

Welcome to Nutrition Class...

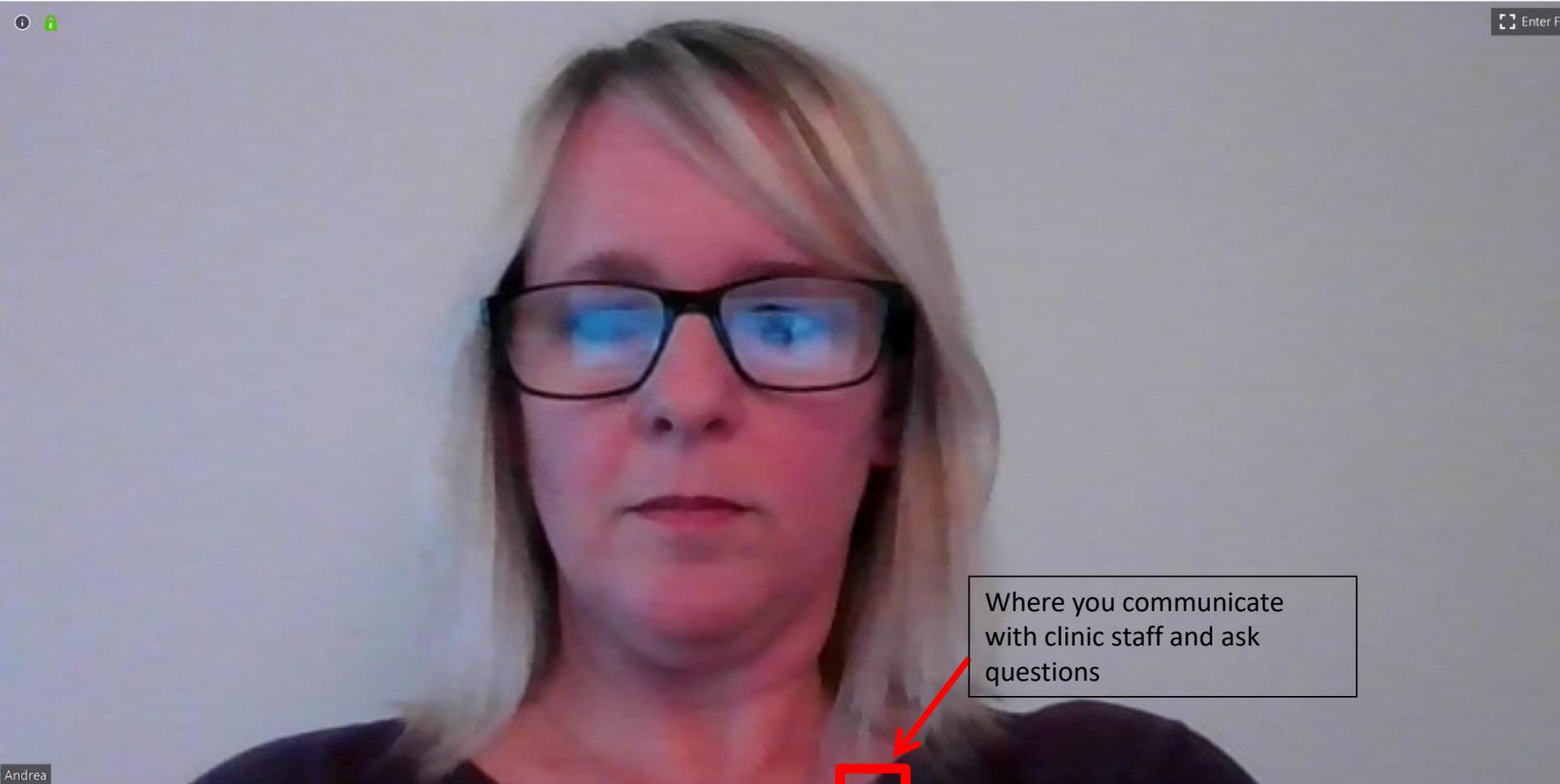
Please Standby (we will start soon)



St. Joseph's
Healthcare  Hamilton

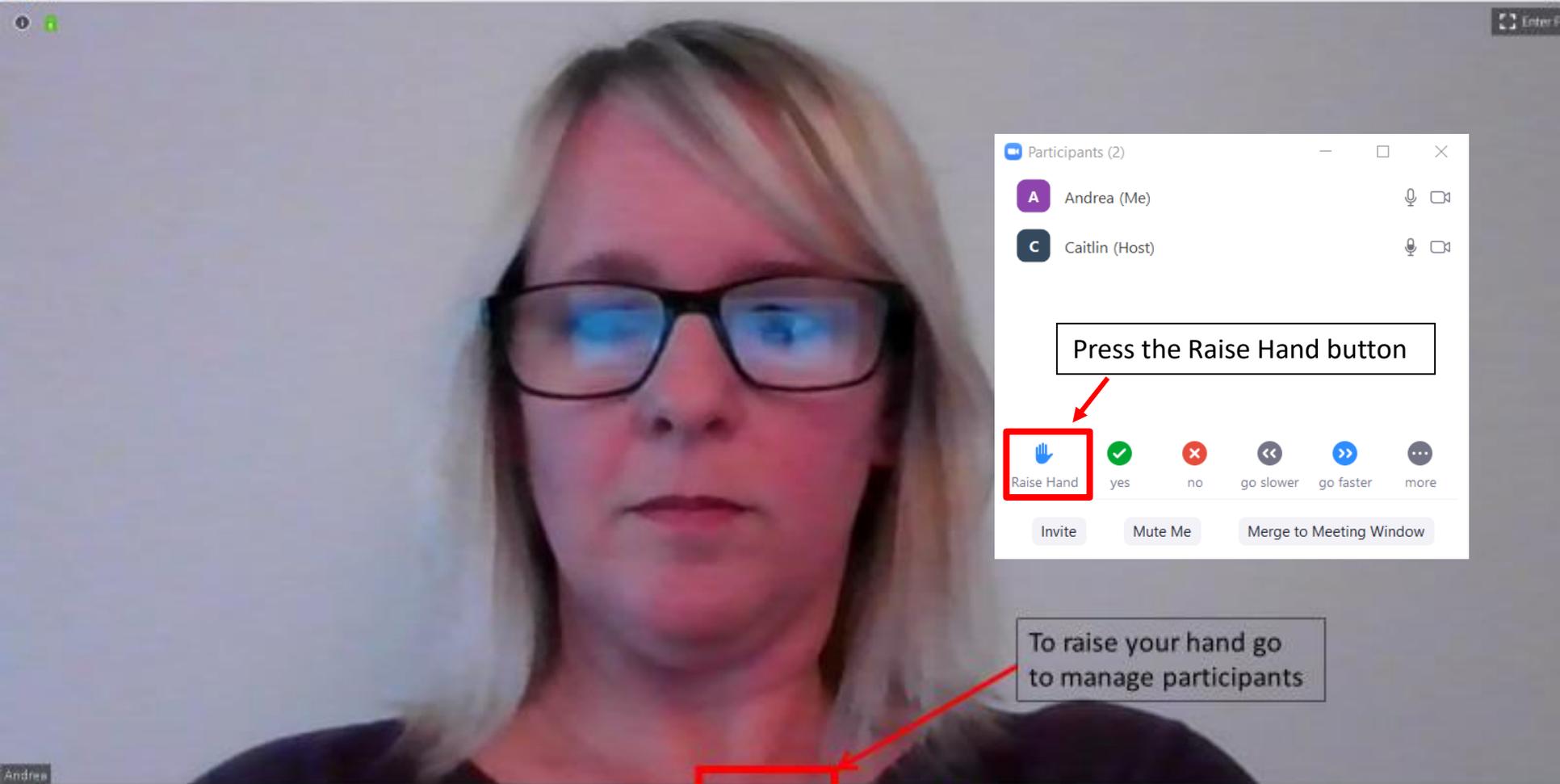
Zoom

- **We are going to take a few moments to review how to use some of the functions in Zoom, which may be helpful to you during our class today**



Where you communicate with clinic staff and ask questions





Participants (2)

- A Andrea (Me)
- C Caitlin (Host)

Press the Raise Hand button

Raise Hand

yes no go slower go faster more

Invite Mute Me Merge to Meeting Window

To raise your hand go to manage participants



Mute/Unmute



Andrea

Mute

Stop Video

Security

Manage Participants 1

Chat

Share Screen

Reactions

End

Zoom

- **Out of respect for the group, please wait until we call on you before speaking so that we can ensure that everyone has a chance to be heard**
- **If you're having problems with Zoom, please message us , as we are monitoring the Zoom "chat"**

Consent For Virtual Class

- **Ensure that you conduct the virtual visit in a location that is private**
- **Eliminate sources of distraction**
- **Engage in the virtual visit as if you were meeting in-person**
- **Please respect yours and the other patients' confidentiality**
- **No recording devices are permitted during this virtual visit.**

Consent For Virtual Class

- **No personal questions will be addressed – we ask that you save any personal questions (ex. Personal health, financial) until your individual appointments with practitioners**
- **We are going to be taking attendance for this session so that we can confirm that you have attended Nutrition Class**



Eating Well Before and After Surgery

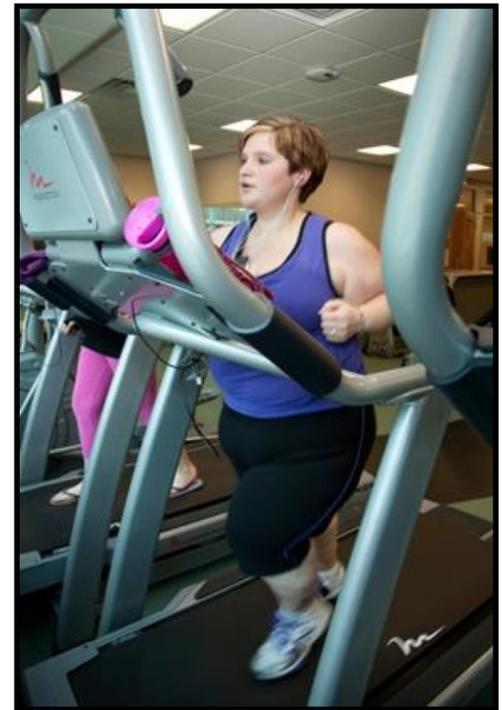
**.... understanding the surgeries
and what you need to do to have
the best results possible and a
great experience**

Today we will help you

- **Understand the physiology of obesity**
- **Understand the surgeries that are offered**
- **Get ready for surgery focusing on nutrition**
- **Set realistic goals to work on over the next few months**

Obesity

- **Obesity is a chronic, progressive condition that you need to manage for the rest of your life**
- **Programs offered will help you find ways to manage your weight and be as healthy as you can**



Canadian Obesity Network

Body Weight

- **Body weight is very tightly controlled by the brain**
- **Hormones and metabolism try to keep body weight at a “set point”**
- **Your body quickly adapts against your efforts to lose weight**
- **Your body returns your weight to its “set point” when you stop whatever you were doing to lose weight**

Body Weight

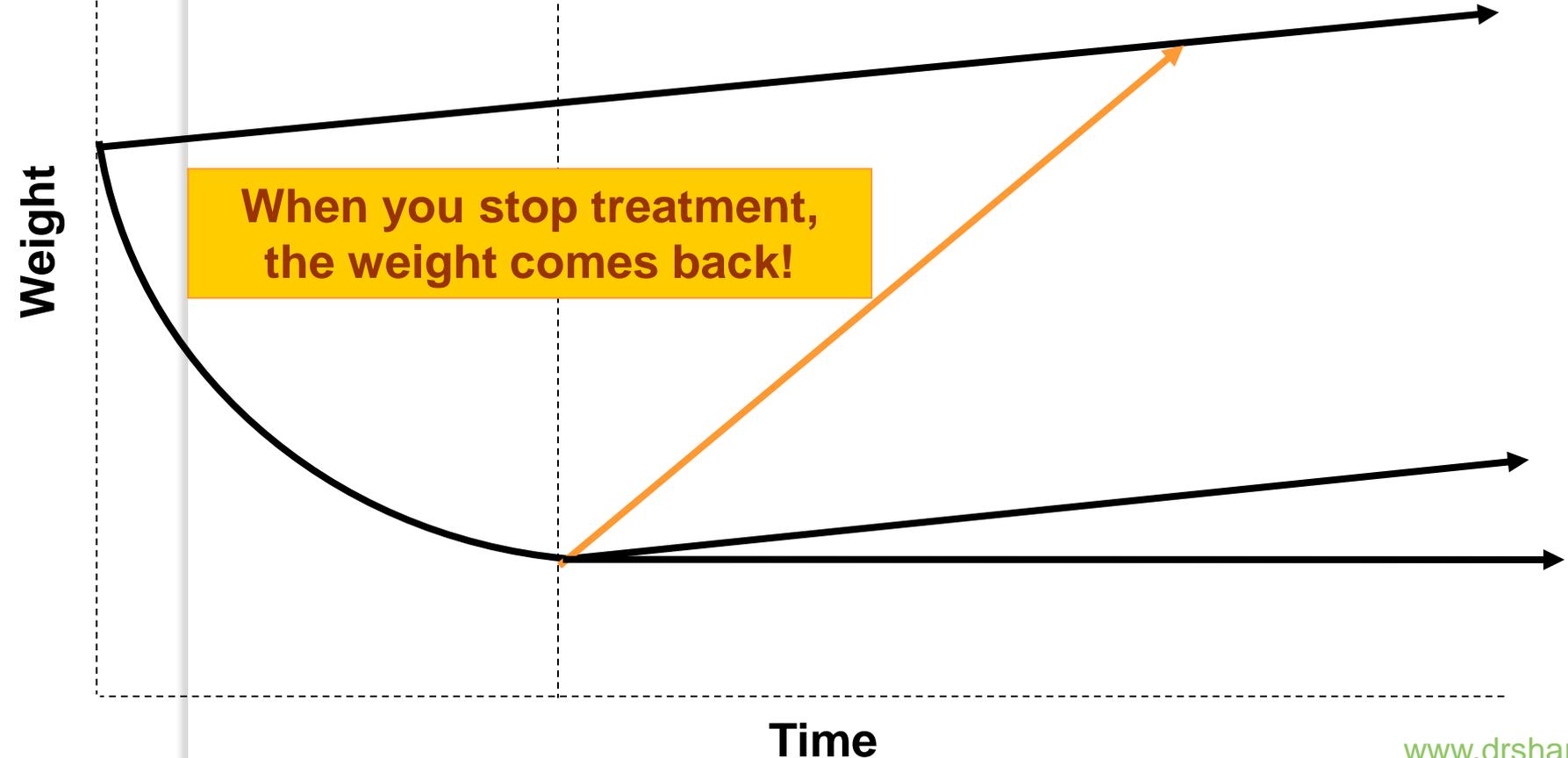
Body weight is greatly driven by modifiable and non-modifiable factors

Modifiable	Non-Modifiable
Diet	Genetics
Exercise	Age
Sleep	Other Medical Conditions
Stress	Medications
Time	Mobility
Support	Food Environments
Medical Health	Medical Health
Mental Health	Mental Health

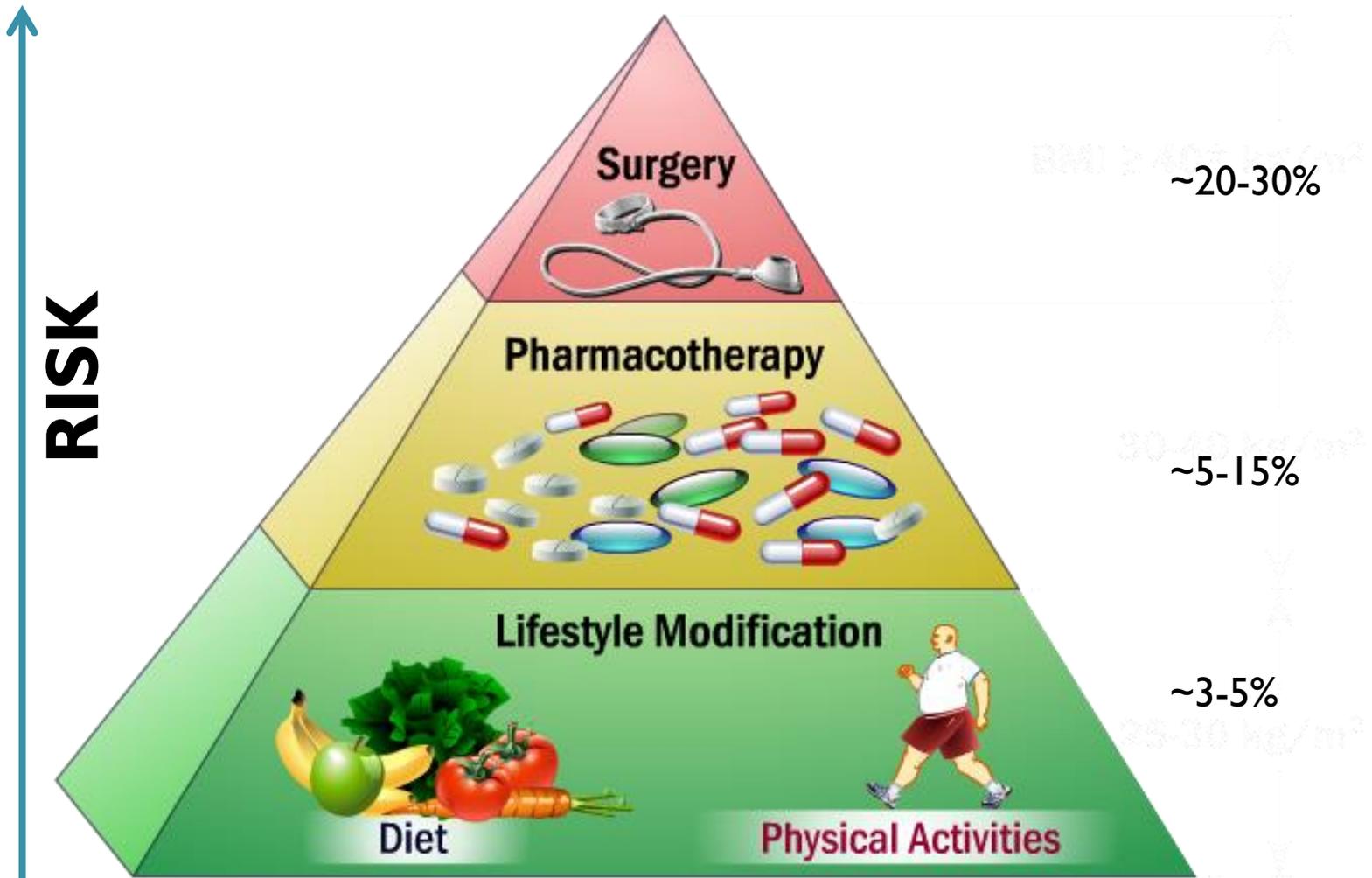
Weight Trajectory

Phase I
(Weight Loss)

Phase II
(Weight-Loss Maintenance)



Treatment Options for Obesity



* adults ≥ 25 with severe comorbid disease may be considered for bariatric surgery

Questions



Available Programs

Weight Loss Surgery (Bariatric Surgery)

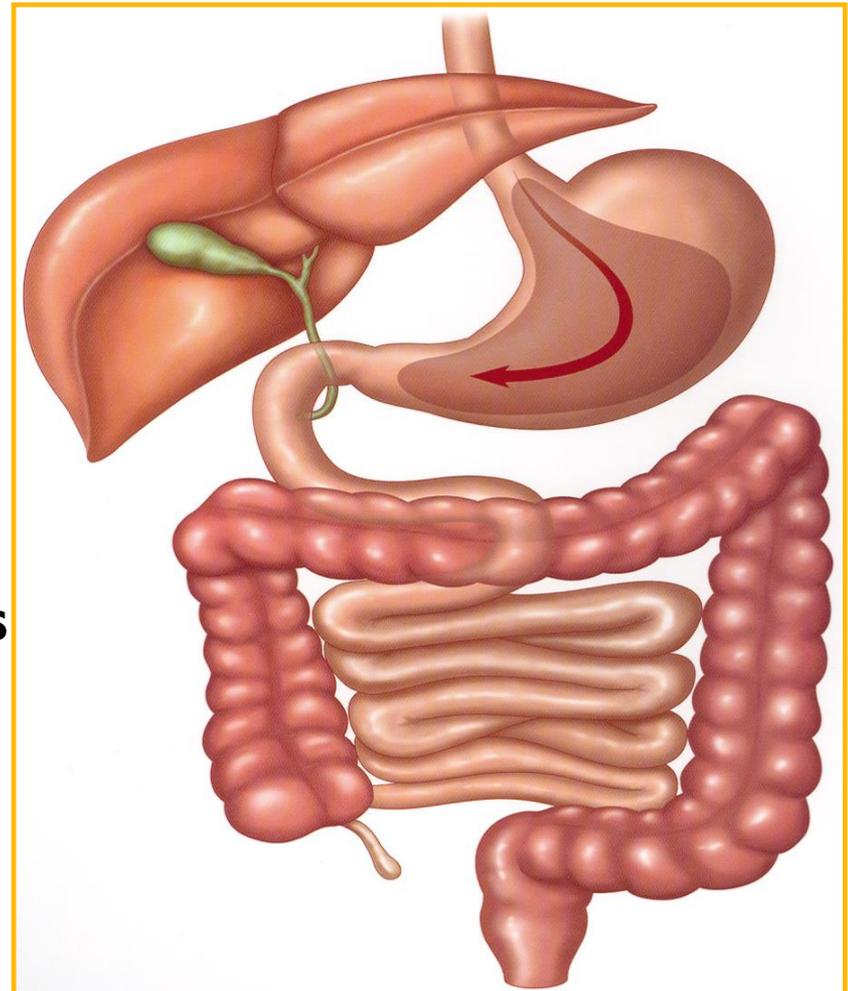
- **Roux-En-Y Gastric Bypass**
- **Gastric Sleeve**

Medical Programs

- **Lifestyle/Behaviour Modification**
- **Low-Calorie Meal Replacement**

What happens now

- **Digestion starts with chewing**
- **Food travels down the esophagus to the stomach**
- **Stomach holds and breaks down food**
- **Food goes into intestines to digest more**
- **Nutrients are absorbed**
- **Waste is excreted**

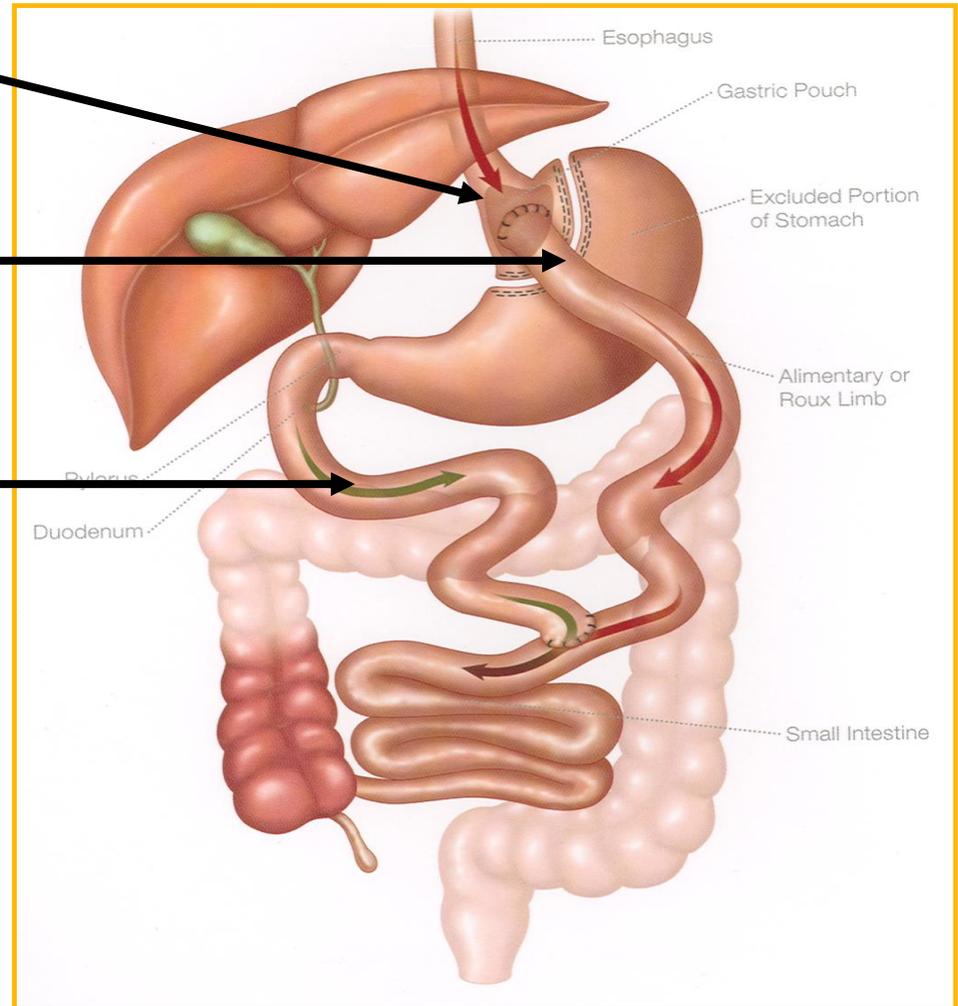


Gastric Roux-En-Y Bypass (Gastric Bypass)

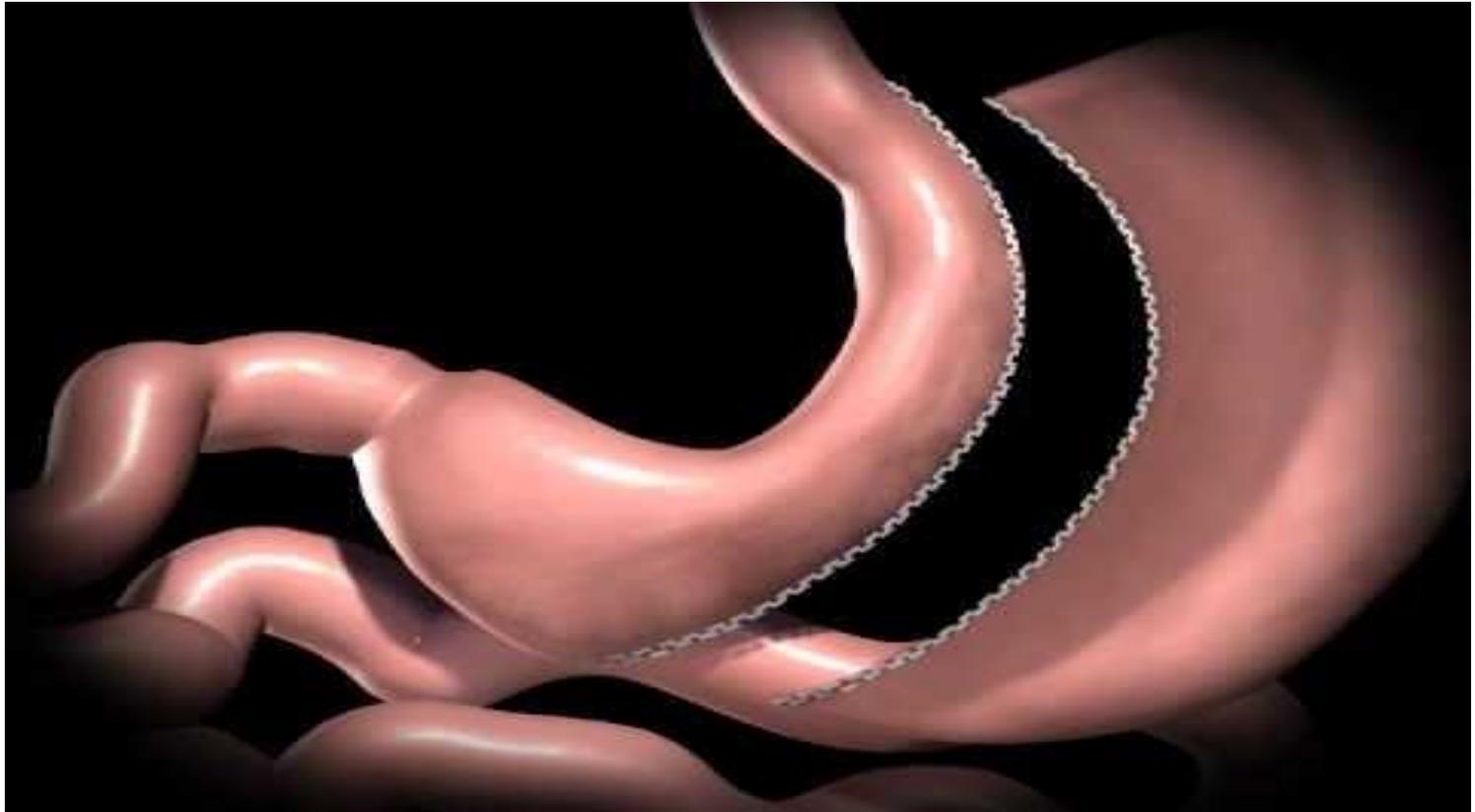


Gastric Bypass

- **Creation of small stomach pouch using staples**
- **Section of small intestine is attached directly to stomach pouch**
- **Part of the stomach and small intestine is bypassed**
- **Digestive juices from the pancreas, liver and gallbladder meet up with food further along in the intestines**
- **Possibility of dumping syndrome**

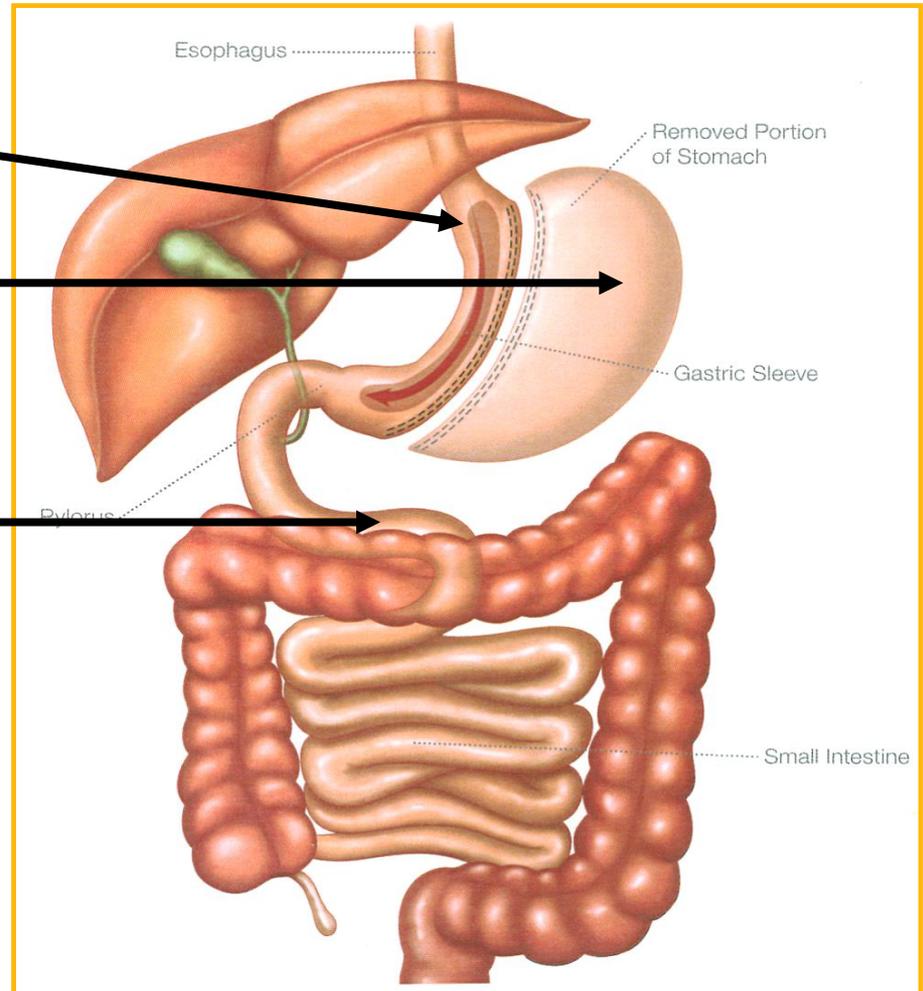


Vertical Sleeve Gastrectomy

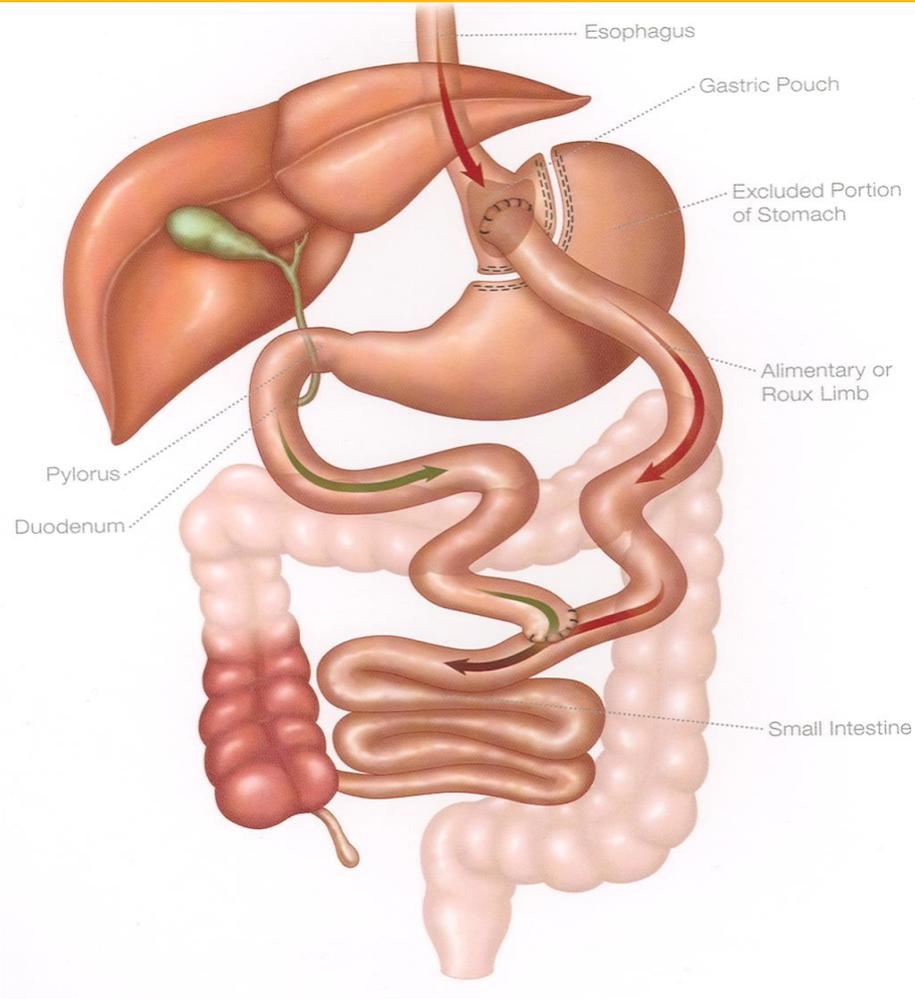


Vertical Sleeve Gastrectomy

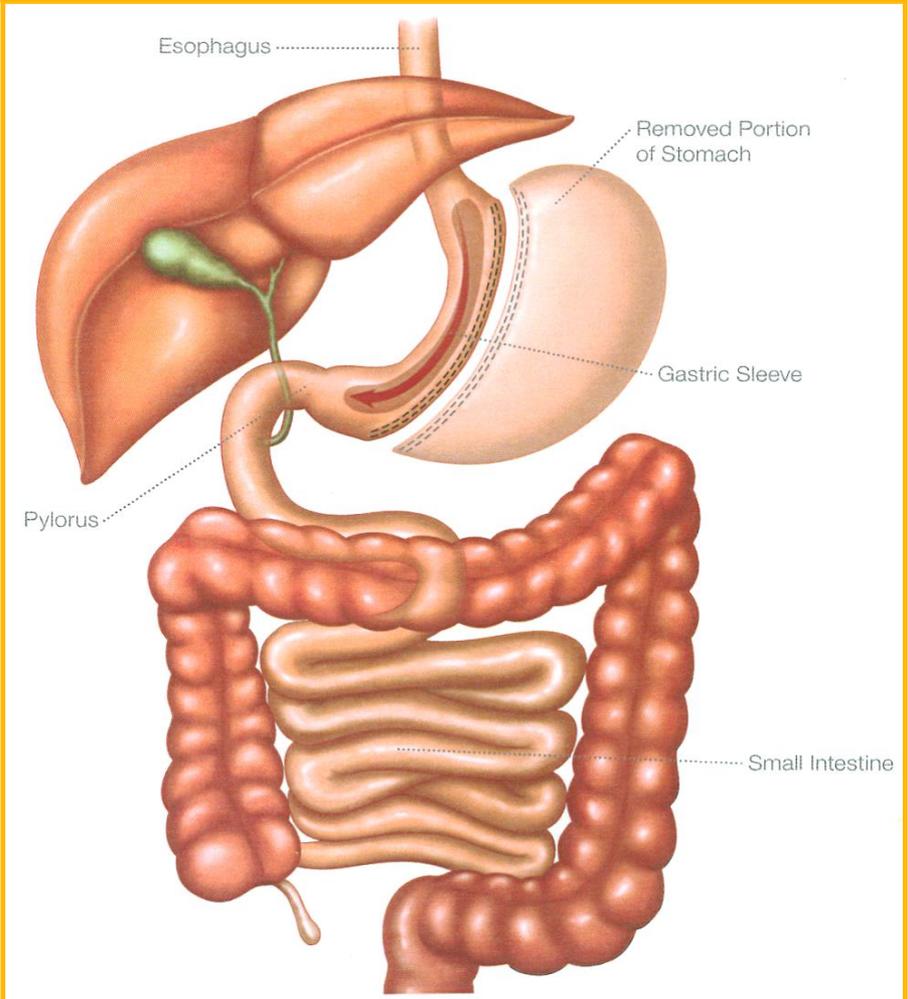
- **Creation of a small stomach shaped like a sleeve**
- **Removal of 60 to 85% of the stomach**
- **No changes with the intestines**
- **Pyloric sphincter still intact**
- **No dumping syndrome**



Gastric Bypass



Gastric Sleeve



How do you lose weight?

When your stomach is smaller you:

- **feel full faster**
- **feel full longer**



Surgery also changes some hormones which helps:

- **reduce your appetite**
- **increase your feelings of fullness**

How do You Lose Weight?



Must also:

- **Follow a healthy eating plan**
- **Exercise**
- **Manage time/stress**
- **Manage food cravings and emotional eating**
- **Get restful sleep**
- **Take care of your physical and mental health**

**Surgery
+ Healthy Eating
+ Exercise
= Sustained Weight Loss**

Some facts are...

- **Most people lose 20% to 30% of their highest lifetime weight. This includes:**
 - **Both surgery and lifestyle**
- **Most of the weight loss occurs in the first year after surgery**
- **Most people finish losing weight between 12-24 months after surgery**

Some facts are...

- **Having a “normal BMI” is not a realistic expectation**
- **BMI is not an indicator of individual health**
- **Your health and happiness can exist within a range of weights – “best weight”**

Be Realistic

- **Avoid setting a 'goal weight' – you do not have 100% control over this**
- **Your goals should be behavioural and should focus on things you can control**
- **Setting small goals and reaching them is a rewarding way to go**

Questions





“What you learn today will help you understand healthy eating, which can be useful for weight management”

Nutrition guidelines apply to both types of surgery

“Before and after surgery the guidelines are very similar”

“Only the size of the portions changes after surgery”

Keys to Success

- **Meal planning**
- **Eating breakfast in the morning**
- **Knowing how to eat balanced meals**
- **Minimizing liquid calories**
- **Minimizing restaurants, fast-food and take-out meals**
- **Self monitoring using a food diary or journal**

Protein is Really Important

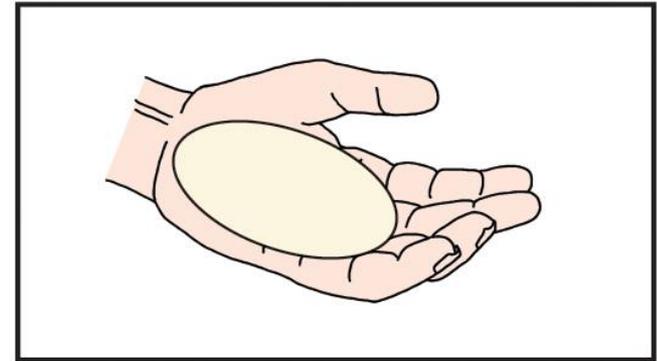
- **Promotes healing**
- **Maintains muscle mass while losing weight**
- **Helps blood sugar control**
- **Takes longer to digest so it keeps you feeling full longer**
- **This is why it is important to have protein at every meal and snack**

Protein after Surgery

- **Goal is to have at least 60 to 80 grams of protein daily**
- **You will need to drink protein supplements for at least 3 to 4 weeks after surgery**
- **Your long term goal is to get all of your protein from the food you eat each day**

Protein sources:

- **Meat & Alternatives:**
 - Lean meats, poultry and fish
 - Eggs
 - Nuts, seeds, and nut butter
 - Tofu
 - Beans and lentils



- **Milk & Alternatives:**
 - Milk (skim, 1%, 2%)
 - Yogurt (up to 2% MF)
 - Cheese
 - Soy milk (12 grams of sugar)



Fats

- **Some fat is essential for good health**
 - Important to limit calories from fat for weight management
 - Avoid trans fats
- **Limit packaged and fried foods**
- **Use small amounts**
- **Examples of fats:**
 - Vegetable oil
 - Olive oil
 - Butter or soft margarine (your choice)
 - Avocado



Carbohydrates

- **Important because:**
 - Source of fibre
 - Fuel for brain and muscles
 - Vitamins and minerals
 - Helps prevent constipation
- **Sources:**
 - Whole grains and Starches
 - Fruit and starchy veggies
 - Some dairy products
 - Sweets and Sugars



Carbohydrate Tips

- **Choose whole grains, starchy veggies, and whole fruits most often**
- **Limit sugars and processed grains**
- **Include a source with each meal**
- **Try to limit portion to $\frac{1}{4}$ of your plate**

“Carbohydrates themselves will not lead to weight gain”

Vegetables & Fruit

- **Why eat veggies and fruit:**
 - **High in fibre: helps with blood sugar control, keeps bowels regular, and helps with appetite control**
 - **Good source of vitamins and minerals**
- **Try to include 1-2 veggies at lunch and supper**
 - **Raw, cooked, salad, soup**
- **Choose whole fruits instead of juice**
 - **Aim for 1-3 servings per day**





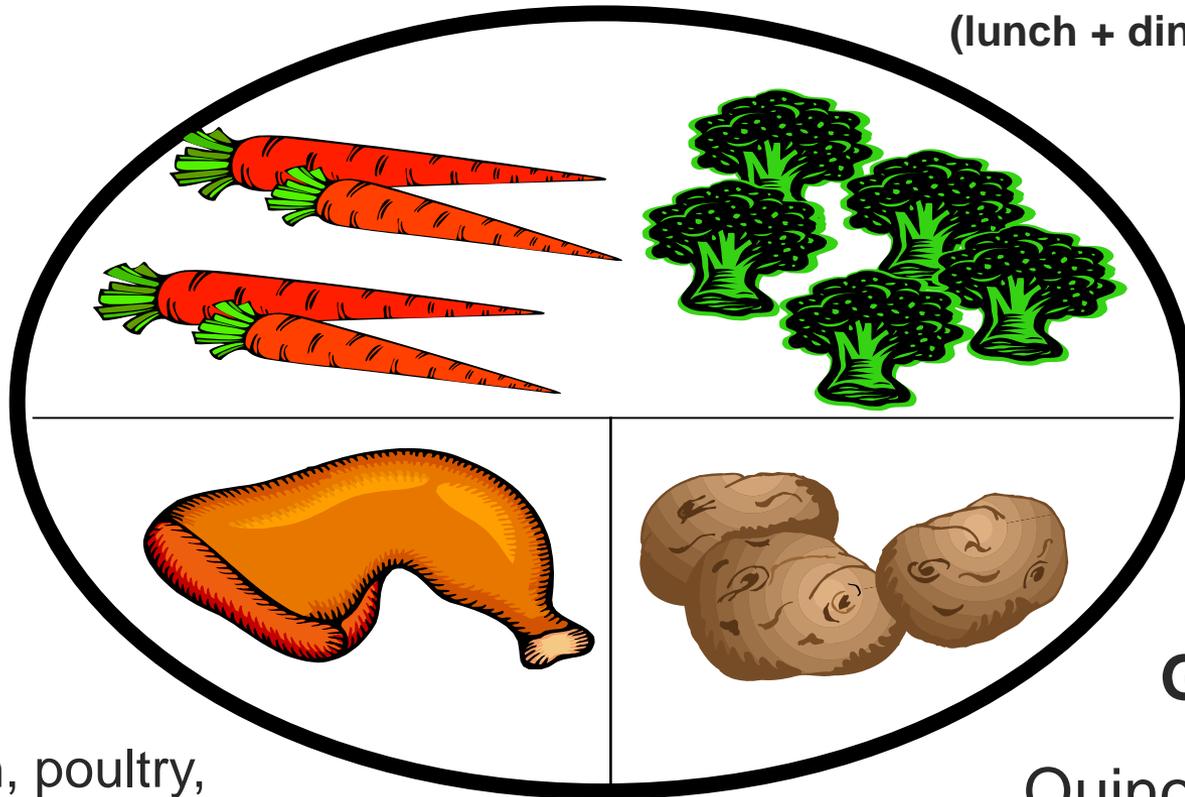
Meal Balance

“Important to have a variety of foods at each meal to help you meet your nutrition and health needs”

Plate Model

for balanced meals before surgery

Vegetables/Fruit
(lunch + dinner)



Protein

lean meat, fish, poultry,
dairy, beans/lentils, tofu,
nuts/seeds

Grain

Quinoa, potato,
rice, pasta, etc.

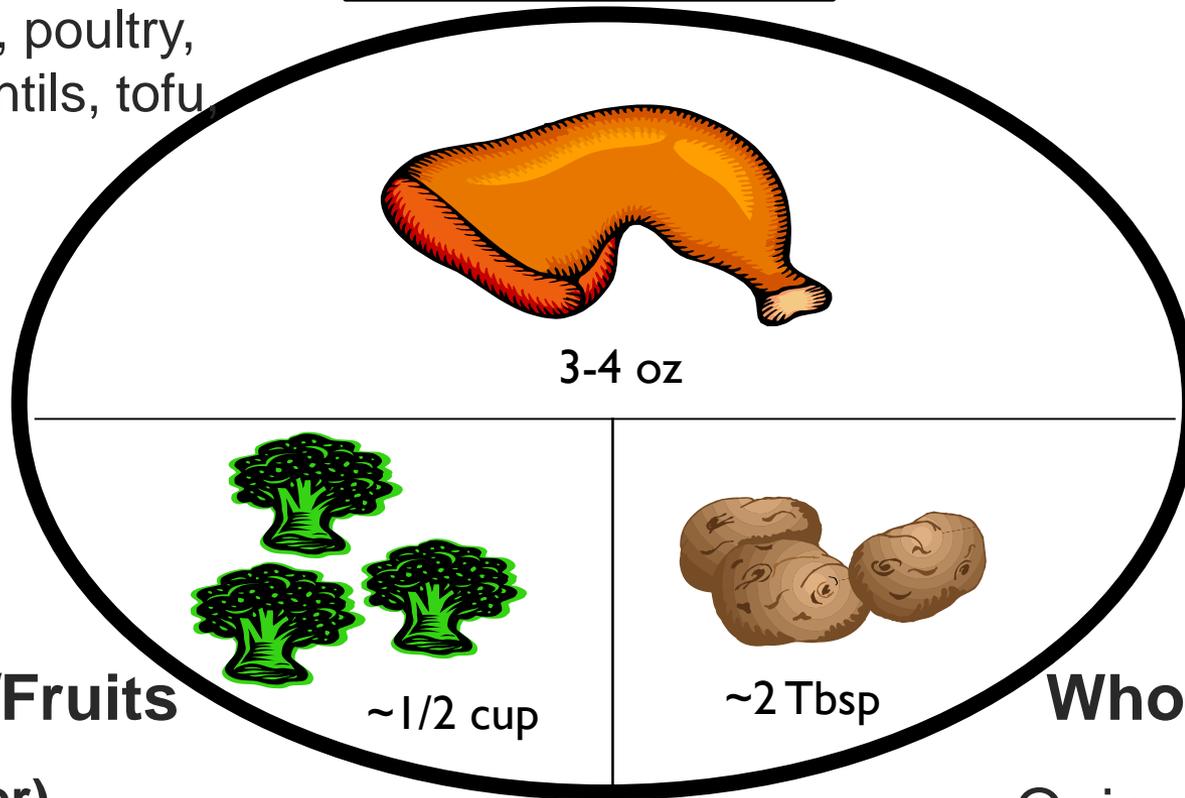
Plate Model

for balanced meals after surgery

Protein

lean meat, fish, poultry,
dairy, beans/lentils, tofu
nuts/seeds

Small plate
1 cup total



Vegetables/Fruits

(lunch + dinner)

Whole Grain

Quinoa, potato,
rice, pasta, etc.

Meal Routine

- **Fueling your body regularly is important for weight management**
- **Eat 3 balanced meals a day and 2 to 3 healthy snacks**
- **Skipping meals often:**
 - **Increases hunger later in the day**
 - **Larger portions**
 - **Evening snacking**
 - **Less healthy choices**

Liquid Calories

- **Important to be mindful of what and how much you are drinking**
- **Calories in drinks are usually on top of calories consumed in foods**
- **Liquids digest quickly and do not leave you feeling full**

Liquid Calories

- **Regular Pop**
- **Smoothies**
- **Juice (fruit or vegetable)**
- **Iced tea / lemonade**
- **Milk / chocolate milk**
- **Coffee / tea (if adding sugar, milk, cream)**
- **Alcohol**

Liquid Calories

Coffee

- **Original blend black = 0 calories**
- **Large double double = 264 calories**
- **Large 2 milk 1 sugar = 106 calories**



Eating Out

- Limit eating out and take out foods
 - Try to choose a restaurant where healthier choices are available
 - Use the nutrition information when available to help make healthier meal choices
 - Ask the server to bring you a take out container to pre-portion your meal so you don't eat large restaurant portions
 - Ask for alternative side options (eg. side salad instead of French fries)

Questions



Steps to Meal Planning

1. Ask for ideas and help from family members
2. Know what you have in your house:
 - Note what needs to be used up
 - Keep a freezer inventory
 - Helps to plan for the weeks ahead
 - Plan meals based on what's on sale
 - Try the Flipp app and price matching
 - Keep the pantry/freezer stocked with the basics

Steps to Meal Planning

3. Start planning: list 3 meals and 1-2 snacks daily
 - Come up with 5-7 meals to add to your weekly rotation
 - Make lists for seasonal meal ideas
 - Store recipes in a binder so they are easy to find and use
 - Post your meal plan and grocery list where it is easy to see
 - Think about your schedule:
 - Plan a slow cooker meal or simple meal for a busy evening

Steps to Meal Planning

4. Time saving tips:

- Plan to use leftovers for lunches or another meal
- Use time saving appliances:
 - slow cooker, rice cooker
- Cook once, Eat twice (or more)
 - Double your dinner and freeze leftovers
- Purchase partially prepared ingredients:
 - Cut up veggies, pre-washed lettuce, roast chicken, etc.
- Easy prep! Thaw necessary items the night before or morning of

Breakfast Tip !

Overnight Oats



Ingredients Needed:

- 1) Rolled Oats (\$3.37)
- 2) Greek Yogurt (\$4.70)
- 3) Granola (\$4.47)
- 4) Blueberries (\$2.99)

Total: **\$15.53** for **5 days of healthy protein rich breakfasts**. You will still have ingredients left over for the future use !



Lunch Tip !

Tuna Salad Sandwiches with Veggies prepared for the weekdays.

Ingredients needed

- 1) Loaf of bread (\$2.99)
- 2) Two cans of tuna (\$2.99)
- 3) Cheese (\$5.49)
- 4) Spinach (\$2.99)
- 5) Cherry tomatoes (\$2.99)
- 6) Broccoli (\$1.99)
- 7) Baby Carrots (\$1.79)
- 8) Dressing of choice (mayo /mustard)



Total **\$21.23** for **5 days of lunches** . That is **under \$5** for a complete balanced lunch !

Self-Monitoring

- **Critical for weight management and Long-term weight maintenance**

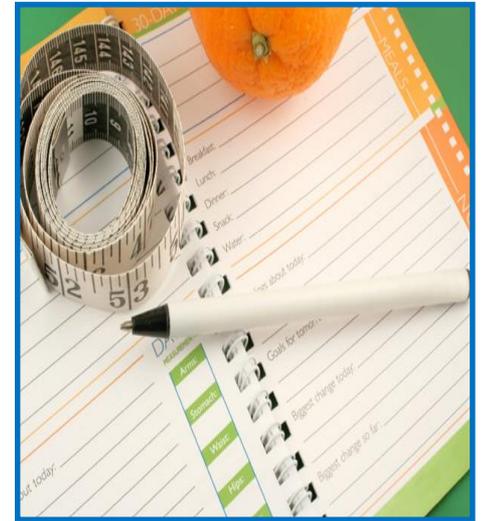


Keep a Food Journal

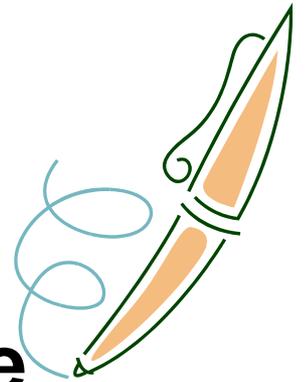
Helps you :

- **reflect on your choices**
- **see patterns**
- **see if you are meeting goals**
- **Set new goals**

“A journal helps you see what you are actually eating versus what you think you’re eating”



Where are You Now?



- **You can only make healthy lifestyle changes if you know where you are starting from**
- **Write in your journal what you ate and drank, the time and how you felt**

Your Journal or Record



Important:

- Be honest: record what you actually eat and do – include time
- Be accurate: measure portions, use a food scale to weigh foods, read labels
- Record everything: snacks, nibbles, drinks condiments
- Record emotions linked to food and activity

Not important:

- Spelling

Where to find food diary help

- Templates
- Notebooks
- Websites and apps
 - My Fitness Pal, My Net Diary, Lose It

The screenshot shows the MyFoodDiary website interface. At the top, it says "Welcome, Allison" and "Use the home page to get started quickly". The date is "June 1st" with a "Change date" link. The main navigation includes "Food Diary" and "Exercise Log". Below this is a search bar with a "go" button. There are several icons for "Most Used", "Manual Entry", "Fridge", "Recent Items", "Recipe Builder", and "Copy Date". At the bottom, there are sections for "Personal Notes", "Weight Chart", and "Forum Favorites". The "Weight Chart" shows a line graph with a "Target Zone" at the bottom. The graph shows a downward trend in weight over time, starting around 160 and ending around 135. There are also social media links for "Like" (8.4k) and "Follow @MyFoodDiary". An "iPhone App" section is also visible, stating "We've created a new kind of app specifically for iPhone users. Learn more."

myfooddiary.com

Goal Setting

- **Why set goals?**
 - To get us thinking and offer direction
 - Help us stay focused
 - Keep us motivated
 - Slowly improve our habits
 - Help build self-confidence
 - Push us to achieve greater things



Jim works 12-hour shifts in construction 6 days/week. He isn't a morning person and often wakes up just in time to take a quick shower and run out the door, so that he can get to work for 6 am. Most days, he's only able to grab an apple or banana, but he'll always buy a large double double coffee and muffin from Tim Horton's at 9 am.

Jim goes to the nearby diner 5 days/week to have lunch with his co-workers. He always orders a tomato and onion sandwich or pancakes. He prefers to buy his lunch since he works long hours and doesn't have time to pack a lunch in the morning. He also worries about food spoilage, as his work site is not equipped with a refrigerator.

On his drive home from work, he will pop into the convenience store to grab a can of coke and a snack-sized bag of chips for a mid-afternoon "pick-me-up".

When he gets home, he is so tired from his day that he will often lounge in his recliner while watching TV and fall asleep. When he wakes up, he will prepare a quick dinner or reheat leftovers. His favourite dinner is grilled meat on the BBQ, a tossed salad, and a small baked potato.

Goal Setting Exercise: Jim

What are positive behaviours that Jim should keep doing?

- Eats three meals each day:
 - Does not routinely skip meals
- Includes snacks during the day
- Is mindful of his portion size
 - Moderate portion at restaurant
 - Snack-size bag of chips
- Cooks a well-balanced dinner:
 - Follows the “plate model”
 - Cooks from whole ingredients

Goal Setting Exercise: Jim

What are some of Jim's lifestyle / dietary challenges?

- **Works long shifts**
- **Lack of time**
- **Limited breakfast**
- **Liquid calories (coffee and coke)**
- **High calorie snack foods (chips, muffin)**
- **Limited protein**
- **Heavy restaurant use at lunch**

Goal Setting Exercise: Jim

What are some goals that Jim can set to improve his diet & lifestyle?

- Eat a more balanced breakfast:
 - Include protein
 - Boiled eggs, overnight oats, or make a quick PB and banana wrap
- Limit liquid calories:
 - Switch from cream to milk and/or reduce sugar in coffee
 - Replace pop with water more often
- Pack a lunch:
 - Use ice packs, a thermos, or pack non-refrigerated items (tuna, crackers, nuts, fruit)
- Swap out empty calorie snack foods:
 - Replace muffin at Tim Horton's with yogurt & berries, oatmeal, etc.
 - Replace chips with plain popcorn, fruit, or nuts

Your Nutrition/Lifestyle Goals

Please think about start setting some goals for yourself, as the Dietitian will want to discuss the goals that you have been working on in preparation for surgery

For example:

I will start eating breakfast 4 days/week by June 1, 2020.

I will start walking 3 days/week for 15 minutes by May 15, 2020.

Your Nutrition/Lifestyle Goals

Your goals should NOT be weight focused

For example:

I will lose 20 lbs by my Dietitian
appointment

Weight loss is an outcome, but not a goal

Questions





Next Steps...

Reminder...Before Next Appointment



- You must be 6 months smoke-free before your first assessment.
- This includes all forms of nicotine (e-cigarettes, Nicorette gum etc.) and marijuana.
- Please inform us if you have been smoking. If you have not been smoke free for 6 months, you will be put on hold until you are able to quit.
- We can provide you with resources to help quit smoking.

Getting Ready for your appointments

- **We will speak with you to assess your readiness for surgery**
- **We rarely deny people for surgery, but we don't move people forward until they are ready**
- **Readiness means actively learning and working on lifestyle goals**
- **Readiness does not mean perfection!**

Program Intake Forms

- **You will receive the following intake questionnaires through My Dovetale:**
 - **Medical History and Lifestyle**
 - **Nutrition Questionnaire**
 - **Berlin Questionnaire**
 - **Bariatric Registry Baseline**



Program Intake Forms

You need to complete these forms and submit them through My DoveTale.

Once we receive your completed forms, you will then be scheduled for your nursing appointment.

First Appointment

- **At this appointment, your nurse navigator will:**
 - Review your forms
 - Make sure that you have all required testing arranged
 - Book additional appointments with other team members
 - Registered Dietitian
 - Social worker and / or psychologist
 - Medical internist

Getting Ready for your RD appointment

- **Identify any challenges that you have with nutrition or lifestyle and set some goals related to these**
- **Start working on the goals you've set**
- **When you speak with the RD:**
 - Be prepared to talk about your goals
 - Keep 3-5 days of food records leading up to this appointment

COVID-19 Limitations

- **Due to the current COVID-19 restrictions, the clinic is closed to face to face appointments**
- **All appointments will be done over the phone, or virtually with MyDovetale, until the clinic is able to re-open for face to face visits**
- **We will continue to prepare you for surgery in a timely fashion and will order required testing as able**

Questions

