

## **Bariatric Surgery Program: Behaviour Modification and Nutrition Goals**

### **Behaviour modification goals:**

- Follow a structured eating pattern with no skipped meals
  - Aim to eat 5 to 6 times per day
  - Include protein at all meals and snack
- Practice mindful eating (see mindful eating handouts)
  - Implement the 80/20 rule
- Plan meals and snacks and eat in designated eating areas, preferably without distraction
- Use smaller plates (purchase and use 7- to 9- inch plates)
- Avoid drinking water with meals
- Start to incorporate physical activity into you daily routine
- Self-monitor eating and physical activity (keep a food diary or exercise log)
  - Try to keep a food diary, 3-4 days per week. Track protein and aim for at least 60grams per day)
  - Keep by hand or using an app (Try Myfitnesspal or LoseIt)

### **Nutrition goals:**

- Decrease/eliminate fast-food meals
- Eliminate all calorie-containing beverages
- Decrease processed foods/simple sugars
  - Ensure all choices contain <12g of added sugar per serving
- Focus on increasing intake of lean meats, low-fat/nonfat dairy, legumes, nuts/seeds, whole fruits and vegetables, and whole grains
- Drink 2000mL (8 cups) of noncarbonated, non-calorie, or low-calorie fluids throughout the day
- Eliminate alcoholic beverages and carbonated beverages at least 2 months pre-surgery
- Purchase and take supplements recommended by the dietitian
- If you have Type 2 Diabetes, manage and monitor you blood glucose levels to stay within target ranges.