



David Geffen
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Center for Obesity and Metabolic
Health (COMET)

UCLA Health

Meet the Dietitians



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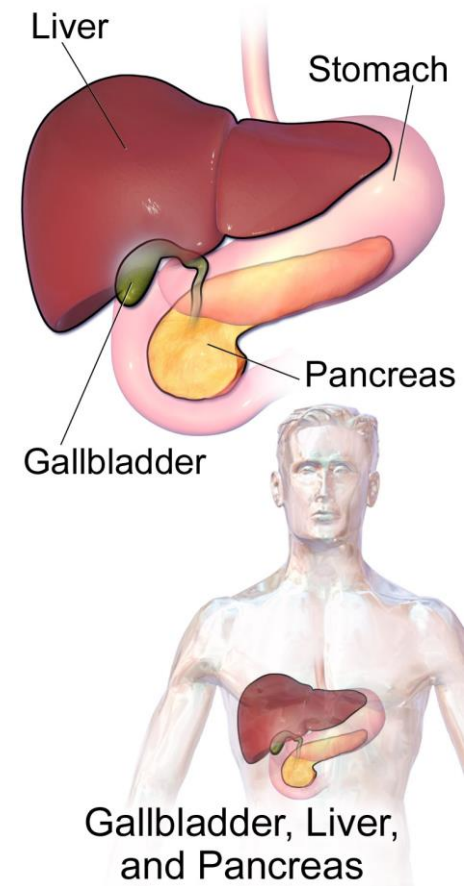
Healthy Eating and Nutrition

Prior to surgery
&
Long term weight maintenance



Importance of Pre-surgical Weight Reduction

- Weight loss goal is set by surgeon
- The liver is front of the stomach
- Weight loss shrinks liver, allowing easier access to stomach
 - Weight loss makes surgery safer
- Surgery is only a *tool*
 - Lifestyle & behavior modifications are the **key** to success



Goals to Achieve Weight Loss

- Cook at home more often
- Eat within the first hour of waking up, then every 3 hours
- Aim for 64 oz. water daily
- Spend 20-30 minutes at each meal and enjoy every bite
- Start an exercise routine



Night Shift Workers and Weight Gain

Night shift workers lose less weight than day shift workers:

- **Irregular sleep cycle** (disrupts Circadian rhythm)
- **Irregular eating** patterns
- **Chronic fatigue**, difficulty establishing an exercise or meal planning routine



How to Prevent Weight Gain at Night

- Pack healthy meals and snacks
- Set 12 hour fasting window, 12 hour-eating window
- Stay active at work
- Get plenty of rest (8-9 hours of sleep)



Night Shift Meal Timing



Wake up at 4:00 pm

Breakfast 5:00 pm

Snack 8:00 pm

Lunch 11:00 pm

Snack 2:00 am

Dinner 5:00 am

Bed at 7:30 am



Macronutrients

- Carbohydrates
- Protein
- Fat
- Water



Carbohydrates

- Source of energy the brain and body prefers
- NOT “bad”
- Choose **complex carbohydrates** over simple carbohydrates



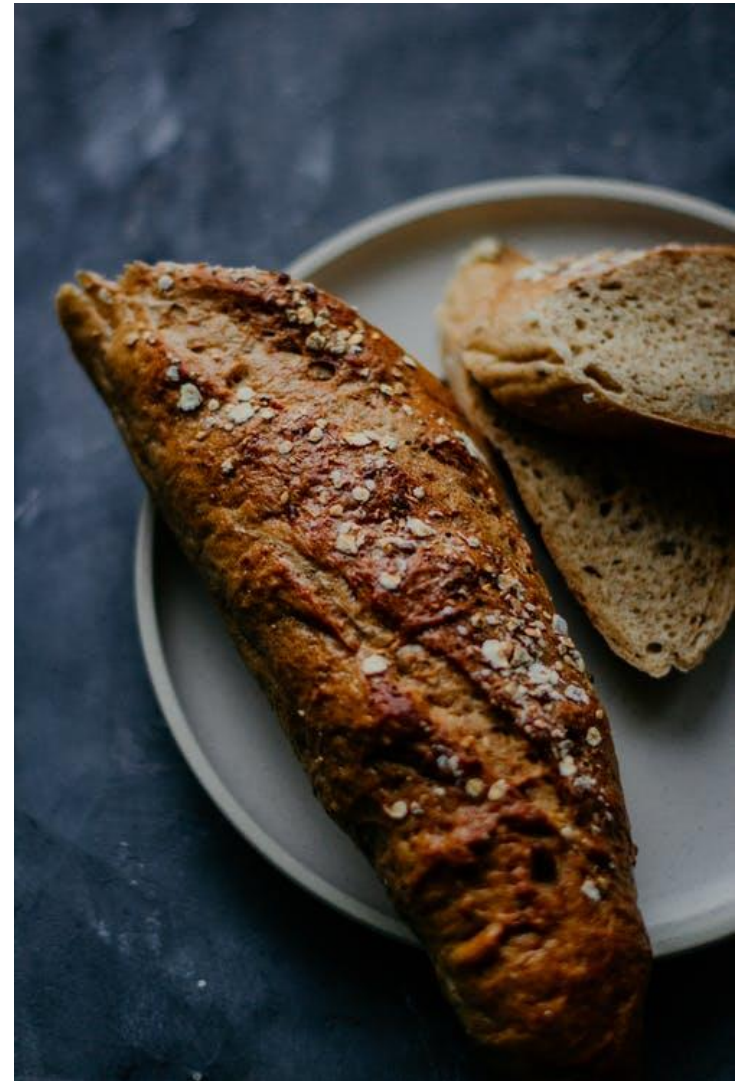
Simple Carbohydrates

- Digest quickly
- Spike blood sugar and insulin
- Don't have fiber
- Usually from **unhealthy** sources:
 - Ice cream, cookies, pastries, cake
 - White rice, white bread, pancakes, biscuits
 - Processed and refined sugar: candy, soda, syrups, sugary coffee drinks
 - Juice- doesn't have fiber and high in sugar



Complex Carbohydrates

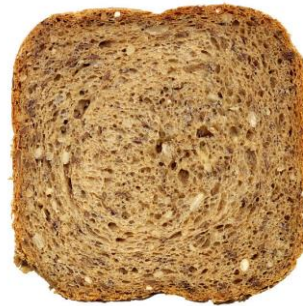
- Digest slowly
- Don't spike blood sugar and insulin
- Have fiber
- Usually from **healthy** sources:
 - Fruit
 - Breads, whole grain
 - Pasta, whole grain
 - Brown rice, quinoa, millet, amaranth, buckwheat
 - Corn, peas, beans, potatoes
 - See meal plan for more healthy carbohydrate ideas



Portion Sizes



½ cup cooked cereal



1 slice bread



1/3 cup rice



½ banana



1 cup berries



½ cup beans



HEALTHY CARBS

Quinoa

1/2 cup = 20g carbs



Black Beans

1/2 cup = 20g carbs



Rice Cakes

2 cakes = 28g carbs



Sweet Potato

1 large = 37g carbs



Strawberries

1 cup = 11g carbs



Lentils

1/2 cup = 20g carbs



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How Many Carbohydrate Servings are Recommended for Weight Loss?



- ✓ Can **lose weight** AND **eat carbs**
- ✓ Eat **carbs with protein** to stay energized throughout the day
- ✓ Choose complex carbohydrates

For example:

- Add 1 slice whole grain toast to breakfast
- Have a side of fruit at your snack
- Portion $\frac{1}{2}$ sweet potato at lunch
- Snack on $\frac{3}{4}$ cup yogurt
- Add $\frac{1}{3}$ cup brown rice to dinner



Protein

- Amino acids are the building blocks of protein
- These **building blocks** are responsible for building muscle, hair, skin, nails, and other tissues
- Weight loss results in muscle loss, can reduce loss with protein





Protein

For weight loss, aim for at least **60 g** protein daily*

1 serving protein = 7 grams protein, 60-80 calories

1 serving =

1 oz. lean meat

1 oz. poultry, skinless

1 egg

3 oz. tofu

1 oz. low-fat cheese

1 cup non-fat milk

1 oz. tempeh

(For example: 3 servings chicken = 21 g protein)



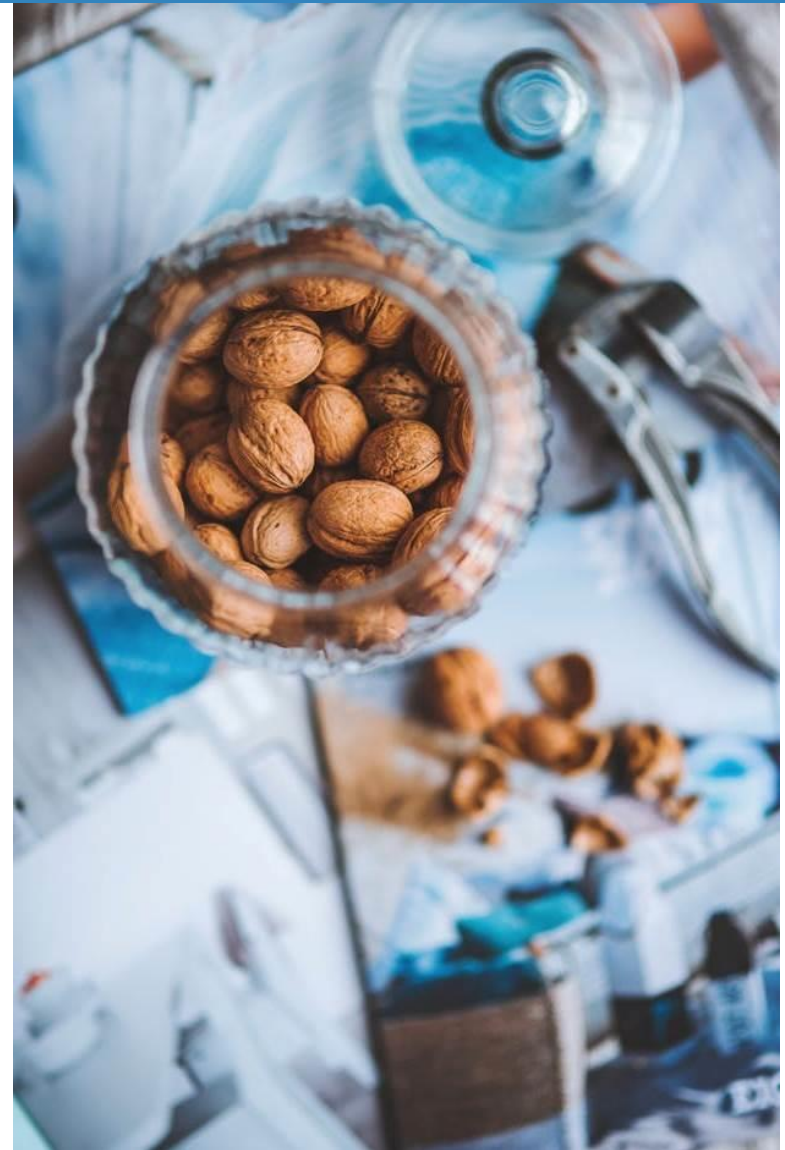
Protein

Lentils, beans, milk and yogurt are both a protein and a carbohydrate

Nuts are both a protein and fat and are higher in calories than other protein sources

1 oz. nuts = 160-200 calories

2 tbsp. nut butters= 200 calories



Protein Choices

- **Poultry:** Choose white, skinless breast.
- **Fish:** Bake, broil, or steam. Avoid pan-fried or breaded fish sticks.
- **Beef:** Limit intake. Choose lean cuts such as sirloin, flank steak or tenderloin
- **Pork:** Choose lean sources such as pork tenderloin.
- **Dairy Products:** Choose plain, (low-fat) yogurt and milk products. Be sure to check sugar content.



Fats

Healthy fats are protective while unhealthy fats increase risk for heart disease

1 serving of fat = 45 calories

Healthy Fats



Avocado

Olives

Nuts and seeds

Olive, avocado, canola, walnut, hemp oil

Salmon, mackerel, anchovies, sardines



Unhealthy Fats

Coconut oil

Fatty cuts of red meat

Bacon

Full-fat cheese

Egg yolk

Butter

Margarine

Lard



Types of Fats



Unsaturated (more): heart healthy, liquid at room temperature

Good for dressings: olive oil

Good for cooking: avocado, grapeseed, canola



Saturated (less): solid at room temperature

Butter, lard, Crisco, coconut oil



Trans Fats (avoid): highly processed, aka partially hydrogenated oils

Found in baked goods, chips, candy, some microwave popcorn, doughnuts, fried foods, pastries, cakes, non-dairy creamers, some frozen pizzas, canned frosting



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories 230

% DV*

12% Total Fat 8g

5% Saturated Fat 1g

Trans Fat 0g

0% Cholesterol 0mg

7% Sodium 160mg

12% Total Carbs 37g

14% Dietary Fiber 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10% Vitamin D 2mcg

20% Calcium 260mg

45% Iron 8mg

5% Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Look at serving size and how many servings per container

Low in saturated fat

15 g carbohydrate = 1 serving

This has 2 servings of carbohydrates

Look for <10 g sugar

Not a high source of protein



Kashi® 7 Whole Grain Flakes

Nutrition Facts

Serving Size 1 Cup (50g)

Amount Per Serving

Calories 170 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**
Saturated Fat 0g **0%**
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg **0%**
Sodium 150mg **6%**
Potassium 120mg **3%**
Total Carbohydrate 41g **14%**
Dietary Fiber 6g **24%**
Soluble Fiber 0g
Insoluble Fiber 6g
Sugars 6g

Protein 6g **4%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: KASHI SEVEN WHOLE GRAIN BLEND (WHOLE: ORGANIC HARD RED WHEAT, OATS, BROWN RICE, TRITICALE, RYE, BARLEY, BUCKWHEAT), ORGANIC LONG GRAIN RICE, ORGANIC DRIED CANE SYRUP, ORGANIC WHEAT BRAN, OAT FIBER, BARLEY MALT EXTRACT, BROWN RICE SYRUP, SALT, SESAME SEEDS.

CONTAINS WHEAT INGREDIENTS.



Kellogg's® Smart Start® Healthy Heart

Nutrition Facts

Serving Size 1 1/4 Cups (60g/2.1 oz.)

Servings Per Container About 7

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	230	270
Calories from Fat	20	20

% Daily Value**

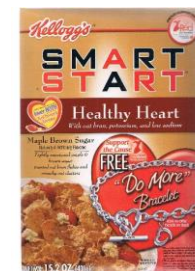
Total Fat 3g*	5%	5%
Saturated Fat 0.5g	3%	3%
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	8%
Potassium 400mg	11%	17%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 5g	23%	23%
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Ingredients: Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), BHT (preservative), vitamin A palmitate, folic acid, vitamin B₁₂, vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates

The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.



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Non-starchy Vegetables

Non starchy Vegetables: artichoke, asparagus, green beans, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, onions, leeks, mushrooms, okra, pea pods, peppers, radishes, green leafy vegetables, summer squash, tomato, turnips, water chestnuts, zucchini

They include all vegetables **except** for corn, green peas, potatoes, yucca, yams, beans and plantains



Water

- Aim for at least 64 oz. of water daily
- Thirst can be confused with hunger, sometimes you're just thirsty
- Lack of water can cause headaches and irritability
- Constipated? Drink water.



"I'M EATING HEALTHY BUT NOT LOSING WEIGHT"

150 cals



300 cals



90 cals 180 cals



70 cals



140 cals



205 cals



410 cals



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1470 CALS



Morning coffee run

VS. 1470 CALS



An entire day of eating



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Snack Ideas

- 1/4 cup Trader Joe's Thai Lime & Chili Cashews
- 3 oz. deli meat and 1 slice low-fat cheese
- Edamame, shelled and cooked, 1 cup
- Eggs, hard boiled, 2
- Cottage cheese, 1%, 1/2 cup
- 1 Cheese stick with 1 orange
- Turkey or salmon jerky, 2 oz.
- Turkey pepperoni, 20 slices
- Morning Star Vegan Veggie Burger
- Bada Bean Bada Boom fava bean snacks
- Think Thin Protein & Fiber Hot Oatmeal
- Chobani "Simply 100", "Less Sugar" or Blended Yogurt
- Danon Light and Fit
- Oikos Triple Zero
- Honey roasted almonds
- Small apple with 1 tbsp. peanut butter
- Icelandic yogurt (Skyr)
- Morning Star Grilled Chicken Patty



Foods to Limit

Fried Foods

Fried fish, fried chicken, French fries, chips

Alcohol

All varieties

Full fat meats

Ribeye, 80% ground beef, bacon, etc.

Creamy salad dressings

Ranch, blue cheese, Thousand Island dressing

Try Greek yogurt dressing instead (refrigerated section)



Added sugar

Cereals, muffins, cakes, cookies, croissants, doughnuts, soda, coffee drinks

Look at the label for “added sugar”

Sugary marinades, sauces, juices

Teriyaki sauce, barbeque sauce, and marinara sauces

Fruit juice- natural but high in sugar and lacking fiber



Cooking at Home

Don't know where to start?

- Pick **one new recipe a week**
- Choose a simple recipe
- Websites to visit:
 - Skinnytaste.com
 - Budgetbytes.com
 - theworldaccordingtoeggface.blogspot.com/
 - Foodnetwork.com/healthy



Dining Out

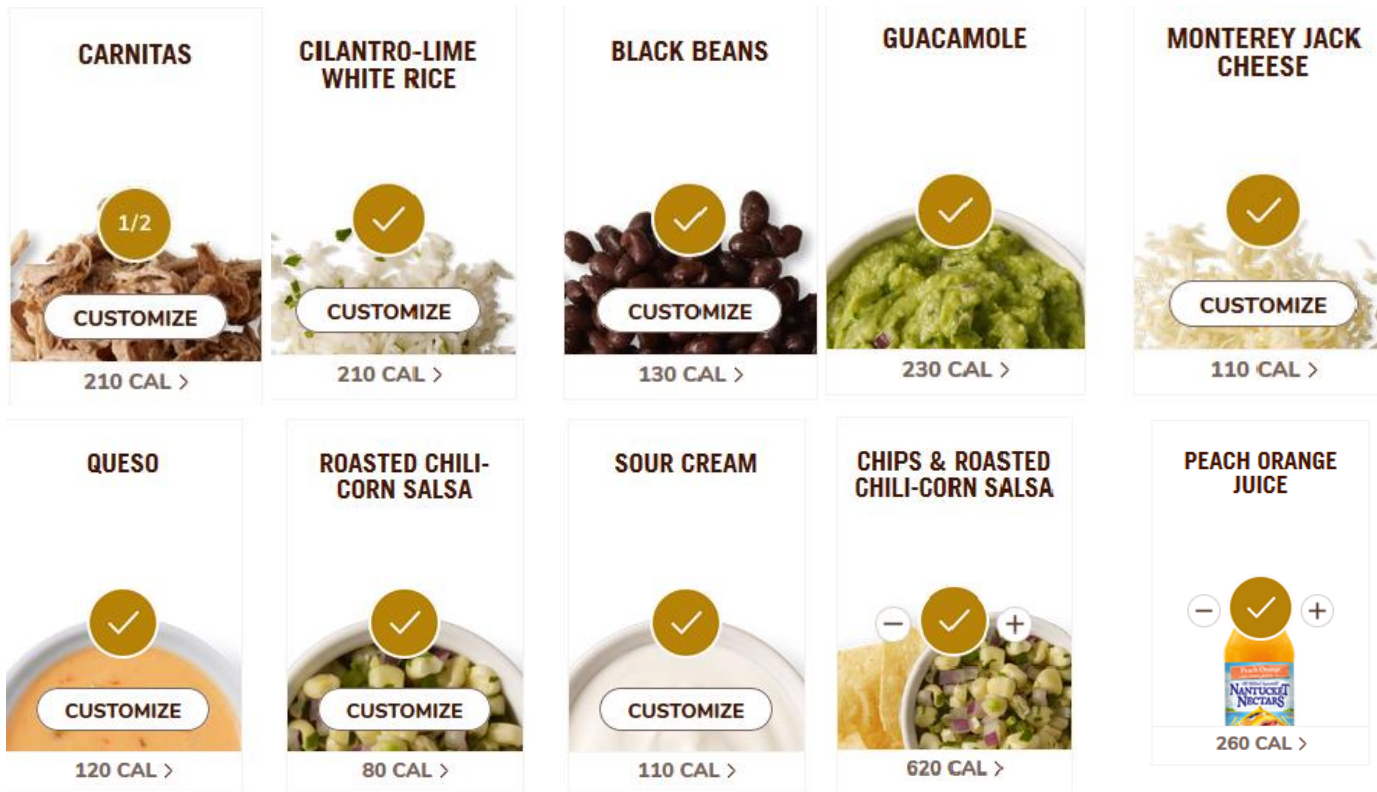
- ✓ Choose restaurants with healthy options
- ✓ Look up nutrition facts
(restaurants with over 10 stores legally must be able to provide this information)
- ✓ Plan what you will get ahead of time
- ✓ Use nutrition calculators when possible



Nutrition Calculator, Chipotle

1850 calories
71 g fat

An entire day
worth of calories
and fat in one
meal.

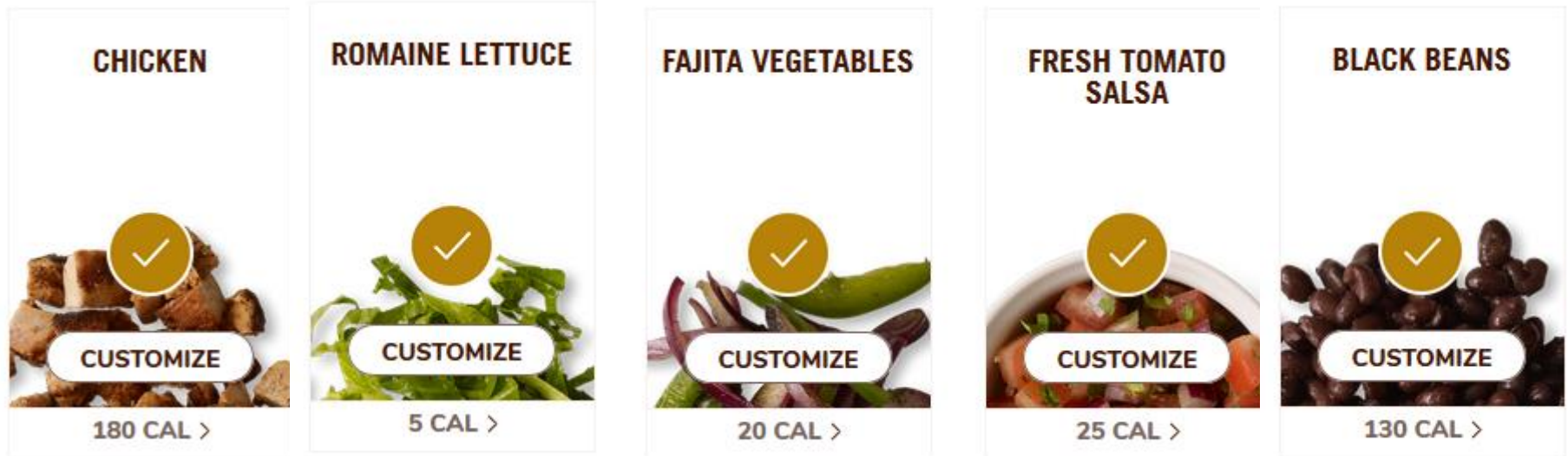


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Nutrition Calculator, Chipotle

470 calories
17.5 g fat



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Emotional vs Physical Hunger

- Sudden and urgent
- Do not stop when full
- **Crave** a specific food item
- Mindless eating
- Feeling of guilt, regret or shame
- Not satisfied when full
- Involved with **a feeling** (happy, sad, lonely, bored)
- Gradual
- **Stop when full**
- Choose a variety of foods
- **Physical grumbling in stomach**



Emotional Hunger Checklist

“I’m not hungry but I want...”

- ✓ Eat every 3 hours to prevent overeating.
- ✓ Before eating, check in with you how you feel. Do you want to eat because you’re stressed? Bored?
- ✓ Be present. Eat without distractions (television, phone, etc.)
- ✓ Focus on protein to help keep you full.
- ✓ Don’t keep trigger foods at home (foods that are easy to binge).



Nutrition Handouts

Please review all patient handouts and education materials on our website: surgery.ucla.edu/bariatrics/patient-handouts

For the link, click here:

www.surgery.ucla.edu/bariatrics/patient-handouts

Password: [UCLABariatrics1](#)

Thank you!

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