

Nutrition Education Before Bariatric Surgery: What to Expect



At the Presbyterian Bariatric Center, you will learn about nutrition so you can meet your body's nutritional needs after bariatric surgery. You will have nutrition education, as required by your insurance. Nutrition education is scheduled with enough time between sessions to allow you to practice all the skills taught.

Nutrition education will:

- Teach you how to meet protein and fluid needs before and after your surgery
- Provide tips, tools and resources to help you make diet changes that work for you
- Help you set goals and monitor progress on your goals to get ready for surgery
- Help determine your ability to meet nutritional needs after surgery in the event you need to delay having bariatric surgery or are removed from the bariatric surgery program

You, as the patient, will:

- Have access to record everything you eat and drink in the [Baritastic app](#) at www.baritastic.com
- Find it helpful to keep your handouts organized in a binder that you bring to each visit
- Ask questions if you don't understand something
- Be open to trying new foods, new recipes and basic cooking
- Work on and meet your goals to be prepared to have bariatric surgery

Bariatric Program Scheduling

- Arrive 15 minutes prior to your appointment. If you arrive late, your appointment will be rescheduled.
- If necessary, cancel or reschedule at least 24 hours before the appointment
- Communicate with the bariatric team if you are having difficulty keeping up with the demands of the program and would like to take a break

Goals for Surgery

	Record meals, snacks and beverages regularly in the Baritastic app
	Eat three meals containing protein every day
	Know and meet your daily protein goal using bariatric-friendly protein servings
	Find a protein supplement that meets the criteria for use after surgery
	Drink 64+ fluid ounces of sugar-free liquids daily
	Avoid carbonated (fizzy) drinks
	Avoid juice, lemonade, fruit-flavored drinks, soda, sport drinks, specialty coffee drinks and energy drinks
	Do not drink liquids 30 minutes before, after or with meals
	Take small bites of food and chew food until it is the texture of applesauce
	Limit alcohol intake to no more than 1-2 standard drinks per week

Success after Surgery

One of the most common fears of those who have bariatric surgery is that they will gain weight back. The following best-practice guidelines can help you maintain weight loss after surgery.

1. Keep daily food records and use them to determine patterns in eating that do work or don't work for you. Compare your food intake to your goals. The Baritastic app will continue to be available to you after surgery.
2. Monitor your weight at least once per week. You can track it in the Baritastic app. Successful weight maintenance is considered staying within 3% of your goal weight.
3. Find a fun way to get active (which may include things you already do regularly). We recommend 200-300 minutes per week of physical activity at a moderate intensity (such as a brisk walk). We also recommend 20 minutes of muscle-building activity twice each week. Slowly work your way up to this amount. For more information, check out this helpful activity planner at health.gov/moveyourway/activity-planner.
4. Choose foods low in fat and sugar. Not only does this help with weight loss and maintenance, it can help to manage high cholesterol, diabetes and fatty liver. Check out [MyPlate.gov](https://myplate.gov) for more information.
5. If emotional eating is a problem for you, learn to manage stress, boredom and emotions without using food or drink.