

WITH KATY HARVEY, MS, RD, LD, CEDRD

---

# RESET: GETTING BACK ON TRACK AFTER BARIATRIC SURGERY



LESSON 4:

---

**USING FOOD TO WORK FOR YOU  
(RATHER THAN AGAINST YOU)**

## TODAY WE WILL COVER:

- ▶ The nuts and bolts of using food to work FOR you
- ▶ WHEN to eat
- ▶ WHAT to eat
- ▶ HOW to eat
- ▶ The “secret sauce”

## THE SKILLED CARPENTER

- ▶ For bariatric surgery to be effective, you must know your tool and its nuances
- ▶ Carpenters don't build houses without blueprints
- ▶ You are going to learn to use food in a way that utilizes your surgery as a tool

---

# WHEN TO EAT

## FIRST THINGS FIRST... BREAKFAST

- ▶ Break-the-Fast
- ▶ Ignite your metabolism
- ▶ Improved blood sugar control
- ▶ Reduced cravings

## MINI MEALS

- ▶ Eat “mini meals” rather than regular sized meals and smaller snacks.
- ▶ Remember that your stomach can only hold 20-25% of the amount it used to.
  - ▶ i.e. Your meals should be 75-80% smaller!
- ▶ Unstructured eating (grazing) will cause you to eat more
- ▶ Eat a mini meal every 3-4 hours

# SAMPLE DAILY EATING SCHEDULE

- ▶ Wake at 6:30am
- ▶ 7am mini meal to Break-the-Fast ("breakfast")
- ▶ 11am mini meal "lunch"
- ▶ 2pm mini meal "snack"
- ▶ 6pm mini meal "dinner"
- ▶ 9pm *mini*-mini meal "snack" – smaller than the rest
- ▶ Bed at 10pm
  - ▶ *\*Side note: Make sure you're getting at least 8-9 hours of sleep per night (we'll cover more on this in another lesson)*

## WHAT IF I'M HUNGRY OUTSIDE OF THOSE TIMES?

- ▶ Play “detective” and see what’s going on
  - ▶ *Am I truly physically hungry?* (stomach hunger) *Or is it emotional hunger?* (head hunger)
  - ▶ If it’s physical hunger, double check “Am I thirsty?” Sometimes thirst presents like hunger.
- ▶ If you’re truly hungry - EAT! You don’t have to starve yourself.
  - ▶ But also ask yourself WHY you are hungry sooner than anticipated. Did you eat enough at your last meal?

---

# WHAT TO EAT

## 3 MAJOR TYPES OF FOOD (“MACRONUTRIENTS”)

- ▶ 1. Protein
- ▶ 2. Fat
- ▶ 3. Carbohydrate
- ▶ These are what your body uses for energy
- ▶ ALL food is made up of some combination of these nutrients
- ▶ Nutrient = “essential for maintenance of life”
- ▶ **Hence food = nutrients = essential = no good/bad food**

## PROTEIN BASICS

- ▶ You need a bare minimum of 60 grams per day to prevent malnutrition
  - ▶ If your meals aren't keeping you satisfied, increase in 10 gram increments and give it a couple of weeks
  - ▶ i.e. Incr to 70 grams/day for 2 weeks and if still not losing weight increase to 80 grams/day
- ▶ How the heck do I do this?
- ▶ 3 oz meat = deck of cards = 20 grams protein

**I'M TIRED OF PROTEIN...IT'S  
GETTING SO BORING!**

Person who had bariatric surgery 2 years ago

## EXAMPLE OF 60-70 GRAMS OF PROTEIN IN A DAY

- ▶ 7am mini meal: 1 scrambled egg, 1 greek yogurt = 21 grams protein
- ▶ 11am mini meal "lunch": 2oz deli turkey/ham w/ veggie = 14 grams protein
- ▶ 2pm mini meal "snack": string cheese, fruit = 7 grams protein
- ▶ 6pm mini meal "dinner": 1 cup chili, side salad = 14 grams protein
- ▶ 9pm *mini*-mini meal "snack": 1/2 cup edamame = 6 grams protein
- ▶ **Daily total = 62 grams protein**

### EATING - ORDER MATTERS

- ▶ Protein first - prevent malnutrition, get satiated
- ▶ Then veggies - fiber, vitamins, minerals
- ▶ Then carb - grain/fruit/starchy veg, foods that have high palatability
- ▶ Liquids later



## VEGGIES

- ▶ Telling ourselves we “should” eat them makes us not want them
- ▶ Health halo reinforces “diet mentality”
- ▶ Most people have negative associations with veggies
- ▶ So let’s reframe their purpose
  - ▶ Enjoyment (taste, satiety)
  - ▶ Nutrients (“phytonutrients”, vitamins, minerals)
- ▶ Play around with fun/creative recipes. Don’t be afraid to use sauces, seasonings and fats with them.

## CARBOHYDRATES

- ▶ Currently the scapegoat of the nutrition world
- ▶ Myth: *Carbs make you fat*
  - ▶ False. Carbs are broken down into glucose and used for energy. They are our body's favorite source of energy.
- ▶ Fun fact: Your brain burns ~400-500 calories per day of glucose (carb!)
- ▶ Bariatric surgery considerations:
  - ▶ Carbs can cause dumping syndrome, so "dose" matters
  - ▶ Carbs digest quickly and don't keep you full, so pair them with protein and fat to make them more satiating

## FATS

- ▶ Eating fat doesn't make you fat!
- ▶ Fat is an essential nutrient, just like protein and carb
- ▶ Fat helps us absorb certain vitamins
- ▶ Fat makes food taste good
- ▶ Fat enhances the satiety power of food b/c it digests more slowly than carb or protein
- ▶ Certain types of fat have health benefits (unsaturated fats)

## FOODS THAT MIGHT CAUSE YOU PROBLEMS

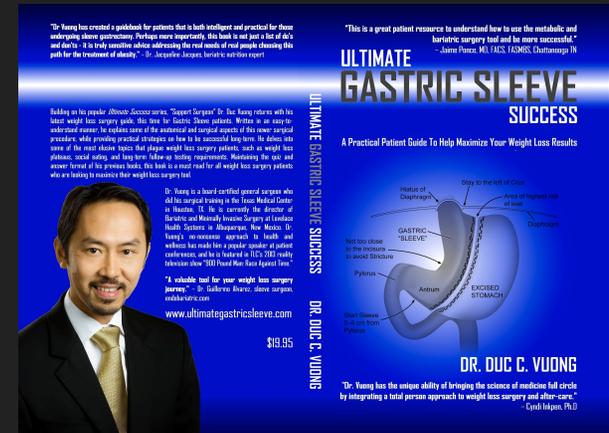
- ▶ There aren't any inherently "bad" foods
- ▶ However, some foods will be harder to tolerate
- ▶ Common examples:
  - ▶ Gristly or dry meat
  - ▶ Foods that expand (e.g. bread, pasta)
  - ▶ Nuts and seeds that don't break down easily
  - ▶ Beans (they produce gas)
  - ▶ Carbonated beverages

**Be your own  
scientist  
and  
find what  
works for you!**

# RESET: GETTING BACK ON TRACK AFTER BARIATRIC SURGERY

## TEXTURE SCALE™

► Developed by Dr. Duc C. Vuong



- 1
- 2
- 3
- 4
- 5
- 6

Water

Mushy

Fish

Shrimp/

Chicken

Steak

Foods

seafood

Dark → White

Dr. V's Tip: When you are chewing, if a piece of meat is too tough, spit it out.

It's not worth it getting stuck...and having to go the ER!

---

# HOW TO EAT

## IT'S NOT JUST WHAT BUT ALSO HOW YOU EAT

- ▶ You are creating a new “Normal Eating” for yourself (that will be very different from the way most people eat)
- ▶ Mantra: *Eat Small Meals Slowly*
  - ▶ Put down your fork between bites
- ▶ Chewing is more important than ever
  - ▶ ~20x per bite
- ▶ Take small bites for better digestion
- ▶ ENJOY your food!!!!

# MINDFULNESS

THE SECRET SAUCE

---

## MINDFUL EATING

- ▶ Surgery ENHANCES your appetite cues
- ▶ Mindful eating = paying attention WITHOUT DISTRACTIONS while you are eating
  - ▶ Paying attention to your FOOD
  - ▶ Paying attention to your BODY

## MINDFUL EATING CONT.

- ▶ Your body will tell you when you are comfortably satisfied
  - ▶ There is a fine line between comfortably satisfied vs full
  - ▶ Fullness means you overate
- ▶ The surgery makes you very sensitive to this
  - ▶ PAY ATTENTION

### KEY POINTS

- ▶ Start your day with breakfast
- ▶ 4-6 mini-meals per day
- ▶ Get AT LEAST 60 grams per day of protein
- ▶ Eat your protein, then veggie, then carb, liquids later
- ▶ Strive for comfortable satiety
- ▶ Eat mindfully

**TO REDUCE HEALTH DOWN TO CALORIES AND CARBS IS TO MISS THE POINT OF BEING HEALTHY**

**Dr. Vuong**

## NEXT TIME IN LESSON 5:

- ▶ Making peace with food:
  - ▶ Why the good/bad food mentality doesn't work
  - ▶ How dieting and restricting backfire
  - ▶ Filling your fuel tank vs filling your soul
  - ▶ Rookie mistake: The “what the heck” response



THANKS FOR JOINING ME TODAY!

---

**KATY HARVEY,** MS, RD, LD, CEDRD