



David Geffen  
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**UCLA** Health



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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



# 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



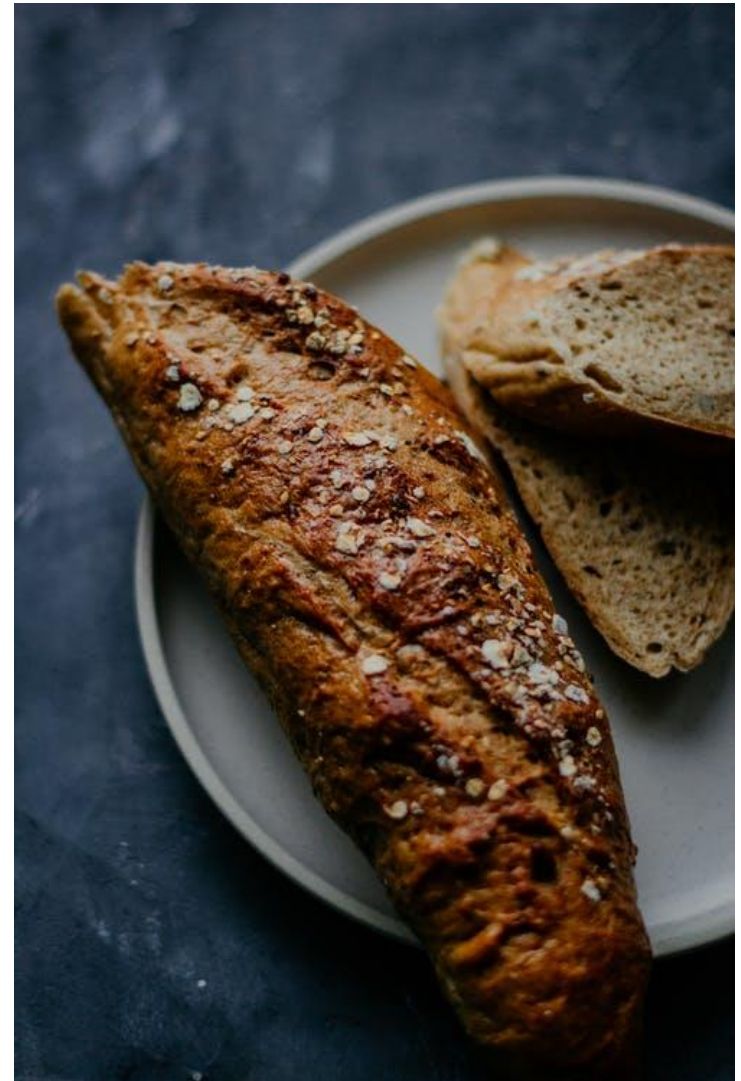
# Carbohydrates

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



# 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





# 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





# 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

1 serving = 7 grams protein

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 oz. chicken = 21 g protein



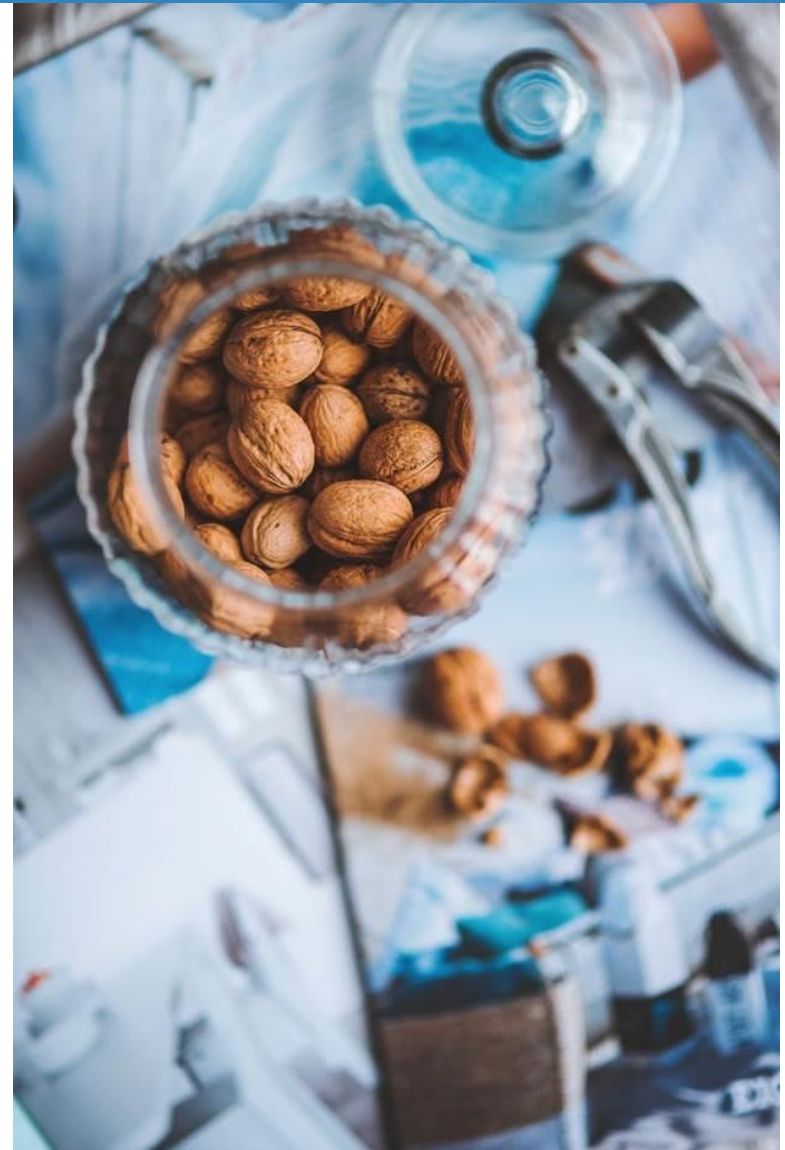
# Protein

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

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





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# Stages of Postoperative Diet



# Nutrition After Bariatric Surgery

The providers will evaluate your nutritional status and labs:

**2 weeks:** with surgeon and dietitian

**3 months:** with nurse practitioner and dietitian

**6 months:** with nurse practitioner and dietitian

**12 months:** with surgeon and dietitian

**Annual follow-up visits:** with surgeon and dietitian

# Stage I: Clear Liquids

A clear liquid diet consists of clear liquids such as water, broth and sugar-free gelatin to help prepare the body before surgery and heal the body after surgery.

**Day -1** = Pre-op (1 day before surgery)

**Day 0** = Day of surgery

**Day 1** = Day after surgery



- Water or Ice chips
- Broth
- Diluted, clear 100% juice
  - (1/4 cup juice, 3/4 water)
- Sugar-free Jell-O
- Sugar-free popsicle
- Herbal tea (caffeine free)
- Country Time Sugar Free Pink Lemonade Mix
- Sugar Free Kool-Aid mix
- Crystal Light
- Propel



## Clear Liquid Diet Sample Menu

### Prior to Surgery

Meal	Intake
Breakfast prior to 10 AM	Your Choice (for example, 2 eggs, 1 slice toast)
Snack	Low sodium vegetable broth Sip water
Lunch	Premier Protein Clear Sip water
Snack	Low sodium chicken broth Sip water
Dinner	Premier Protein Clear Sip water
Snack	Sugar free popsicle Sip water

### Day Of Surgery/Day After Surgery

Meal	Intake
Breakfast	½ Premier Protein Clear Sip water
Snack	Sugar free Jell-O Sip water
Lunch	½ Premier Protein Clear Sip water
Snack	Low sodium chicken broth Sip water
Dinner	Low sodium vegetable broth Sip water
Snack	Sugar free popsicle Sip water



# Stage II: Full Liquids

## Days 2 through 14

Full liquid diet =  
(milk-like) consistency

Aim for 3 protein shakes daily

Aim for 80-100 g protein and 64 oz.  
daily as tolerated (fluid goal does not  
include protein shakes)





## Stage II: Full Liquids

Protein shakes / powder should meet the following:

100-200 calories

< 10g sugar

< 15g carbohydrates

> 20g protein per serving

Nutrition Facts		
Serving Size 1 Shake (11 fl oz)		
Servings Per Container 4		
Amount Per Serving		
Calories	160	Fat Cal. 25
		% DV*
Total Fat	3g	5%
Sat. Fat	1g	5%
Trans Fat	0g	
Cholest.	25mg	8%
Sodium	360mg	15%
Potassium	310mg	9%
Total Carb.	5g	2%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	30g	60%



## Stage II: Full Liquids



*Blend then strain protein shakes*

- Choose **ready to drink shakes** OR **blend protein powder** with water or low-fat milk and strain
- For a **savory option**, add unflavored protein powder to broth or use **Unjury Chicken Soup Protein**
- If lactose intolerant: look for vegan products or “**100% whey isolate**” and avoid “whey concentrate”
- Avoid predominantly “collagen” protein products – **not** a complete protein
- **NO FRUIT SMOOTHIES**- no adding fruit!



# Recommended Supplements

Find protein products that you like before surgery but remember taste buds may change after afterwards

- Bariatric Advantage ([www.bariatricadvantage.com](http://www.bariatricadvantage.com))
- Ensure Max Protein (Walmart, Target, CVS)
- Fairlife Nutrition Plan (Amazon, Sam's Club)
- Genepro- Dissolves well in soup and food (Amazon)
- Premier Protein (Costco, Sam's club)
- Pure Protein (Trader Joe's, Ralph's, [www.pureprotein.com](http://www.pureprotein.com))
- Isopure (Vitamin Shoppe)
- Muscle Milk (Target, Walmart, Vitamin Shoppe)
- Orgain Organic Protein Powder (Walmart and [www.orgain.com](http://www.orgain.com))
- Unjury ([www.unjury.com](http://www.unjury.com)) try the chicken soup flavored protein powder as a savory option
- Vega (Target, Vitamin Shoppe)



## Stage II Full Liquids Sample Menu

Meal	Liquids	Protein (g)
Breakfast	½ Protein Shake	15
Snack	½ Protein Shake	15
Lunch	Unjury (protein powder) Chicken Soup flavor (use warm not hot water otherwise it will clump)	21
Snack	½ Protein Shake	15
Dinner	½ Protein Shake	15
Snack	½ Protein Shake	15
<b>Calorie Goal: 450-550</b>		<b>Total: 96</b>



# Stage II Full Liquid Key Points

Space meals every 2-3 hours

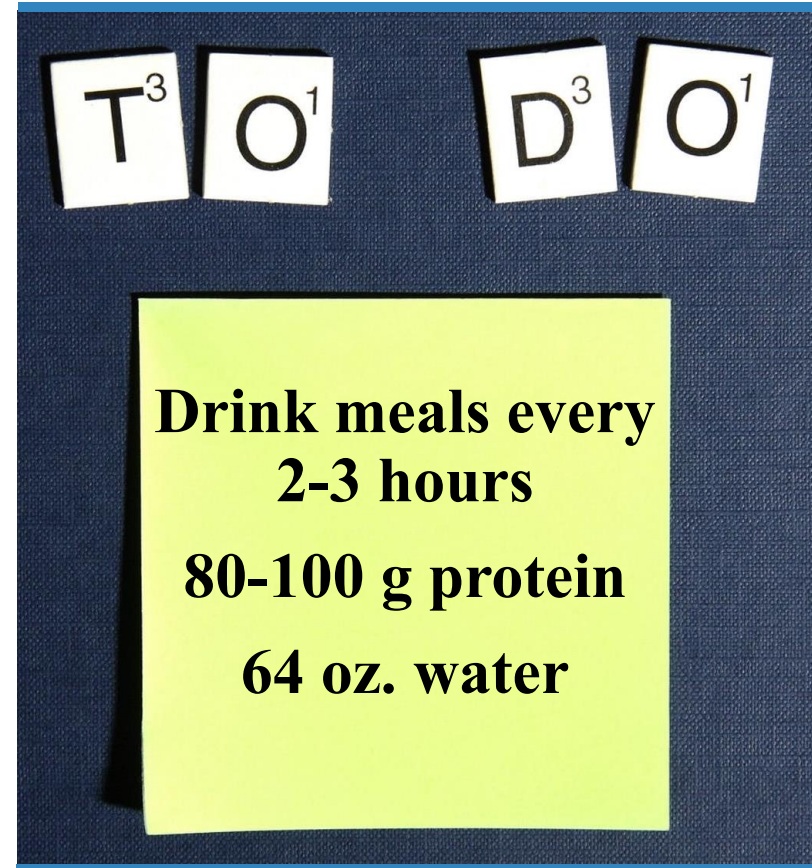
Begin liquid protein supplements – goal of 80-100 grams protein

- Slowly work your way up to this, it can take 2-3 weeks to reach this goal

Focus on rate of consumption – goal of 64 oz. fluid per day

- Track volume
- Slowly increase your rate

**STOP** at first sign of fullness,  
**BEFORE** you experience stomach pain





# Stage II Full Liquid Diet Warnings

- **NO** solid foods until designated time
- The greatest risk of developing leaks happen within the **first 2 weeks** after surgery



# Stage III: Soft Foods

Days 15 through 35, Weeks 3-5

- The soft food diet consists of foods that are **soft, mashed or pureed**
- This helps to transition to solid foods and minimize stomach discomfort
- These foods are **nutritious and easy to digest**
- **Do not prematurely advance to solid foods**, as this can be dangerous



# Stage III: Soft Foods, Vegetarian Protein

**Low fat dairy:** cottage cheese (no added fruit), Greek yogurt, ricotta cheese, other soft cheeses

**Eggs:** Egg Beaters, egg whites, whole eggs, boiled, scrambled, baked, poached

## **Legumes (mashed or blended):**

- black beans, peas, kidney beans, garbanzo beans, white beans, lentils, vegetarian refried beans, hummus, black eyed peas
- split pea soup, lentil soup, bean based chili
- check protein: veggie burger, black bean burger (nothing spicy), Boca Burger

**Tofu:** soft or silken tofu (nothing crispy)



# Stage III: Soft Foods, Protein

**Pureed meats**, moist ground meats such as turkey or chicken

- Prepared with broth or in vegetable soup
- Slow cook chicken until tender

**Soft fish**: tuna, tilapia, salmon, grouper, cod, haddock, sea bass

**Shellfish**: scallops, lobster, shrimp, crab

**Homemade egg/chicken/tuna salad**

made with low fat plain Greek yogurt, olive oil, low-fat mayo or pickle juice for taste and moisture



# Stage III: Soft Foods, Fruits and Vegetables

- **Pureed or mashed fruit, fresh or canned in water:** unsweetened applesauce, banana, blackberries, blueberries, cherries, honeydew melon, kiwi, peaches, pears, raspberries, seedless grapes, seedless watermelon, strawberries
  - No dried fruit
  - Avoid seeds
- **Pureed, steamed/mashed vegetables:** spinach, collard greens (no ham), tomatoes, zucchini, artichokes, beets, cabbage, carrots, cauliflower, garlic, leeks, mushrooms, onion, pumpkin, spaghetti squash, mustard greens (no ham), sweet potato, yam
- Pureed, strained vegetable soups are safe



# 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





## Turkey Chili Recipe Adapted from My Bariatric Dietitian

Post-operative serving: **1/4-1/2 cup**

Serves: 16

Ingredients:

1 lb. lean ground turkey

1-2 tbsp. olive oil

1 (14.5 oz.) can kidney beans

1 (28 oz.) can diced tomatoes

1 (8 oz.) can tomato puree

1 large onion, finely chopped

4 tsp minced garlic

1 tsp oregano

2 tbsp. ground cumin



[www.mybariatricdietitian.com/recipes/classic-turkey-chili](http://www.mybariatricdietitian.com/recipes/classic-turkey-chili)

### Nutrition facts:

Calories: 75

Fat: 2 grams

Carbs: 8 grams

Fiber: 2 grams

Protein: 6 grams

### Tip:

Freeze some leftover chili for an easy, healthy meal

**Directions:** Place a large skillet over medium-high heat and add ground turkey. Using a wooden spoon, break it into smaller pieces and cook until browned, 7-9 minutes. While turkey browns, in a medium to large pot, heat olive oil over medium heat. Add the onions, garlic and spices to the pot and sauté until soft. Add the turkey to the pot. Mix in the beans, diced tomatoes, tomato puree, and tomato paste. Bring to a boil. Once boiling, reduce to simmer and cook for 15-20 minutes. Serve immediately or cool and store in fridge for up to 5 days.



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# Stage III: Soft Foods

Days 15 through 35, Weeks 3-5

## Food Recommendations

- Food should be **soft** and either **mashed** or **pureed**
- **Eat slowly** and chew well
- Add one new food at a time to test tolerance
- **Use moist cooking methods** such as boiled, sautéed, poached, stewed or braised
- Use broth to moisten food
- **Avoid grains** (oatmeal, grits cream of wheat, rice, bread, noodles, crackers, pasta, etc.)
- Don't bread or fry foods
- **Avoid spicy foods** (jalapenos, chili powder, cayenne, etc.)
- Other seasonings are safe to flavor food (salt, pepper, garlic, cumin, cinnamon, etc.)
- **Avoid red meat** for 3-6 months
- **Avoid sugar sweetened and caffeinated drinks** such as juice, soda, energy drinks, coffee for **at least 3 months**
- **Avoid carbonated drinks** for **3 months**



## Stage III Soft Foods Sample Menu

Meal	Foods	Amount	Protein (g)
Breakfast	Scrambled egg (soft) Low fat cottage cheese	1 1 Tablespoon	10
Snack	Protein Shake	5 fluid ounces (1/2 bottle)	15
Lunch	Tuna salad with light mayo Pureed vegetable soup	2 ounces 2 Tablespoon	16
Snack	Protein Shake	5 fluid ounces (1/2 bottle)	15
Dinner	Steamed soft fish Mashed carrots Mashed sweet potato	2 ounces 1 Tablespoon 1 Tablespoon	14
Snack	Protein Shake	5 fluid ounces (1/2 bottle)	15
<b>Calorie Goal: 600-800</b>			Total: 85 g

Sip water, stopping 15 minutes before meal and starting 30 minutes after



## Stage IV: Solid foods



# Stage IV: Solid foods

## Day 36, Start of Week 6

Goal of 800-1200 calories, 80-100 grams protein/day

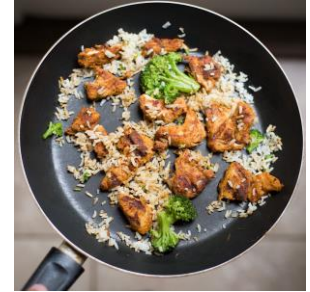
Goal will vary from person to person

Maintain goal of 64 ounces of fluid per day

- No liquids 15 minutes before meals and 30 minutes afterwards

Portion control 1/2 cup food per snack and 3/4 cup of food per meal

Introduce one new food item at a time





# Stage IV: Solid foods Key Points



- Eat **slowly** and **chew** your food - Take 20-30 minutes to eat each meal!
- **Stop** eating at the first sign of fullness
- Continue protein supplements to meet goal of **80-100 grams protein**
  - If this goal cannot be met from food alone, continue to incorporate protein shakes and supplements



## Stage IV Sample Menu: Solid Foods

Meal	Foods	Amount	Protein (g)
Breakfast	Scrambled egg	1	6
	100% Whole grain toast	1 Slice	4
Snack	peanut butter	1 tbsp.	4
	½ peeled apple		
Lunch	Baked chicken breast, skinless	3 ounces	21
	Sautéed spinach with garlic and 1 tsp. olive oil	¼ cup	
Snack	2% plain Greek yogurt	½ cup	12
	Strawberries	¼ cup	
Dinner	Baked Salmon	3 ounces	21
	Quinoa, cooked	¼ cup	2
	Sautéed Mushrooms	¼ cup	
Snack	Protein Shake	5 fluid ounces	15
<b>Kcal Goal: 800 – 1200</b>			<b>Total: 85</b>



# Things to Remember

1. Eat **protein** first, then **non-starchy vegetables**, then **complex carbohydrates**
2. Choose **lean protein**: turkey, chicken, fish, lean cuts of beef, soy, low-fat dairy
3. Choose **non-starchy vegetables** (vegetables with a high water content)
4. Choose **complex carbohydrates**: whole grains, brown rice, quinoa, barley, buckwheat, fruit, yucca, plantains, lentils, starchy vegetables (corn, peas, beans, potatoes)



# Limit:

**Sugar** limit to <10 g per serving, too much can cause Dumping Syndrome

**Tough Meats:** Limit for **3-6 months** post-surgery

**Alcohol:** **Limit 1 year**

- High in calories
- Risk for transfer addiction
- Slows down metabolism
- Dehydrating

**Carbonated (bubbly) drinks, drinking through a straw and chewing gum:** **Limit 3 months**

- Can create gas, causing bloating and pain
- If chewing gum is swallowed, can cause a blockage

**Coffee and caffeinated tea:** **Limit 3 months**

- Can introduce decaf after 6 weeks
- Caffeine can cause heartburn and reflux

**Trigger foods** are easy to over-eat/hard to portion control (chips, chocolate, ice cream, cake, crackers, cookies, etc.)

**Excess calories**

- Coffee and tea drinks (latte, Frappuccino, creamers, chai teas, etc.) are high in processed sugars, fats, and calories
- Use low fat milk, unsweetened almond/soy milk and avoid added sugar in your drinks



# Cooking at Home

Don't know where to start?

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

CARNITAS

1/2

CUSTOMIZE

210 CAL >

CILANTRO-LIME WHITE RICE

✓

CUSTOMIZE

210 CAL >

BLACK BEANS

✓

CUSTOMIZE

130 CAL >

GUACAMOLE

✓

CUSTOMIZE

230 CAL >

MONTEREY JACK CHEESE

✓

CUSTOMIZE

110 CAL >

ROASTED CHILI-CORN SALSA

✓

CUSTOMIZE

80 CAL >

SOUR CREAM

✓

CUSTOMIZE

110 CAL >

CHIPS & FRESH TOMATO SALSA

-

✓

+

570 CAL >

BLACKBERRY

-

✓

+

170 CAL >

YOUR BURRITO BOWL

28%

57%

15%

CALORIES

2055

TOTAL FAT

105g

PROTEIN

57%

CARBOHYDRATES

213g

FULL NUTRITION FACTS

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# Nutrition Calculator, Chipotle


CHICKEN



CUSTOMIZE

180 CAL >


FAJITA VEGETABLES



CUSTOMIZE

20 CAL >


FRESH TOMATO SALSA



CUSTOMIZE

25 CAL >


BLACK BEANS



CUSTOMIZE

130 CAL >

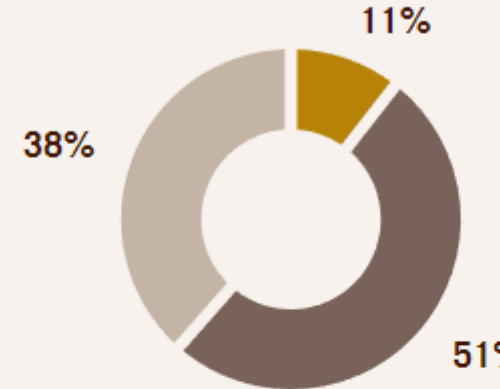
ROMAINE LETTUCE



CUSTOMIZE

5 CAL >

YOUR BURRITO BOWL



38%	51%	11%
-----	-----	-----

CALORIES	355
----------	-----

TOTAL FAT	8.5g
PROTEIN	41g
CARBOHYDRATES	31g

FULL NUTRITION FACTS



# Early & Late Dumping Syndrome

## Early Dumping:

- Immediate reaction to sugar and fat
- Symptoms: diarrhea or nausea

## Late Dumping:

- Occurs 2 hours after a high carbohydrate meal that contains little to no protein
- Symptoms: Fatigue, sleepiness, lightheadedness, near fainting, sweating, low blood pressure, reactive hypoglycemia
- To prevent, pair carbohydrates with protein



## What can cause Dumping:

- Anything with more than 10-15 grams sugar
- Milkshakes, coffee drinks, fruit juice, sport drinks
  - High fat liquids and foods:
- Creamy soups, alfredo sauce

# Gout Flares

Gout flares may develop after surgery due to rapid weight loss and high protein intake

Avoid foods high in purine:

- Turkey
- Some seafood: anchovies, herring, sardines, mussels, scallops, trout, haddock, mackerel and tuna

Increase consumption of:

- Low-fat dairy (Greek yogurt, milk, cottage cheese, etc.)
- Whole grains (quinoa, whole wheat bread, brown rice, etc.)
- Fluids (alkaline water, herbal tea)





# Supplementation



Why do we need to take vitamins / minerals?

- Bypass creates a degree of malabsorption
- Sleeve creates a degree of restriction
- You are at an increased risk of malnutrition

We recommend *life long* supplementation, take vitamins daily!

We will regularly monitoring your blood values in order to measure body requirements:

**3 month, 6 month, 12 month** and **annual** appointments



# Vitamin and Mineral Supplementation

Everyone Begin Day 2 Post-Op

1. Multivitamin
2. B complex

OR

1. Bariatric Multivitamin



# Multi-Vitamins- (Begin day 2 post-op)

Look for a well balanced daily multi-vitamin containing 100% of daily value (Multi-plus, Multi-Complete)

- Choose a complete adult formula such as
  - [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
    - For example, One a Day Ultra Solo (capsule), Chewy Bites, etc.
    - The chewy bites are a good option if you are prone to nausea
  - [www.bariatricfusion.com](http://www.bariatricfusion.com)
  - [www.barilife.com](http://www.barilife.com)
  - [www.procarenow.com](http://www.procarenow.com)
  - [www.unjury.com](http://www.unjury.com)

## Route/Form:

- Capsule
- Chewable
- Liquid: usually 30 cc once a day

**No gummies!**



## B-Complex (Begin day 2 post-op)

Well balanced daily B-complex  
that includes:

• **B1, B6, B9 and B12**



**Form:**

- Capsule, Chewable, or Liquid
- Take as directed on the bottle unless otherwise specified by your Doctor



# Calcium (Begin 6 weeks post-op)

**All Gastric Sleeve patients >45 years old and all RYGB patients must supplement with Calcium Citrate.**

Name: **Calcium Citrate**

Route/Form:

- Capsule, chewable, or liquid

Oral Dose:

- 1000-1200 mg per day PLUS 400-800 IU Vitamin D
- 500 – 600 mg is absorbed at one time
- Space at least 3 hours apart
- If taking an iron supplement space iron and calcium apart by 2-3 hours.





# American Society for Metabolic and Bariatric Surgery ASMBS Guidelines

Nutrients	ASMBS Guidelines
Vitamin A	1,500-3,000 mcg/day (5,000- 10,000 IU/day)
Vitamin D3	75 mcg/day (3,000 IU/ day)
Folic Acid	400- 800 mcg/ day (Women of childbearing age 800-1000 mcg/ day)
Vitamin B12 (Cobalamin)	350- 500 mcg/ day
Vitamin C	120 mg/ day
Thiamin B1	12 mg/ day
Biotin	600 mcg/ day
Calcium	1,200- 1,500 mg/ day
Iron	45- 60 mg/day
Zinc	16- 22 mg/day
Copper	2 mg/day
Vitamin K	90-120 mcg/ day
Vitamin E	15 mg/ day



# Campus Pharmacy- UCLA 100 Medical Plaza

- Bariatric Fusion

- Multivitamin

- Bariatric Advantage

- Multivitamin: Ultra Solo **capsule** (with and without iron)
- Multivitamin: Ultra Solo **chewable** (with iron)
- Calcium chewy bites



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# Vitamin Company Discounts



# Bariatric Advantage

- Receive a 15% discount when purchasing Bariatric Advantage products online using the “UCLA” code.

- 1) Go to [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
- 2) Locate the validation code box
- 3) Enter your code UCLA into the validation code box and click enter
- 4) Select your products, the discount will be reflected in the product price. Add products to your cart and checkout!

Contact number:

[www.bariatricadvantage.com](http://www.bariatricadvantage.com)

(800) 898-6888

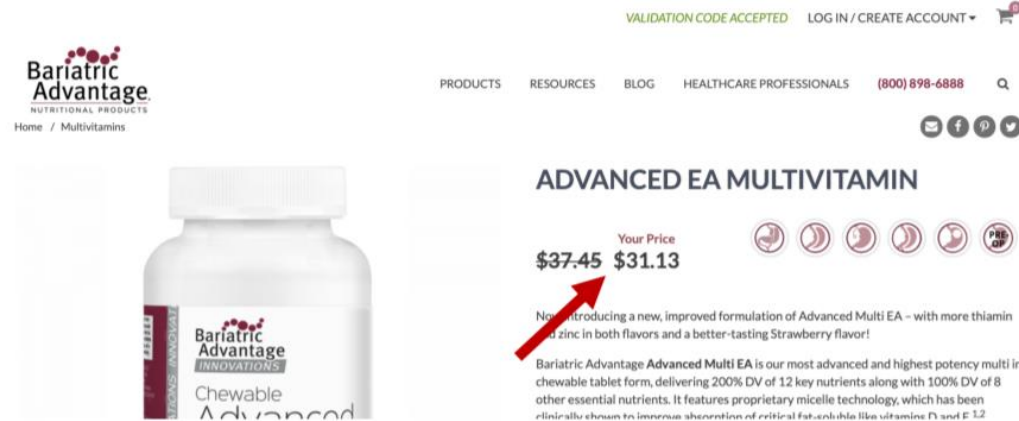
- 1) Go to [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
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- 3) Enter your code UCLA into the validation code box and click enter



- 4) Select your products, the discount will be reflected in the product price. Add products to your cart and checkout!



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# Bariatric Fusion

- Use "UCLA15" and you will receive 15% off everything except bundles and subscriptions.
- One a day capsule. Plus 1-2 calcium chews (each chew is 500mg).
- Recommended to take 1 capsule in the AM and then in the afternoon/ evening you can take the calcium chews.

Contact information:

[www.bariatricfusion.com/](http://www.bariatricfusion.com/)

(866) 259-0602

# Unjury

Use discount code **UCLA10** to receive 10% off first order.

Patients must first create an account, then log in, before placing an order. The discount will not apply if you proceed straight to ordering without making an account first.

Steps:

1. Create an account and log in.
2. Select products and go to check out.
3. Enter code in at check-out to get 10% off their first order.

Contact information:

1-800-517-5111

<https://unjury.com/>



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## Bari Life

- Use code “UCLA” and receive 15% off first orders.

Contact information

[www.barilife.com](http://www.barilife.com)

(855) 438-6527

## PatchMD

- Only recommend vitamin patches for patients with severe nausea/ vomiting and **cannot tolerate capsules or chewable.**
- Use discount code “ucla55” to receive 55% off.
- Contact: [www. patchmd.com](http://www.patchmd.com)

## Pro Care Health

- One time use per account and cannot be combined

Buy 1-30ct multivitamin get 1-30ct multivitamin at half price

**Code: Bogo599**

Take 10% off your order (pre-shipping & pre-tax)

**Code: Easy**

- Automatic coupons:

Free Shipping on orders over \$75 (US Only).

Contact information:

[www.procarenow.com](http://www.procarenow.com)

(877) 822-5808





# Fiber Supplements

- Bowel habits may change after surgery
- This is normal- you are consuming less food
- Stay **hydrated**, drink 64 oz. water daily
- Make to sure to **consume fruits, vegetables and water**
- **Exercise** can also help prevent constipation
- If you need a supplement try Psyllium Husks, Benefiber or Metamucil
- Dose: Do not exceed instructions on bottle unless prescribed by your doctor or nurse practitioner

Psyllium Husks



Benefiber



Metamucil



# Tips for Long-Term Success

## Will I lose my hair?

- Focus on getting 80-100 g protein daily to prevent hair loss
- Take your multivitamin and B complex
- Do NOT over-supplement biotin, this will not help your hair grow faster



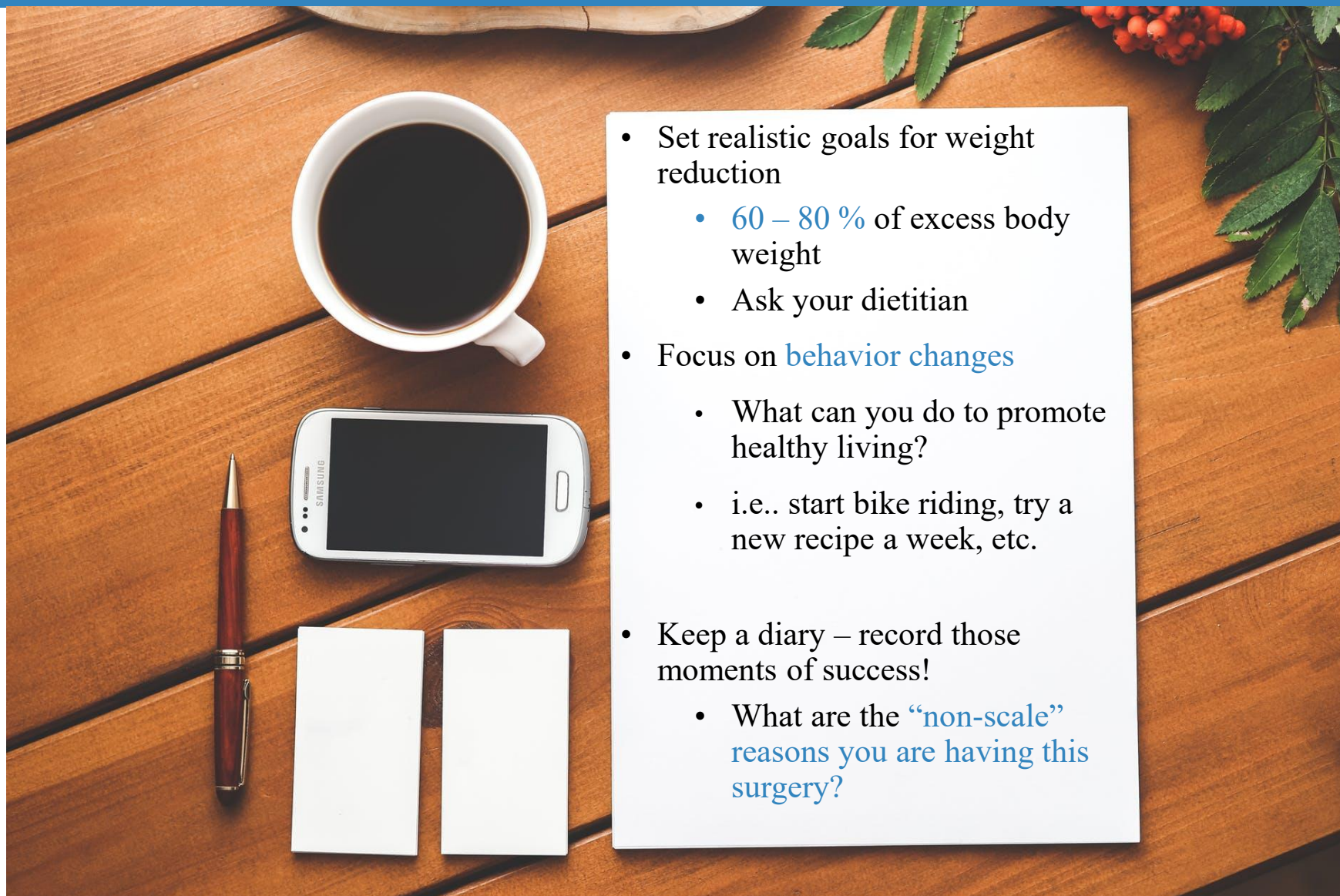
## Can my stomach stretch back?

- Your stomach will *not* stretch back to the original size
- Weight regain occurs from a variety of factors, mostly grazing throughout the day and returning to unhealthy habits

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# Tips for Long-Term Success





- Set realistic goals for weight reduction
  - 60 – 80 % of excess body weight
  - Ask your dietitian
- Focus on behavior changes
  - What can you do to promote healthy living?
  - i.e.. start bike riding, try a new recipe a week, etc.
- Keep a diary – record those moments of success!
  - What are the “non-scale” reasons you are having this surgery?



# 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).







## Keep your post-op appointments!

- 2 weeks, 3 months, 6 months, 12 months and annually
- Our team will help provide you the support you need for long-term success

## Regular attendance at Support Group meetings

- First Wednesday of every month
- View topics on our website: [surgery.ucla.edu/bariatrics](https://surgery.ucla.edu/bariatrics)

Consider consistent therapy and non-UCLA groups

## DON'T READ THE BLOGS





# Exercise Guidelines

**Week 1 – 6:** Walk, elliptical, stationary bike

- NO swimming/hot tub
- Moderate and consistent movement plan



**Week 6+:** Most restrictions are lifted  
Choose a variety of different exercises

**Cardio, 150 minutes weekly-** makes your heart stronger and more efficient

- Examples: dancing, running, swimming, brisk walking, aerobics, kick boxing, skiing, surfing, bike riding

**Strength training, 2-3 days weekly-** reduces muscle loss after surgery

- Examples: free weights, resistance bands, weight machines

**Stretching, 2 days a week-** improves flexibility and mobility



# Things to Remember

## Daily goals:

- Take bariatric multivitamin **or** multivitamin with B complex
- 64 oz. of water
- 80-100 grams protein
- Exercise as tolerated
- Do not eat and drink at the same time





David Geffen  
School of Medicine

**UCLA** Health