NUTRITION PRINCIPLES OF BARIATRIC SURGERY

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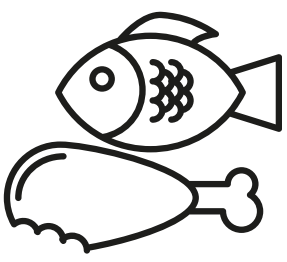
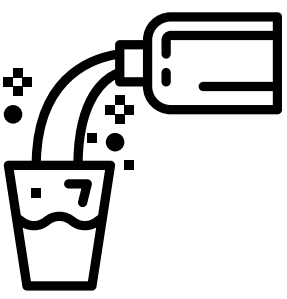


PROTEIN

Protein is necessary to preserve muscle mass after bariatric surgery. High protein food sources are: meat, chicken, turkey, fish, eggs, dairy, legumes, tofu, edamame beans and nuts.



HYDRATION

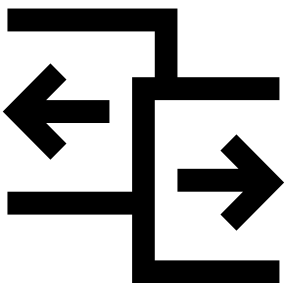
It can be hard to meet your hydration goals due to restriction and not being able to drink with your meals. Put your bottle in plain sight and use alarms or an app to remind yourself to drink.

VITAMINS

It's strongly recommended to take bariatric vitamins for the rest of your life after bariatric surgery. Talk to your bariatric team which vitamins are right for you.

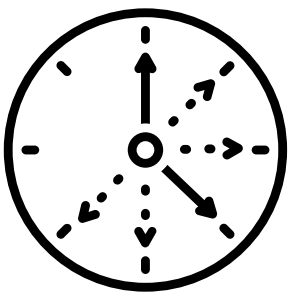
EATING SLOW

Eating slow and chewing your food well helps to prevent digestive issues. It's also a great way to be more mindful of your satiety cues.



SOLIDS & LIQUIDS

It's strongly recommended to keep solids separate from liquids after bariatric surgery. Not drinking together with your meals helps to prevent dumping syndrome and keeps you full longer.

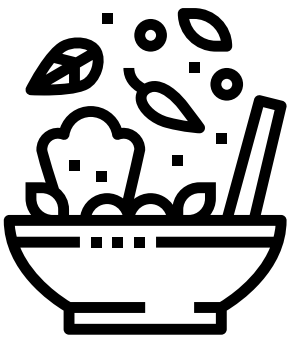


FREQUENT MEALS

Every meal is an opportunity to consume protein. And to enjoy wholesome nutritious foods that your body needs after bariatric surgery. Use reminders if you're having a hard time remembering to eat.

GUT HEALTH

Bariatric surgery changes gut health by altering the digestive system. Foods that promotes gut health are high fiber foods such as whole wheat products, vegetables & fruit. But also (fermented) foods such as sauerkraut, miso soup and, yoghurt and tempeh are great for your gut health.



MEAL PREPPING

Planning your meals and keeping healthy snacks at hand can be a great way to not fall prey of overeating, emotional eating or impulsive eating.

References:

- "Mechanick J.I., Apovian C., Brethauer S., et al. Clinical practice guidelines for the perioperative nutritional, metabolic, and nonsurgical support of the bariatric patient: Cosponsored by American Association of Clinical Endocrinologists, The Obesity Society, and American Society for Metabolic & Bariatric Surgery, Obesity Medicine Association and American Society for Anesthesiologists. 2020. Surg Obes Relat Dis. 2020;16:175-247.