal 3:

- 2 oz lean ground beef (11g protein/0g net carbs/2g fat)
- 1 Tbsp mexican shredded cheese (2g protein/2g net carbs/3g fat)
- 2 Tbsp black beans (3g protein/5g net carbs/1g fat)

Meal 4:

- 1 string cheese (7g protein/1g net carb/6g fat)
- 6 wheat thin crackers (1g protein/8g net carbs/2g fat)

Meal 5:

- 2 oz chicken breast (14g protein/0g net carb/2g fat)
- $\frac{1}{4}$ cup canned green beans (1g protein/1g net carb/0g fat)
- splash of soy sauce

Meal 6:

- $\frac{1}{2}$ Premier protein shake (15g protein/2g net carbs/2g fat)

Sleeve/Gastric Bypass/SIPS/Band- Regular Diet

Duration: _____

Protein/Protein Foods 5-6 Servings per day	Carbohydrates 4-5 Servings per Day (Maximum)	Fats 4-5 Servings per Day
1 serving of meat/seafood = 2 ounces = 16 grams of protein	1 serving of a carbohydrate = 5-15 grams of net carbohydrates	1 serving of fat = 5 grams
Food Items	Food Items	Food Items
<p><u>Meats/Seafood:</u> (3-4 ounces)</p> <ul style="list-style-type: none"> -Fish -Poultry -Pork -Lean red meat -Lean lunch meat -Shellfish <p><u>Dairy:</u> (½ - 1 cup)</p> <ul style="list-style-type: none"> -milk (1% or skim) -Carbmaster milk -Fairlife milk -unsweetened almond milk -unsweetened soy milk -yogurt (low carb/low fat) -cottage cheese (1%-2%) -reduced fat cheese -part skim ricotta cheese -string cheese <p><u>Eggs:</u></p> <ul style="list-style-type: none"> -hard/soft boiled -egg salad -scrambled -fried eggs -egg beaters 	<p><u>Vegetables:</u> (½ cup cooked or 1 cup raw)</p> <ul style="list-style-type: none"> -non-starchy vegetables -broccoli -cauliflower -salad greens -spinach -carrots -tomato -cabbage <p><u>Fruits:</u> (½ cup) (limit 1-2 servings per day)</p> <ul style="list-style-type: none"> -canned (in water or own juice) -citrus fruit (remove membrane) -fresh fruit (serving size vary) -100% juice (no sugar added) <p><u>Grains/Cereals:</u></p> <ul style="list-style-type: none"> -JourneyLite oatmeal -cooked cereal -cold unsweetened cereal -whole grain breads -crackers 	<p><u>Unsaturated Fats:</u></p> <ul style="list-style-type: none"> -vegetable oils -margarine -mayonnaise -salad dressing (oil and vinegar base) <p><u>Saturated Fats:</u> (Use Sparingly)</p> <ul style="list-style-type: none"> -butter -mayonnaise -cream cheese -sour cream

<p><u>Plant Proteins:</u> -beans (½ cup) -lentils (½ cup) -tofu -natural peanut butter (no sugar added)</p>	<p><u>Starches: (1/3-1/2 cup)</u> Limit 1 serving per day -mashed potatoes -baked potato (no skin) -sweet potato (no skin) -peas (canned) -corn -pasta -rice</p>	
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<p><u>Fluids (minimum 6-8 cups daily)</u></p> <p>Consume sugar free and carbonated free beverages throughout the day.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;">-Water</td> <td style="width: 33%; border: none;">-Sugar free kool-aid</td> <td style="width: 33%; border: none;">-Fruit O2</td> </tr> <tr> <td style="border: none;">-Crystal light</td> <td style="border: none;">-Propel fitness water</td> <td style="border: none;">-Powerade Zero</td> </tr> <tr> <td style="border: none;">-Decaf tea</td> <td style="border: none;">-Decaf coffee</td> <td style="border: none;">-Sugar free jello</td> </tr> <tr> <td style="border: none;">-Broth</td> <td style="border: none;">-MIO</td> <td></td> </tr> </table>			-Water	-Sugar free kool-aid	-Fruit O2	-Crystal light	-Propel fitness water	-Powerade Zero	-Decaf tea	-Decaf coffee	-Sugar free jello	-Broth	-MIO	
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<p><u>FOODS TO AVOID</u></p> <ul style="list-style-type: none"> ● Soft breads, doughnuts, pastries ● Sugar and sweets (table sugar, cakes, cookies, pies) ● High fat meats (bacon, sausage, ham, salami) ● High fat foods (whole milk, ice cream, creamy salad) ● Vegetables prepared with fat, sugar, or cream. ● Fruits canned in light or heavy syrup ● Sweetened cereals ● High fat snack crackers and chips ● Breaded meats (chicken finger, breaded fish) ● Fried foods (chicken nuggets, cheese sticks, fried fish) ● Sweetened/sugary beverages (regular soda, sweet tea)

<p><u>Permanent Behavior Changes for Success</u></p> <ul style="list-style-type: none"> ● Plan to eat 3 meals and 2 snacks ● Make sure protein is the primary focus ● Set aside 20-30 minutes for planned meals and 10-15 minutes for snacks ● Eat slowly ● Take small bites ● Chew thoroughly (puree consistency) ● Avoid skipping meals ● Avoid drinking with meals, wait 20-30 minutes after meals to drink ● No eating 3 hours prior to bed

Regular Diet Sample Menu

The 3 meals and 2 snacks pattern is based on a meal size of $\frac{3}{4}$ -1 cup (6-8 ounces) in a 20-30 minute period and a snack size of $\frac{1}{4}$ - $\frac{1}{2}$ cup (2-4 ounces) in a 10-15 minute period.

Meal 1:

- $\frac{1}{2}$ cup fat free cottage cheese (12g protein/4g net carbs/0g fat)
- $\frac{1}{2}$ cup mixed fresh/frozen berries (0g protein/6g net carbs/0g fat)

Snack:

- lunch box sized apple (0g protein/17g net carbs/0g fat)
- 2 Tbsp no sugar added Nut Butter/Sun Butter (8g protein/4g net carbs/18g fat)

Meal 2:

- Tuna salad wrap (low carb wrap - small Mission Carb Smart) made with 3 oz tuna, lettuce, tomato, and mustard (27g protein/3g net carbs/10g fat)
- 1 bag Quest Nacho Cheese protein chips (18g protein/4g net carbs/6g fat)

Snack:

- $\frac{1}{2}$ cup grapes (1g protein/13g net carbs/0g fat)
- 2 oz monterey jack cheese chunks (7g protein/0 g net carbs/9g fat)

Meal 3:

- 4 oz grilled chicken (25g protein/3g net carbs/7g fat)
- $\frac{1}{4}$ cup roasted baby potatoes (1g protein/5g net carbs/2g fat)
- 2-4 spears grilled asparagus (1g protein/1g net carbs/0g fat)

Regular Diet Sample Meal Pattern (5-6 Mini Meals)

The 5-6 mini meal pattern is based on a meal size of ½ cup (4 ounces) in a 20-30 minute period every 2-2 1/2 hours.

Meal 1:

- omelet made with 1 whole egg and 1 egg white and 1 tablespoon finely chopped spinach, mushrooms, feta cheese (15g protein/0g net carbs/5g fat)

Meal 2:

- ¼ cup Ratio yogurt (12g protein/ 8g net carbs/4g fat)
- ¼ cup KIND zero granola (5g protein/ 5g net carbs/11g fat)

Meal 3:

- 3 oz grilled salmon (18g protein/0g net carbs/7g fat)
- small side salad with vinaigrette dressing

Meal 4:

- ¼ cup sliced cucumbers
- ¼ cup reduced fat cottage cheese ranch (6g protein/2g net carbs/1g fat)
- *1 cup reduced fat cottage cheese pureed with ranch packet and water

Meal 5:

- 3 oz pork tenderloin (26g protein/0g net carbs/13g fat)
- 3-4 brussel sprouts (2g protein/4g net carbs/0g fat)

Meal 6:

- Protein hot chocolate from JourneyLite made with water (15g protein/4g net carbs/0g fat)

Vitamin Supplementation for Sleeve/Gastric Bypass/SIPS/Band

Vitamins & minerals start one month after surgery. The exception is sublingual vitamin B12 which starts one week after surgery. Your dietitian will discuss with you which vitamins & minerals you will need to take.

The following are required to be taken after your surgery:

- **1 week post surgery:** At 1 week out you will begin taking **Sublingual B-12** (1,000 mcg) daily until your 1 month visit.
- **1 month post surgery:** Begin **chewable**
 - **Multivitamin**
 - **Iron (26mg/d),**
 - **Vitamin D3 (15,000 IU/weekly)**
 - **Calcium Citrate (1000 mg/d, ONLY take 500 mg at one time to increase absorption)**
 - **Decrease sublingual B12 to 1,000 mcg/week.**

JourneyLite Physicians highly recommends Bariatric Advantage vitamins. They are high-quality, pharmaceutical-grade products that are designed specifically for surgical weight loss patients!

Vitamins are not tolerated on an empty stomach. Always take your vitamins later in the day. Best time to take your multivitamin is after lunch or dinner.

Beginning 60 days after your procedure you may begin taking capsule supplements based on your tolerance.

B-12 must remain sublingual or injectable long-term. Oral tablets will not be absorbed.

Vitamin Tips and Information:

The form of iron that you need to take is either Ferrous Fumarate or Ferrous Gluconate. Ferrous Sulfate is the most commonly prescribed form of iron but is not well absorbed after your surgery. It is also recommended that you avoid taking iron supplements at the same time as consuming coffee, tea, or antacids.

If you are ever required to take Vitamin D, you want to make sure it's Vitamin D3.

The form of calcium you should choose is calcium citrate. This is due to the lack of stomach acid being produced by your new pouch. Calcium carbonate is the most common form found, but it is not absorbed well because it does require a larger amount of stomach acid to be absorbed.

Calcium and iron need to be spaced 2 hours apart. They actually compete for the same absorption sites and can interfere with each other's absorption.

Products to Avoid:

- Centrum
- One-A-Day
- Flintstones
- Generic store brands
- “Gummy” type vitamins

Menu Guidelines for Soft and Regular Diets

If you plan your menus according to the following guidelines you will be able to meet the required **protein, net carbohydrate, fat and fluid** nutritional needs to promote optimal weight loss and maintain a healthy nutritional status.

	For Males	For Females
Breakfast	14-21 grams of protein 15 grams of carbohydrates 10 grams of fat	14-21 grams of protein 15 grams of carbohydrates 10 grams of fat
Snack	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat
Lunch	21 grams of protein 10-15 grams of carbohydrates 5 grams of fat	14-21 grams of protein 10-15 grams of carbohydrates 5 grams of fat
Snack	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat
Dinner	21 grams of protein 10-15 grams of carbohydrates 5-10 grams of fat	14-21 grams of protein 10-15 grams of carbohydrates 5-10 grams of fat
Totals	86-93 grams of protein 35-55 grams of carbohydrates 20-35 grams of fat	72-93 grams of protein 35-55 grams of carbohydrates 20-35 grams of fat

Sip on a minimum of 64-80 ounces of calorie free fluids throughout the day.
Avoid drinking 5-10 minutes before and 20-30 minutes after meals.
Avoid drinking during a meal!

JourneyLite Physicians Post-Surgical Follow-Up Protocol

JourneyLite Physicians is committed to patient success! As a best practice, we follow and exceed the Metabolic and Bariatric Surgery and Quality Improvement Program (MBSAQIP) follow-up protocol. These standards exist to ensure the highest quality care and long-term success for our patients. The standard first year follow-up consists of 6 registered dietitian classes, 4 virtual one-on-one dietitian visits and 6 provider visits.

- All gastric band patients will be scheduled one on one with a registered dietitian for appointments for the first 3 months due to the specific gastric band diet education.
- All patients living more than 1 hour from any of our office locations will do Telehealth/Virtual appointments. All appointments and classes will follow the same schedule below using virtual provider appointments.

C: Online group class **V:** One-on-one virtual visit **✓*:** Live visit **✓:** Live or virtual visit

Number of days post-op	7	31	60	90	120	150	180	210	240	270	300	330	360
Dietitian Visit	C	V	C	C	C		V	C		V	C		V
Provider Visit	✓*	✓		✓			✓*			✓			✓*

Patients should be seen for annual follow-up visits for best success after year one.

Team Contact Information

Cincinnati office: 513-559-1222

Columbus office: 614-526-4463

Dayton office: 937-280-5673

NKY office: 859-331-1035

Indy Office: 463-237-5999

Toll free: 877-442-2263

Fax: 513-559-1235

Text Us: 513-572-1718 (non-emergency, business hours only)

If you haven't already done so, please access your patient dashboard and create a user account! All of our team members can be messaged directly through the portal and this is the best way to do your food and exercise journaling.

If you think you have an urgent problem, please call the office 24/7 at 513-559-1222. If your issue needs attention but is **not an emergency**, use the texting number listed above. If you don't have a smartphone and you have a non-emergency situation you can use the contact info below.

Providers: All providers general email - provider@curryweightloss.com

Dr. Curry – dr.c@curryweightloss.com

Dr. Augusta - dr.augusta@curryweightloss.com

Nurse Practitioner - provider@curryweightloss.com

Dietitians: All dietitians general email - RD@curryweightloss.com

For individual dietitian contact info please visit JourneyLite.com/dietitians