



Peachtree Surgical & Bariatrics



Bariatric Follow up Diet and Exercise Guide



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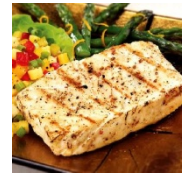
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Why is Protein so Important?

- Protein aids in proper wound healing after bariatric surgery.
- Protein helps keep your hair, skin, bones and nails healthy
- Protein helps your body burn fat instead of muscle for a healthier weight loss.
- Protein helps build muscle which leads to quicker weight loss. Remember, the more muscle you have on your body, the faster your metabolism, and the more fat calories you will burn, even while at rest.
- Protein triggers the fat burning hormones in our body. Protein stimulates the release of glucagon which is a hormone that allows us to utilize our stored fat.
- Protein curb's your hunger between meals and avoid "snacking temptation".
- Protein allows you to feel full for a longer period of time.



Protein and your meals:

Eat all your protein foods first, and then move on to your vegetables and fruits.

Half your meal size should consist of protein.

Try to have protein as part of every meal.



Protein-Rich Foods

Eggs, fish, chicken, turkey, tofu, shrimp. Try to choose white meat poultry. Nuts, beans, nonfat/low-fat cottage cheese, cheese, plain or artificially sweetened nonfat/low-fat yogurt, Lactaid milk.

How Do I Get The Recommended Amount of Protein I Need?

*It is recommended that you get average 60-80gm protein/day. This should be broken up into 3 meals, 2 snacks.

You can determine the protein amount with packaged/labeled foods, but foods without labels can be tricky

Here is a helpful explanation for protein content

▪ ounce of protein = 7gm of protein

▪ 1 egg = 7gm protein



▪ 3 oz serving of protein = 21gm protein

(size of palm of your hand or deck of cards)



Greek Yogurt:

Dannon light and fit 6 oz = 12 grams of protein

Yoplait: 1 container = 11gm of protein

Fage: 6oz = 15gm of protein for 0%, plain,
10gm of protein for Flavored, 2%

Chobani: 6oz = 14gm of protein



Why should Carbohydrates be avoided?

- **Carbohydrates activate the fat storing hormones in our body .** Once we consume foods that are high in carbohydrates and sugar, our blood sugar becomes elevated. Our body naturally makes insulin to regulate our blood sugar. However, insulin is a fat storing hormone and has a negative effect on weight loss. Once insulin levels are elevated, our body will store everything that we eat as fat for the next 24 hours.
- **Eating too many carbohydrates will make your portions larger.** Carbohydrates pass through your pouch and into your intestines much quicker than protein. This makes room for more food, ultimately making your portions larger. Because carbs don't stay in your pouch for a long period of time, you will start to feel hungry 1-2 hours after eating
- Carbohydrates also trigger inflammation in our entire body, including your new stomach pouch. Eating too many carbohydrates can stretch your pouch and increase your portion sizes.



Fiber

Not all carbohydrates are bad. Complex carbohydrates such as beans, fruits and vegetables are encouraged. These foods contain more fiber than sugar. Fiber counteracts the body's insulin response to sugar and can activate fat burning hormones. Fiber is also vital in controlling hunger and decreasing cravings.



Carbohydrates to Avoid

bread, rice, pasta, oatmeal, grits, cream of wheat, crackers, chips, macaroni and cheese, juices, sweet teas, sodas, potatoes, bagels, pancakes, cereal, tortilla, sweet treats such as cookies, cakes and candy



Food Labels:

Read all your food labels to determine the nutrient content and be on the lookout for hidden sugars. Serving size is important!

Be careful when reading labels at the market. Quoted protein amounts are based on certain serving sizes and you may not be able to have a whole serving. So, a product that appears high in protein may not be all that high.

Check the other nutrients also. A food high in protein, but also high in carbohydrates or fats would not be a good choice as the proportion of protein is not as good as it looks.

Choose foods that contain:

- less than 10 grams of carbohydrates per serving
- less than 5 grams of sugar per serving
- more fiber than sugar

Your carbohydrate intake should contain be less than 40 grams per day

Your sugar intake should be less than 20 grams per day

Nutrition Facts			
Serving Size 32g			
Servings per Container about 7			
Amount Per Serving			
Calories	90	Calories from Fat	60
% Daily Value*			
Total Fat	6g		9 %
Saturated Fat	3g		15 %
Trans Fat	0g		
Cholesterol	20mg		7 %
Sodium	410mg		17 %
Total Carbohydrate	2g		1 %
Dietary Fiber	0g		0 %
Sugars	1g		
Protein	5g		
Vitamin A	10 %	Calcium	20 %
Vitamin C	0 %	Iron	0 %
*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
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Exercise

Exercise is very important. Once your body detects that you are losing weight, it will try and slow things down by lowering your metabolism. Your body likes you just the way you are and it will try it's best to keep you at your current weight. We can't let your metabolism slow down at this point. If we do, the weight loss will stop. Exercise, especially resistance type exercise, will help speed your metabolism and counteract your body's



attempt to slow things down. The more muscle you have, the faster you will burn fat!

Most people find that as the weight comes off after surgery, it becomes easier to exercise. We recommend that our patients exercise at least 10 -

30 minutes a day at least 5 days a week.



- When you get home, you should start a walking program to your tolerance. If you begin to feel short of breath, tired or exceed your target heart rate during the walking program, slow your pace or stop.
- Maintaining muscle mass by performing resistance exercises is very important to keep your metabolism from slowing down.
 - Resistance training is anything that gives resistance against your muscles.
 - Resistance training can be done with elastic bands, hand weights or simply using your own body weight
 - Try to do at least 15 minutes of resistance training each day.

We will start you on an exercise program that includes High Intensity Resistance Training. Our program will allow you to burn fat and increase your metabolism.

Remember that you should always check with your doctor about the amount and type of exercise that is best for you



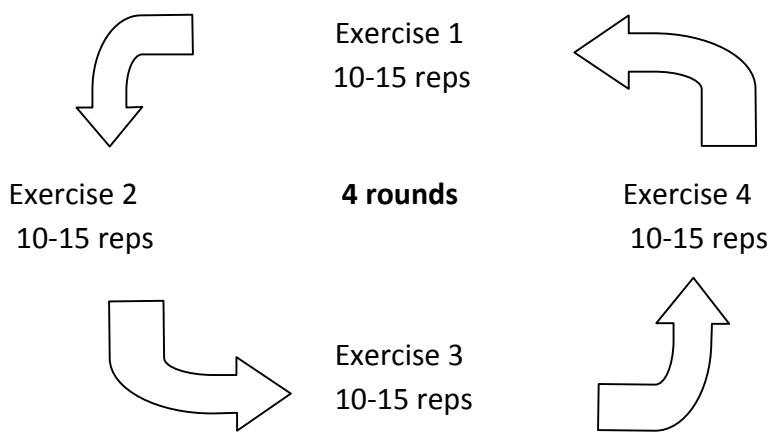
- Do exercises daily or every other day.
- Do exercises slow and controlled for best results.

Exercise Routine

Warm up: 15 minute cardio workouts (walking, treadmill, elliptical, biking, swimming, etc).

Strength training workout: 25-30 minutes. Pick 4 exercises from exercises below and follow exercise diagram:

WORKOUTS



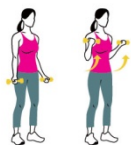
Pick 4 strength/resistance training exercises

Do 10-15 repetitions of exercise

Do 4 rounds of each type of exercise

Use 5 lbs, 8 lbs, or 10 lbs hand weights.

Bicep Curls – start with weights in hands and hold at hips, raise up to shoulder and with slow and controlled movements bring arm back down to 90 degree angle.



Lateral Raises – start with weights in hands at hips. Raise arms up to shoulder level, making a “T” shape with body. Then with slow and controlled movements bring arms back down to hips.



Overhead Tricep Press- start with one weight in both hands, holding it over your head, then slowly bring weight down behind head and back up.



Wall Squats – start by standing against wall, then slowly position yourself into a sitting position on wall (like you were sitting in an imaginary chair). Hold this position for 15-30 seconds. Come back to standing position. Repeat. For a more challenging option, use with a stability ball.



for more challenge:



Abdominal Twist – start in standing (easier) or seated (harder) position with one weight in both hands. Twist body to left side, then back to center, and over to right side. Repeat.



Side Bends – start in standing position with weights in each hand. Lend down to left side, back to center, then down to right side. Repeat.



Back Extensions (Superman) – Lying on stomach, lift head, arms and legs off floor and hold for 15-30 seconds. Repeat.



Cool down (optional): 15 minutes cardio workout (walking, treadmill, elliptical, biking, swimming, etc.)

Additional Resources

The Internet

The Internet has a wealth of information and online support groups for bariatric surgery patients. Support group members have recommended searching under “Gastric Bypass” to find a wide selection of sites. You can post messages and ask questions of former patients from a variety of programs across the nation.

Download our App

Download our App to track your weight loss, have access meal plans, recipes and even ask the staff at PSB non-emergent questions. You can download our app from your Smartphone’s App store. Just search for Peachtree Surgical and Bariatrics! **Don’t miss the Knife and Fork icon on the Apps home page for the useful nutritional tracker!**

Support Groups

One of the assets of the Bariatric Surgery Program is the post-operative care provided to our patients. Medical studies on Gastric Bypass patients conclude that the most successful patients are those who adhere to and take advantage of the follow-up activities provided by comprehensive programs.

Monthly Support Group programs not only offer you the opportunity to compare your experience with the patients in one-on-one, informal setting, but they strive to provide educational sessions each month on topics of interest to Gastric Bypass patients.

We strongly encourage you to attend support groups. It is proven that support group attendance increases your chance for a successful outcome.

- Our live support groups is *usually* held every **3rd Tuesday of the month at 6:30 pm at our Northside location**. Please contact the office or website for more details.
- In addition to the live support groups, we also offer online support. Please visit our online support group via Facebook at www.facebook.com/groups/peachtreebariatrics



Grocery List

Meat, Poultry, & Seafood – get the most lean portions

Beef Hearts (ground)
Beef flank
Beef round
Chicken - breast, thighs, wings
Cold cuts – turkey, ham, salami, chicken
Pork Tenderloin
Turkey
Veal
Catfish
Cod
Crab
Haddock
Halibut
Lobster
Orange rough
Perch
Salmon
Scallops
Sea Bass
Shark
Shrimp
Snapper
Sole
Swordfish
Trout – Rainbow
Tuna – white, Albacore, water packed
Tilapia

Dairy

Eggs – limit if cholesterol is high
Eggbeaters
Egg Whites (no yolks)
Yogurt – Greek or light yogurt
Cottage Cheese
Cheese – 2% or fat-free
Milk –Skim, 1%, Almond, Soy, Lactaid

Vegetarian

Tofu
Veg-e-burger

Veg-e-cutlet or meat substitute
Soy substitutes

Vegetables – Non Starch

Amaranth – Chinese spinach
Artichoke, Artichoke hearts
Asparagus
Avocado
Baby corn
Bamboo shoots
Beans – green, wax, yellow, Italian, black, pinto, lima, edamame, kidney, lentil, chickpea, yard-long
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage – green, bok choy, Chinese
Carrots
Cauliflower
Celery
Chayote
Coleslaw – packaged, no dressing
Cucumber
Daikon
Eggplant
Fennel
Garlic
Greens – collard, kale, mustard, turnip
Green onions
Hearts of palm
Herbs - parsley, cilantro, basil, rosemary, thyme, etc.
Jicama
Kohlrabi
Leeks
Mushrooms
Okra
Onions
Parsley

Vegetables cont.

Pea pods
Peas – green, black-eyed, English, sugar-snap, sweet, snow
Peppers – Bell (green, red, yellow, orange), jalapeno, chili, banana
Puslane
Radishes
Rapini
Rhubarb
Rutabaga
Salad greens – chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress, iceberg
Sauerkaut
Scallions
Shallots
Spinach
Sprouts
Squash – cushaw, summer, crookneck, spaghetti, zucchini
Swiss chard
Tomatillo
Tomato
Turnips
Water chestnuts
Zucchini

Fruits

Apricots
Applesause – unsweetened
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Dates
Grapefruit

Honeydew melon
Kiwi
Lemon
Lime
Nectarine
Orange
Peach
Pear
Persimmon
Pomegranate
Raspberries
Strawberries
Tangerine

Vitamins

2 multi vitamins
Calcium 1500 IU
Vitamin D3
Iron 325mg
Vitamin B12

Daily Intake

Protein level

60-80gm/day
20gm/meal
3 oz of meat = approx. size of palm of hand = approx. 20gm of protein

Carbohydrate level (non starch vegetables, beans, peas, and fruit)

30-40gm/day
10gm/meal

Sugar level

10gm/day
artificial sweeteners – 1 packet is equivalent to 2 gm of sugar

Carbohydrates To Avoid

Breads

- Whole Wheat
- Whole grain
- Fiber bread
- White
- Rye
- Muffins
- Biscuits

Crackers

Pastas

- Whole Wheat
- Whole grain
- Green (Vegetable)
- White

Rice

- White
- Brown
- Wild
- Jasmine
- Long grain
- Yellow

Tortillas (wraps)

- Flour
- Corn

Fiber

- Whole grain
- Whole wheat
- Spinach
- Potato
- Idaho
- Red skinned
- White
- Sweet potato

Potato Chips

Wheat Chips

Corn

Popcorn

Breakfast Cereals

Oatmeal

Grits

Cream of Wheat

Sweets

Cakes

Cookies

Candy

Chocolate

Sodas

Energy drinks