



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


If you are using your internet for audio, please be aware of the phone audio option (**just in case you lose connection**):

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- Audio:** This section contains three radio button options: 'Computer audio' (unselected), 'Phone call' (selected), and 'No audio' (unselected). Below these options, there is a 'Toll-free: 1 866 901 6455' and 'Long distance: +1 (213) 929-4231'. Further down, it shows 'Access Code:' and 'Audio PIN: 63394 #'. There are also links for 'Problem dialing in?' and 'Talking:'.
- Handouts: 1:** This section contains a single handout titled 'Event-Services-NA.PDF' with a red document icon.
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- Test - Classic:** This section contains the text 'Webinar ID:'.
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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 box** to type in your answer.

Welcome!

The purpose of this support group:

To educate, support, enlighten, and guide you in your weight loss journey

The dynamic of this group:

Those who have recently had their surgery

Those who had their surgery years ago

Those who are looking forward to their upcoming surgery

Carbohydrate Confusion

- Will I ever be able to eat carbs again?
- I was told to cut carbs to lose weight.
- Can I eat fruit?
- How many carbs should I eat in a day?
- I did the keto diet and it “worked” before, can I do it again?
- I’m scared to eat carbs for fear of weight regain



Carbs aren't the enemy

- The role of carbs in the body:
 - Energy
 - Digestion
 - Gut Health
 - Fullness
 - Muscle sparing
 - The body looks to **glycogen for energy** instead of breaking down muscle tissue for energy.
 - Consuming carbs post-workout can prevent muscle loss and help repair muscles.
 - Complex carbohydrates protect your muscle tissue from breakdown



Carbs aren't the enemy

- Carbs are often generalized
 - However, there are different **types** of carbs
- This is misleading, since **NOT** all carbs are nutritionally the same
- **What are carbs, exactly?**
 - A macronutrient food group that provides energy, vitamins, minerals and fiber.
 - Within that variety, **there are more nutritious choices than others.**
- It's **impossible** to eat a well-balanced, heart-healthy diet and **completely cut out carbohydrates, because fruits and vegetable are carbs, too.**

Carbs are misunderstood

- Complex carbs
 - Absorbed slower in the body, which keeps us full and doesn't cause a spike in blood sugar.
 - Two types of complex carbs:
 - These sugars occur **naturally**.
 - **Starches:** from 100% whole grain breads and cereals, brown rice, whole wheat pasta, peas, corn, beans and some vegetables
 - **Fiber:** fruits, vegetables, nuts, beans and whole grains.

Carbs are misunderstood

- **Benefits of complex carbohydrates:**
 - Lower blood cholesterol levels, which reduces the risk for heart disease
 - Decrease constipation and other GI disorders
 - Weight management due to feeling full with fewer calories
 - Diabetes management from the slow absorptions of sugar into the blood
 - Vitamins, Minerals, Antioxidants, Fiber

Carbs are misunderstood

- Lower blood cholesterol levels, which reduces the risk for heart disease
- **When you cut out carbs, you're cutting out ALL of these HEALTH BENEFITS!**
- Diabetes management from the slow absorptions of sugar into the blood
- Vitamins, Minerals, Antioxidants, Fiber

Carbs are misunderstood

- Refined Carbohydrates

- Almost all of the fiber, vitamins and minerals are **removed** during processing.
- For this reason, they can be considered as "empty", less nutritious calories.
- They are digested **quickly**, and have a high glycemic index.
 - This causes rapid spikes in blood sugar and insulin levels after meals.
 - Fullness after eating is only for a short period.
 - This is followed by a drop in blood sugar, hunger and cravings—contributing to weight gain and diabetes.
- The main dietary sources of refined carbs:
 - White flour, white bread, white rice,
 - Crackers, pastries, sodas, snacks, pasta,
 - Sweets, and some breakfast cereals

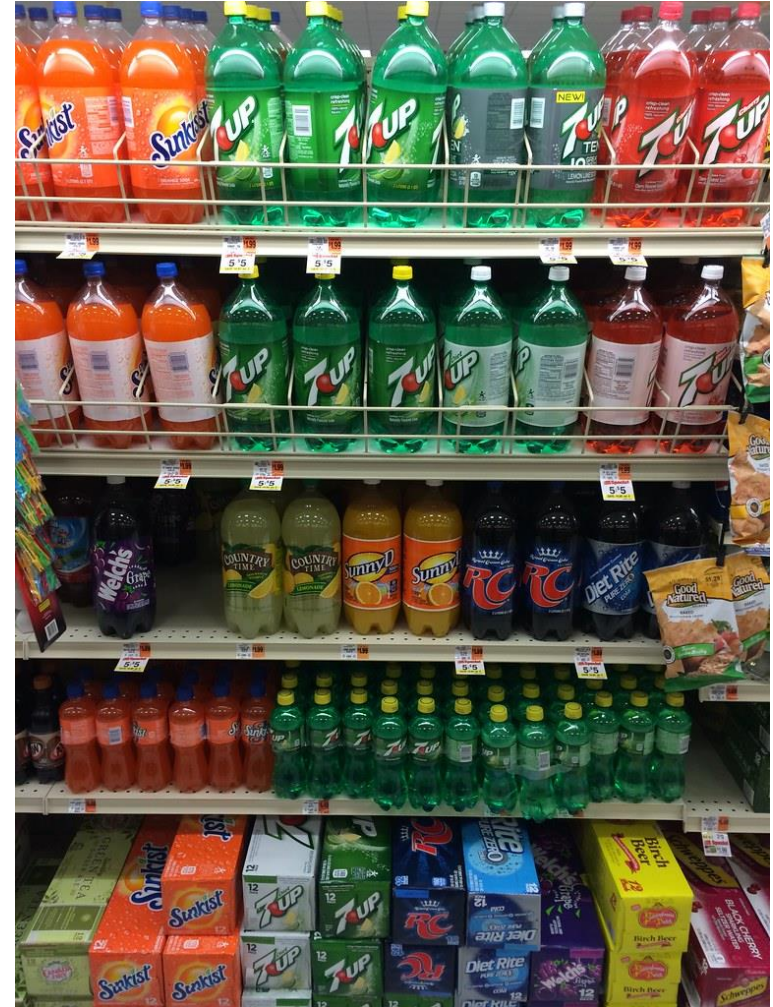


Carbs are misunderstood

- **Simple sugars:**
 - Food and drinks with **added** sugars.
 - Added sugar is easily absorbed and quickly converted into blood sugar, causing a spike.
 - Added sugar is known to contribute to inflammation
 - Sources: (highly processed foods/drinks)
 - Candy, fruit juice, cake, pastries, ice cream, soda, sports bars and sports drinks.
 - Hidden sources of added sugars: yogurt, condiments, certain types of bread, granola, breakfast bars, Gatorade, juice

Carbs are misunderstood

- **Processed carbs:**
 - Low in fiber
 - Less filling
 - Can lead to spikes and drops in blood sugar
 - This is referred to as reactive hypoglycemia or late dumping syndrome



Signs of too few carbs

- Exhaustion
- Brain fog/difficulty concentrating
- Lack of energy during workouts
- Feeling hungry quite often
- Constipation
- Irritability
- Increased cravings



How many carbs should I have?

- There is no specific recommendation as to how many carbs post-op patients should have.
- There have been research studies on the long-term weight loss success of WLS patients which show:
 - Those who are eating <130g of carbs a day (long-term post-op) tend to have more weight loss
- Under 6 months post-op: <50g of carbs per day
- 6 to 12 months post-op: <90g of carbs per day
- 12+ months post-op: <130g of carbs a day

Fiber is the SMART CARB

- There is a major emphasis on protein post-op and not enough emphasis on the benefits of fiber
- Learning to eat fiber from nutrient-rich complex carbohydrates is a game changer!
- Fiber is a type of carbohydrate that the body can't digest.
 - Fiber cannot be broken down into sugar molecules, and instead it passes through the body undigested.
- Fiber foods require more chewing, which helps slow down the pace of eating
- Fiber causes slower stomach emptying, which leaves you feeling full longer
- Fiber also helps with digestion/constipation, reduces the risk of diabetes, certain types of cancer and heart disease

Fiber is the SMART CARB

- Adding in complex carbs and protein to every meal helps you stay full longer, and helps control blood sugar and cholesterol levels.
- Dietary fibers:
 - fruits, veggies, legumes, nuts, seeds
- Functional fibers:
 - added to foods that don't naturally have high fiber amounts
 - Inulin is the most common functional fiber added to foods



How much fiber per day?

- There is no specific recommendation for fiber intake post-op.
- Generally, in non-bariatric patients the recommendation is:
 - Women 25g/day
 - Men 38g/day
- For bariatric patients: Aim for 15g of fiber per 1,000 calories
 - This goal definitely takes time to build up to
 - A fiber supplement can be beneficial for the first year after surgery
 - Benefiber or psyllium husk fiber, for example

How much fiber per day?

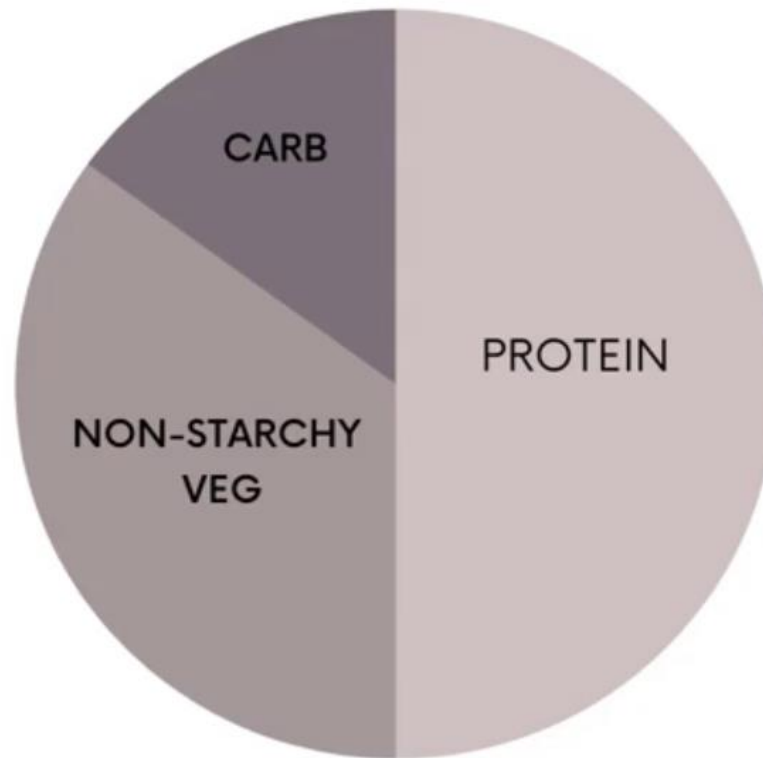
- Slowly add fiber in week by week
- Be sure you're drinking water



How do I meet my nutrient goals?

BARIATRIC PLATE

KNOW WHERE FIBER FITS AT MEALS



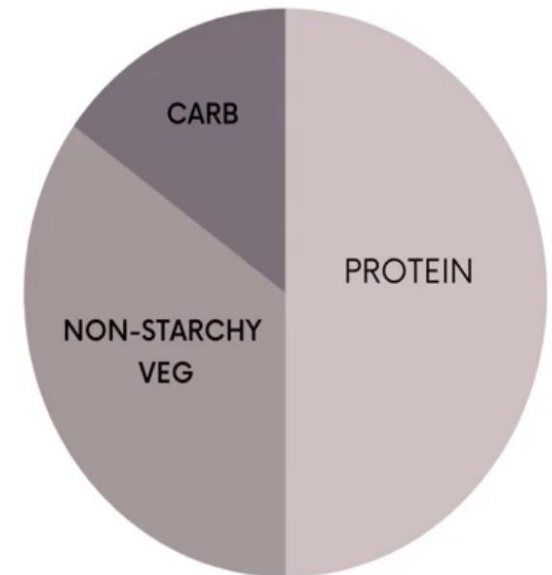
How do I meet my fiber goals?

Carbs Section:

- Starchy veggies
 - pinto beans, lentils
 - black eyed peas
 - acorn squash
 - edamame
- Grains
 - bulgur, quinoa
 - barley, chickpea pasta
- Fruit
 - berries, pear, avocado

BARIATRIC PLATE

KNOW WHERE FIBER FITS AT MEALS



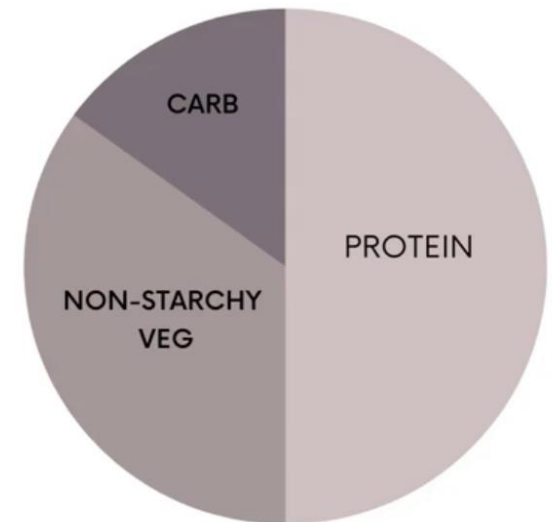
How do I meet my fiber goals?

Non-starchy veggies:

- Spinach
- Asparagus
- Artichokes
- Turnip greens
- Swiss Chard
- Brussel Sprouts
- Cauliflower
- Broccoli

BARIATRIC PLATE

KNOW WHERE FIBER FITS AT MEALS



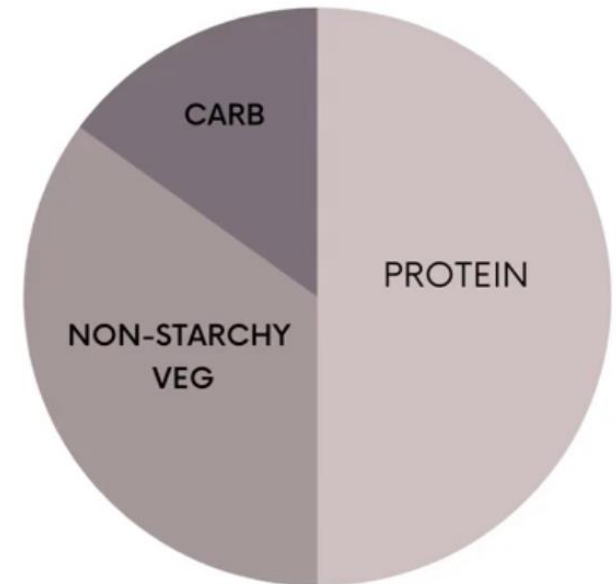
How do I meet my fiber goals?

Protein:

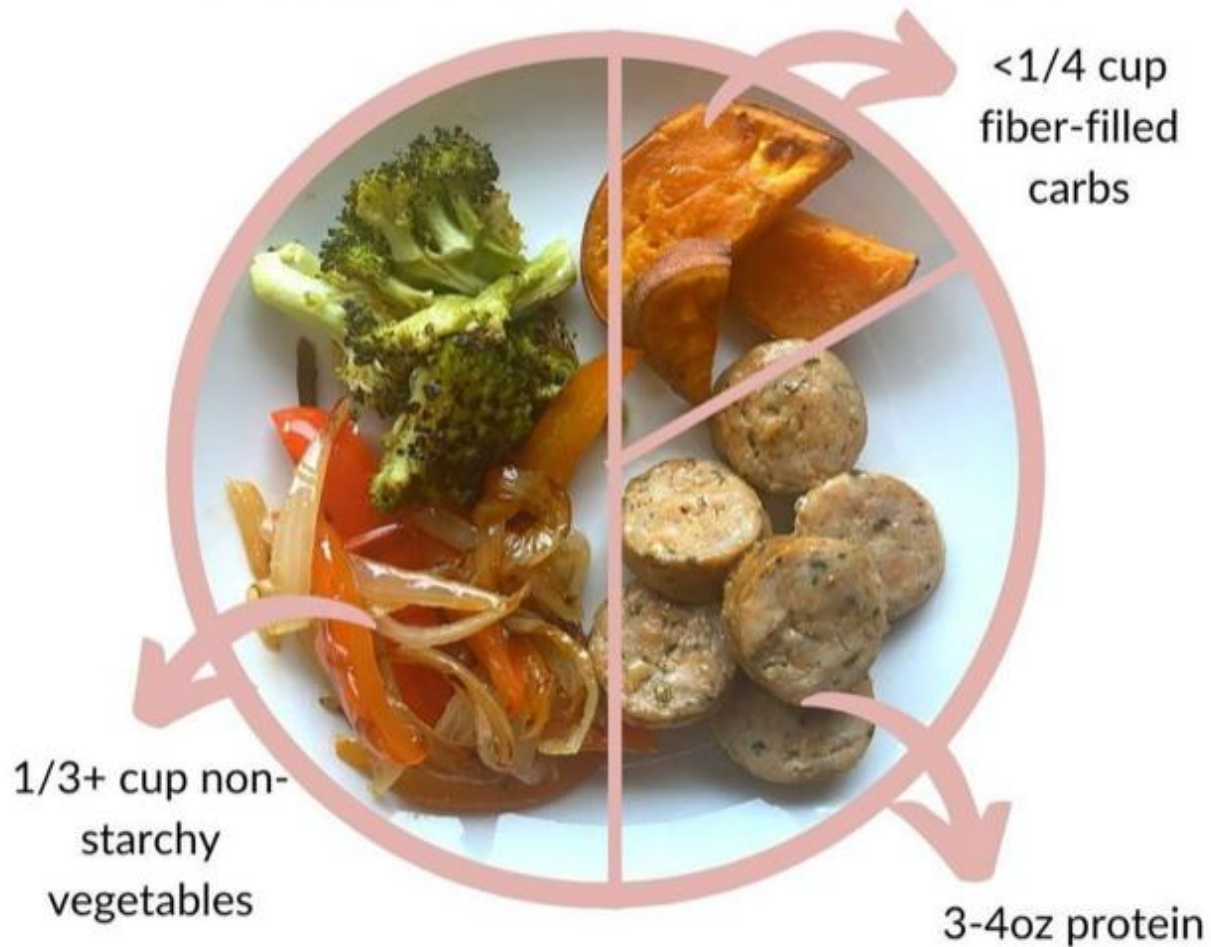
- Edamame
- Beans
- Lentils
- Tempeh
- Veggie Burger
- Black bean burger

BARIATRIC PLATE

KNOW WHERE FIBER FITS AT MEALS



BALANCED BARIATRIC PLATE



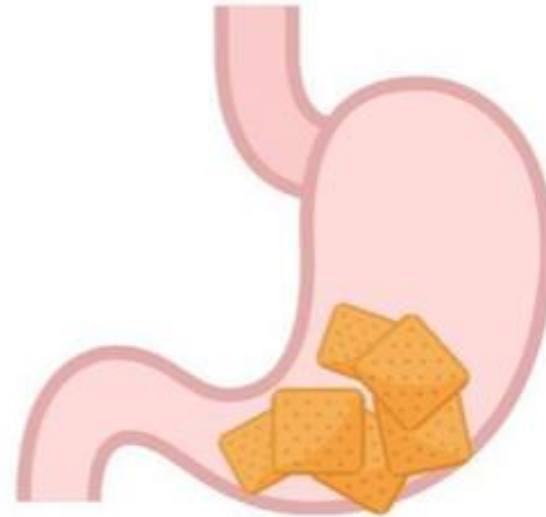
MY *Bariatric* DIETITIAN

EATING AFTER *Bariatric Surgery*



EATING A BALANCED MEAL

- Support protein goals
- Stay full longer
- More satisfied
- Better lasting energy



EATING SLIDER FOODS

- Little to no protein
- Can eat larger serving size
- Gets hungry sooner
- Craves more carbs

MY *Bariatric* DIETITIAN

EATING AFTER

Bariatric Surgery

FULL FOR MINUTES...



Crackers

FULL FOR HOURS...



Chicken salad
+ whole wheat crackers
and strawberries

MY *Bariatric* DIETITIAN

Set the record straight!

- We benefit from carbs
 - Our brains needs them
 - Our digestive system needs them
 - Our workouts need them
 - Our energy levels need them
- Carbohydrate education is the KEY to confidently consuming carbs!

Problematic Foods

There are a list of foods that will likely result in undesirable effects such as nausea, vomiting, diarrhea, weight stalls or even weight gain.

If you make the decision to move forward with these options, there will likely be side effects and unwanted results.



Problematic Foods

Sweets and desserts:

- High in calories, fat and added sugar
- Counterproductive to your weight loss goals
- Can cause dumping syndrome after a gastric bypass

High fat, oily, greasy foods:

- High in calories, fat and sodium
- Counterproductive to your weight loss goals
- Can cause discomfort

Doughy & sticky foods:

- Bread, rice and pasta
- These are commonly poorly tolerated
- Portion size is always most important

How many calories should I be eating post-op?

- It depends!
- There is no true “normal” that will meet everyone’s needs
- There is no evidence on calorie requirements for post-bariatric patients at this time
- Your portions are guided by your fullness signal to stop eating
- **Portion sizes vary based on each individual and also may gradually change over time, but you generally should not be eating more than 4-6 ounces in one meal after surgery.**

How many calories should I be eating post-op?

- The right balance of calorie requirements is hard to determine.
- In 2008, the American Society for Metabolic and Bariatric Surgery (ASMBS) Nutrition Committee published the Allied Health Nutritional Guidelines for the Surgical Weight Loss Patient.
- The guidelines do not include calorie recommendations for patients following bariatric surgery
 - ...and neither does the 2019 American Dietetic Association Systematic Review of Nutrition in Bariatric Surgery.

General guidelines for “normal calories” post-surgery

0 – 6 months: 600 – 800 calories

6 - 12 months: 800 – 1000 calories

12 – 18 months: 1100 – 1300 calories

18 months plus: 1400 – 1600 calories

Protein intake of approximately 70-80g/day will meet the protein needs for most people.

***These are general guidelines, not my individualized recommendations**

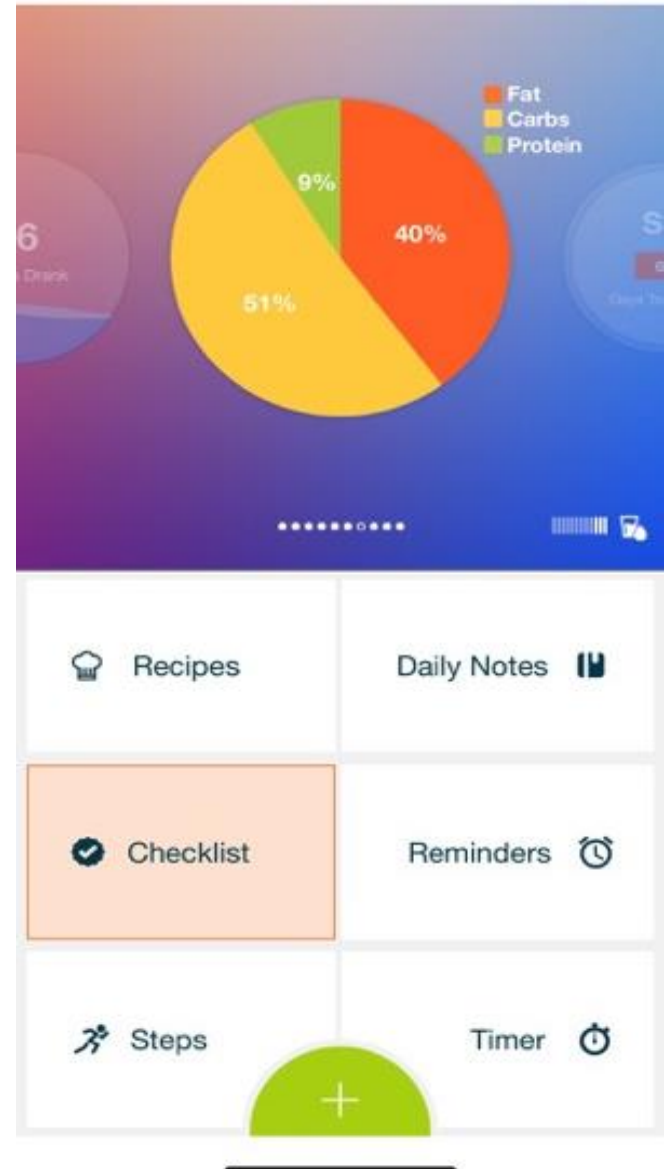
***There are several variables on any given day that can change this guideline, which is why this is general and not specific to you individually**

General guidelines macronutrient percentages

Protein: 50% of calories

Carbohydrates: 30% of calories

Fat: 20% of calories



Beware of relying on restriction

- It is not recommended to exclusively rely on the feeling of restriction to control your portion sizes, since your stomach will be able to hold slightly larger amounts over time.
- We encourage you to make portion control strategies part of your daily routine.

Portion control strategies

- Use a smaller plate or bowl.
- Put a smaller amount of food in front of you to begin with.
- Don't let yourself get to the point of being ravenously hungry before you start eating.
- Eat without distractions.
- Create intentional stopping points throughout your meal to assess your hunger level and fullness level.

Portion control strategies

- Avoiding eating straight from the bag, box or container. The larger the package, the easier to mindlessly eat from it.
- Take a small Ziploc bag and portion out one serving from the larger bag (or box/container).
- Read the suggested serving size on the food label as a guide. Put the suggested serving size that appears on the label on your plate before you start eating.

Take home message

- Factors distinguishing weight loss success and failure at 5 or more 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

- **Factors increasing the success rate:**
 - Eat protein first
 - Average of 49% of calories from protein, **31% of calories from carbohydrates** and 20% of calories from fat
 - 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
- **Factors increasing the failure rate:**
 - Average of 36% of calories from protein, **40% of calories from carbohydrates** and 22% of calories from fat
 - **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

Grazing vs. Mini-Meals after *Bariatric Surgery*

MINI-MEALS



6 am



9 am



12 pm



3 pm



6 pm

GRAZING



7 am



9 am



10 am



1 pm



4 pm



6 pm



9 pm



10 pm

MY *Bariatric* DIETITIAN

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)
- For more Frequently Asked Questions, visit:
<https://www.bariatricfoodcoach.com/most-asked-weight-loss-surgery-questions/>

Preventing Post-op Weight Regain ONLINE PROGRAM

- ▶ A fully self-paced online program that to help you either PREVENT, MANAGE or REVERSE post-op weight gain.
- ▶ <http://cassandragolden.com>



Click on
“Online Program:
Register NOW”

Helpful tools for self-monitoring

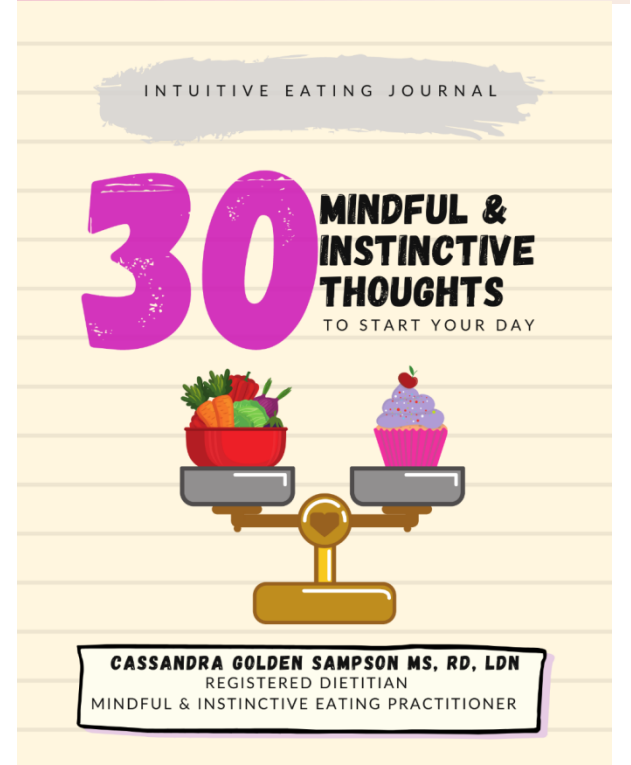
Baritastic App:

- 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!](#)





By *Cassandra Sampson*

Registered Dietitian; Mindful & Instinctive Eating Practitioner

✓ Preparing for pregnancy

- Introduction to intuitive eating
- The Diet-binge cycle
- Preparing for pregnancy
- Side effects of dieting

✓ Pregnancy after surgery

- Vitamin and minerals
- Nausea and vomiting
- Weight gain
- Food safety
- Common GI symptoms
- Calories, protein, carbs
- Early satiety
- Recommended bloodwork
- Glucose tolerance test
- Meal planning guide

✓ Breastfeeding after surgery

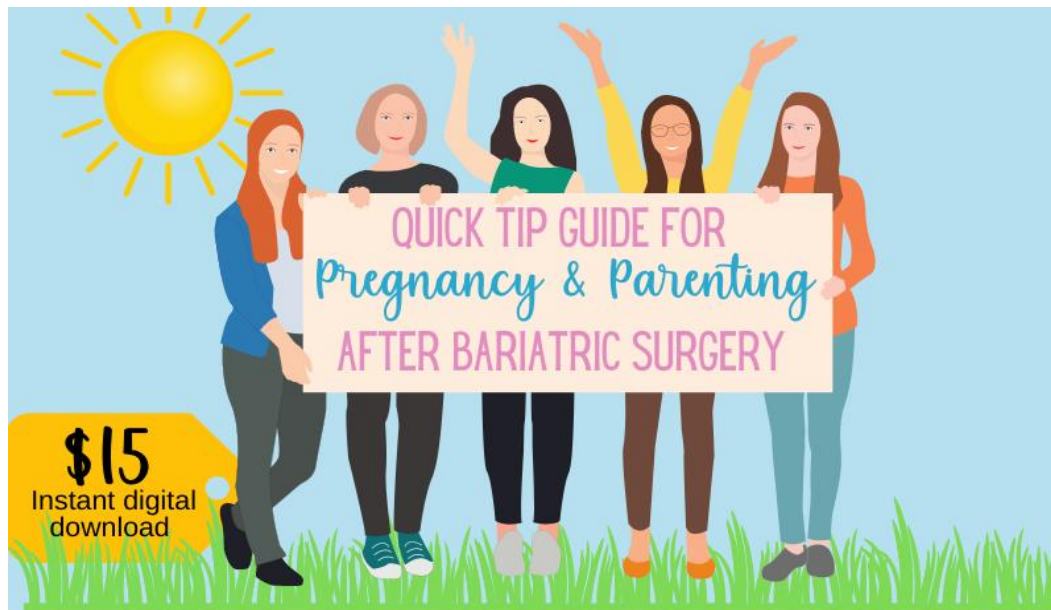
- Calories
- Protein
- Vitamin and minerals
- Hydration
- Considerations for mom
- Bonus lactation cookie recipe

✓ Body Positive Parenting

- Tips for raising an intuitive eater
- Body neutrality for parents
- Connecting intuitive eating and body neutrality
- Recommended resources
- Helpful mantras

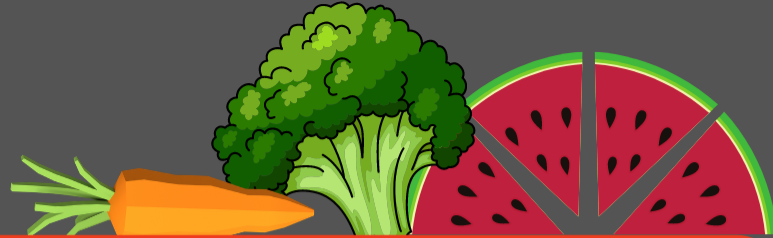
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- Click on "Quick Tip Guide for Pregnancy after Bariatric Surgery"
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- You have 72 hours to download and save the mini e-book



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