

HEALTHFUL TIPS

Nutrition Tips after Weight Loss Surgery



The goal after weight loss surgery is to firmly establish a lifestyle that supports a healthy weight. Weight loss surgery makes changing habits much easier. Not only are you highly encouraged with initial weight loss, most people report that they have more energy and motivation following surgery. Weight loss surgery is an amazing tool, but those who embrace healthy habits will reap its optimal rewards. Here are some nutrition tips for everyone from those of you who have just had surgery to those who had it years ago. Find a few that you can focus on during April.

Start your day with a high-protein breakfast. You'll get a head start on your protein goal and have more energy.

Keep a food journal and track food choices, serving sizes, protein and calories.

Shop from a list — making sure to get healthy foods and avoiding the not-so-healthy ones. Plan ahead to know what you will need.

Select as many fresh, unprocessed foods as possible.

Eat slowly and mindfully as you savor and enjoy each bite. Not only will you tolerate more foods (if they are well chewed), you will also be able to recognize your body's signals that it is getting full.

Embrace these healthy habits to help maximize your success

Avoid foods and beverages with more than 2 grams of added sugar. Sugar causes your blood to sugar climb quickly and results in hunger and cravings. For gastric bypass patients, added sugars often cause dumping syndrome.

Avoid carbonated drinks for at least 3 months following surgery. The carbonation can cause gas pain and stomach pressure.

Don't drink with meals. Follow the 5/30 rule to help you to remember to stop drinking 5 minutes before your meal and not to resume drinking until 30 minutes after you have finished eating. This will help you to prevent over-filling your new small pouch and reduce the risk of reflux. You will also avoid flushing foods out of your stomach quickly, which can result in larger quantities of food eaten.

Schedule and keep your follow-up visits. Your Barix Clinics team is excited to help you reach your weight loss goals and be sure that your nutritional needs are being met.

Choose healthy, high-protein snacks such as a small handful of nuts, peanut butter on an apple, or cottage cheese and fruit.

In order to change we must be sick and tired of being sick and tired.

Fannie Lou Hamer

Focus on getting all of your protein in first. Protein helps you to maintain muscle mass during the rapid weight loss phase and helps you feel full longer.

Say "no" to alcohol. There are several reasons for this — alcohol is full of empty calories which can slow your weight loss, it can also contribute to stomach ulcers, and weight loss surgery also makes you more sensitive to the effects of alcohol.

Drink mostly calorie-free fluids. Get at least 64 oz of calorie-free fluids daily.

Give your teeth more responsibility — chew your foods really, really well, achieving a paste-like consistency before swallowing. You'll find that you can tolerate many more foods if you simply learn this one habit.

Avoid straws. Straws cause people to drink too fast and many people swallow air when they use a straw — both can lead to discomfort.