



# BARIATRIC NUTRITION **GUIDE**

*Your dietary guide through the bariatric journey*

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**Nutrition & Dietetic Services**

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## What is this guide for?

This guide includes tools to help you on your way to reaching your weight loss goal. Although it may be tempting to go on a strict diet, cut out a major food groups or use meal replacement drinks to lose weight, it will unfortunately not help long term after surgery. *The time leading up to your surgery date is the opportunity for you to start making long lasting changes. Although the surgery will go a long way in providing great weight loss, it will not be possible to maintain that weight loss long term without these dietary and behavior changes.* That is why we refer to surgery as a tool.

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## Your Personal Information

My name \_\_\_\_\_ Hospital Number (NHI) \_\_\_\_\_

My motivation for surgery \_\_\_\_\_

Weight loss goal set by surgeon \_\_\_\_\_ kg

How will I reach my goal \_\_\_\_\_

## My Weight Loss Progress

Weight \_\_\_\_\_ kg (Date: \_\_\_\_\_ )

Weight \_\_\_\_\_ kg (Date: \_\_\_\_\_ )

Weight \_\_\_\_\_ kg (Date: \_\_\_\_\_ )

## My Appointments (pre-surgery)

Date I attended the information seminar \_\_\_\_\_

1st clinic appointment (with surgeon) \_\_\_\_\_

2nd clinic appointment (with dietitian) \_\_\_\_\_

3rd clinic appointment (with surgeon/counselor) \_\_\_\_\_

Surgery Date (planned) \_\_\_\_\_

Anaesthetist appointment \_\_\_\_\_

Dietitian education session \_\_\_\_\_

Being organised is one of the keys to success with bariatric surgery. It can take time to become an organised person, so you might want to work on one thing at a time. Below is a list of ideas that may help you be more organised, it can help to make your journey easier and the results better too.

- 1. Putting YOU first**– in order to look after others, we have to learn to put ourselves first. This can take time and adjustments to the way we live, but the benefits are huge. Making sure you have time to eat your meals, time to be physically active every day and time to reflect on the day will mean you'll be successful long term.
- 2. Identifying hunger**– there are many reasons why we eat, physical hunger being one but often we eat out of habit, boredom, stress, happiness, comfort or loneliness. Learning 'why and how' you eat will help you begin to change to address some of the reasons we eat, often starting with addressing times we may eat when we are not physically hungry is often a good starting point.
- 3. Diaries**– although the food is important to be aware of, understanding more about our feelings and thoughts is often more useful to be aware of as it can be the driving force behind our choices. Keeping a diary that documents your level of hunger, fullness, feelings, thoughts and the speed that we eat can help us to begin to address times that lead to poor dietary choices.
- 4. Having a friend**– having someone to support you through your journey can really help. Someone to be physically active with, someone you can talk to, confide in or even someone coming to clinic with you to be another pair of ears to help hear the information we give you.
- 5. Accountability**– most people prefer to have someone to be accountable to with regards to their weight, you might want to arrange a regular weigh-in with a friend to help keep you on track.
- 6. Meal planning and shopping lists**– knowing what you will eat and drink throughout the day makes it less likely you will eat foods that are not useful to your weight loss journey. When you plan your meals you are more likely to create shopping lists and this can reduce the 'impulse' buys at the supermarket.
- 7. Portion control**– overeating is one of the main reasons for weight gain. Gradually over time portion sizes can increase without noticing. Reducing your portion sizes gradually will help. Using a smaller plate or using a plate model like the one in this guide can help you manage your portion sizes.
- 8. Being honest with yourself**– one of the main things patients who have had surgery say has helped is being really honest with themselves. They also say this is one of the hardest things to do but was a key step in making permanent positive changes.
- 9. Being reflective**– this skill takes work and honesty by reviewing exactly what has happened through the day and deciding what could have been done better. The key is to not 'beat yourself up over the things that didn't go so well, but accept it happened and to make a plan to manage better next time.
- 10. Work with your team**– our job is to help you get the most out of your journey. We will help you to build your confidence so that you can make changes and maintain them for long term success.

## Eating Behaviours for Success:

(Pre-surgery)

Look at the list on the BEFORE sheet. Most items look quite straightforward and easy to do, but often we don't do them all every day. If you start to adopt these behaviours, it will help promote weight loss.

Use the BEFORE sheet and tick off all the things you already do. Then each week, set yourself a goal to tick off one new item each week. Now compare the BEFORE sheet with the AFTER sheet and you'll see that they are very similar. Adopting the BEFORE behaviours early will make AFTER surgery much easier.

You may wish to use the BEFORE sheet as a daily checklist to help keep yourself on track.

## Is it Hunger? (Eating Awareness Diary):

This is a useful tool to help you identify how you eat and the reasons for eating. Such as, emotional eating or eating habits you may have developed over the years. Some of your emotions and eating behaviours may be unhelpful when it comes to changing diet and weight loss. You will need to understand how and why you eat and address the unhelpful habits before you have your surgery as they may reappear quite quickly after surgery if not addressed earlier and this can affect your end result.

To get the best picture of your eating habits, you should complete the eating awareness diary at the time of eating or drinking. If you only complete your diary at the end of the day you will likely have forgotten how you were feeling and what you were thinking at breakfast and lunch time. Aim to take the diary with you and fill it in at the time.

The longer you complete the diary, the more likely you will see clear patterns and trends for the reasons why you eat and the way you eat.

## Healthy Eating Plate:

(Pre-Surgery)

Many factors affect how much you eat, including package sizes, eating what we're served, eating because it's a habit, and eating when not hungry. Reviewing how much you eat can be useful to help you to lose weight. However the trick is not to cut your portions from large to small straight away as you will likely feel like you are missing out. Gradually reduce your portions by aiming for a healthy balanced meal (not too much or too little of key food groups).

Using the 'Is it Hunger' tool (above) will help you identify any areas that need work; perhaps you overeat at dinner because you let yourself get too hungry during the day by skipping lunch. Once you have identified where your problem areas/times are, then you can start working on getting the right balance to your meals.

Remember this Plate Model is for BEFORE surgery. Try to aim for the portion shown on the plate, ideally using a plate around 26 - 28cm wide and a 2 - 3cm rim. The trick is to serve the portions as it shows on the Plate Model, but if you are genuinely hungry (using the hunger/fullness scale from the Diary) once you've finished, then go back for more. Gradually you'll notice you go back for seconds less and less.

There are four main food groups, as shown below and your meals before surgery should have a combination from each group. These four groups are considered to be essential foods for healthy eating.

It's a good idea to fill up on plenty of vegetables, have some protein and carbohydrates and try to minimise or avoid added fats and sugars in your diet as much as you can. This will help you on your weight loss journey. Refer also to Healthy Plate Model (pre-surgery) to guide you on the amount to eat at a meal.

The guide is easy to read and explains the main food groups, how to reduce the amount of energy we eat and how to be more physically active.

### 1. Fruits and vegetables

Aim to include 5+ portions every day. Include fruit at breakfast, vegetables or salad with lunch and dinner. Try to aim for as many different colours as you can as this provides a greater spread of different vitamins and minerals. Fruit is very easy to overeat, so aim to have only two portions per day. A portion is what fits into your hand - a small apple / a bobby sized banana / a handful of grapes or berries.

### 2. Meat, fish, eggs, beans

These foods are also known as protein foods and are essential in your diet before and after surgery. Animal sources include beef, chicken, lamb, pork, fish, seafood and dairy foods. Non-animal sources include beans, legumes, nuts, tofu and corn. The key to keeping them healthy is to remove any visible fat and avoid cooking in additional fats.

### 3. Milk, yogurt, cheese

Dairy foods are beneficial for keeping your bones strong and it is a good way to get protein in at breakfast. Try to go for lean sources such as trim and lower fat to help reduce amount of energy you eat.

### 4. Grains, rice, pasta, potatoes, bread (starchy carbohydrates)

Starchy carbohydrates are important in our diet for making a balanced meal. Carbohydrate foods themselves are not high in energy however we often eat too much of them and they are usually combined with high energy foods (fats | oils | sugars | high fat dairy foods). Start by limiting portion sizes (use the Healthy Eating Plate) and limit the high energy foods eaten with the carbohydrates.

### Fats and sugars

Cutting down or cutting out fats and sugars in our diets is one of the easiest ways to promote weight loss. Some fats are essential for us to survive. There is plenty of fat in our diet in the food groups above without adding extra. Being careful with the types of fats you eat is also really important and avoiding saturated fats is still recommended. Avoiding foods that are fried is a good place to start, then cutting back on the fats you add to your foods like butter, spreads and oil.

Sugar even in its many different disguises can be avoided in your diet with no negative affect on your health. It often features heavily in processed foods and contributes to a huge amount of the energy we consume. When trying to lose weight, people often cut out starchy carbohydrates in their diet (which we don't recommend) however if you cut back significantly on sugar it will promote weight loss. Try to avoid sugar in the form of drinks such as fizzy sodas, fruit juice and energy drinks but also in lollies, puddings, desserts, as well as jam, honey, syrups and even just table sugar (often added to hot drinks or cereal).

Blank Menu Planner:

(Copy to use again)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Morning Tea						
Lunch						
Afternoon Tea						
Dinner						
Supper						

## Menu Planning & Shopping Lists:

(Copy to use again)

People who maintain a healthy body weight long term after surgery are usually quite organised people. They plan what they're going to eat, they write shopping lists and cook meals at home. Being organised doesn't come naturally to everyone and it takes time to develop this skill.

Practicing this skill now will help you long term and using menu plans and shopping lists are great tools to help control what you buy and ultimately helps control what you eat and drink.

When completing the menu planner you should plan your protein item first and add vegetables and extras after, include drinks and some occasional snacks (if needed). Use the menu planner for your shopping list.

## Blank Shopping List:

Protein	Dairy	Vege	Fruit	Carbs	Fluids	Misc
<b>Non-Food Items:</b>						

Tip: Your dietitian can send these templates via email or you can recreate your own

## Summary:

(Pre-surgery)

## Surgery Dates:

We appreciate that most people want their surgery date as quickly as possible. However getting a surgery date quickly can prevent you having enough time to fully prepare before surgery. Allowing enough time to get prepared for surgery is better in the long term. Making sure you've made the necessary adjustments for support, work and home as well as getting more organised with menu planning, food choices and cooking techniques.

It is important to remember that your surgery is an 'elective procedure'; it can be subject to change at very short notice. This may be frustrating for you at the time and can be difficult if leave and support have been arranged. Please discuss any questions or concerns you have around this with Mr. Atalla or our dietitian.

## Preparation:

Throughout this guide we have talked about getting prepared. Nobody can ever prepare you enough for the journey ahead, but taking on board some advice from the team, friends and family will go a long way helping you get ready.

In addition to the bariatric dietitian group sessions we also have a dietitian group session called 'Eating for Your Health' which focuses on changing your behaviours and how you think and feel about food. The group aims to help adjust your view towards how we eat and drink. It can aid healthy weight loss and lifestyle changes.

## Communication:

Keeping in contact with your team is really important to ensure we are all on the same page with your journey. The dietitian's role is to act as your advocate. She meets regularly with the surgeon and booking clerk to help negotiate when your surgery should take place. She may suggest additional time or support before surgery to get you ready for the journey ahead by referring you on for extra help from the psychologist. Speaking to her about any questions, concerns or worries you and your family have will ensure you have the right support before and after surgery.

Our practice manager is responsible for booking your appointments and surgery date. She should be contacted if you need to reschedule. She will let the nurse specialist know and she may contact you to discuss when to reschedule the appointment to.

Above all, if you have any questions you should get in touch. The more you ask, the more you'll understand and this should lead to a better outcomes long term.

## Getting Ready-What You Will Need:

(Pre-surgery)

Getting your kitchen tools ready before surgery is a useful part of the planning process. After surgery you will have to change the texture/consistency of your food so having the correct tools in advance will you to be prepared. The diet sheets will guide you through each stage.

Below is a list of useful tools. Speak with friends and family to see if you can borrow them as you may not use some of them long term, while others you may wish to invest in as you will possibly use them longer term.

### Useful Tool:

- Blender** (Used during Optifast to Soft Stage - consider buying)  
(you can use this to blend your protein shakes so will use this for quite some time)
- Stick whizz / food processor** (Used during Pureed Stage mostly - consider borrowing one)  
(used to get the correct consistency of pureed food)
- Large ice cube tray** (Used during Puree-Soft Stage- relatively cheap to buy, consider buying) (used to portion control X cup portions during the pureed)
- Drink bottle** (Used often -worth investing in a good one)
- Measuring cups** (Used often -worth investing, relatively cheap buy from a dollar store)
- Ziplock bags** (Used often - relatively cheap to buy, various sizes available)
- Kitchen scales** (Used often - relatively cheap to buy, consider buying)  
(used to measure the correct weights of foods/ ingredients -very useful for monitoring the portion sizes you can tolerate)
- Food storage containers** (Used often - consider buying)  
(initially it is easier to store food in small containers either in the fridge or freezer when having X cups, once portion sizes increase Ziplock bags can be used and laid flat to freeze)
- Recipe / note book** (Used often - consider investing from a dollar store)  
(it is useful to keep a note of recipes that have worked I haven't worked for future reference. You can also bring your recipe book to clinic to discuss recipes to maximise the protein content)



## The Information from this point applies to Post-Surgery

### My Appointment

(Post-surgery)

You will be sent an appointment letter for clinic to see the surgical time. Often you will be seen by the nurse and dietitian together at this appointment. Below are the times when the dietitian will plan to review you.

6 weeks \_\_\_\_\_ 9 months \_\_\_\_\_

3 months \_\_\_\_\_ 12 months \_\_\_\_\_

6 months \_\_\_\_\_ 18 months \_\_\_\_\_

If you have been given an appointment for clinic and it does not fall on one of the dates shown below with the red circle, it is unlikely you will be seen by the dietitian. You can contact our rooms to reschedule to a clinic date that the dietitian is covering.

**Your dietitian can provide you with a list of dates  
the dietitian is scheduled to cover clinic**

## Dietitian Questions & Advice:

(Post-surgery)

You may wish to start writing down things you want to ask the dietitian. Remember, the more you ask questions, the more you will understand and the better outcome from surgery you are likely to have.

*Tip: You may want to fill this page in once you have finishing reading the guide*

6 weeks

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3 months

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6 months

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9 months

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12 months

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18 months

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## Dietary Stages

(Post-Surgery)

Below is a summary of the dietary stages -your dietitian will help you work through this sheet but you can use it as a guide. Next to each stage is a space for you to write the date that each stage will start, this will help to keep you on track for progressing through each stage at the right time. You also have a space for completing the daily protein target that your dietitian recommended.

### Stage 1 – Optifast diet

Weeks x

Date:

- You will take Optifast for 2-4 weeks before surgery to shrink your liver to make the surgery safer
- We do not recommend you use Optifast to reach your weight loss goal. It prevents you from developing your skills to make sensible choices and behaviors. There is also a risk you will become 'taste fatigued' (a term used when someone cannot tolerate a supplement anymore) and you may require Optifast for up to 3 months after surgery to meet your protein requirements.
- We will give specific instructions on when to start it before your surgery.

### Stage 2 – Fluid diet

Weeks x 3

Date:

- Directly after surgery you will follow a fluids only diet for 3 weeks.
- This means you will only put fluids into your body.
- The most important fluid during this time is your Optifast but you will be expected to drink a total of 2 Litres per day, this includes the fluid from Optifast.
- Week 1: you must have 3 Optifast diluted plus other fluids to make 2 Litres per day.
- Week 2 + 3: you must have 4 Optifast normal strength plus other fluids to make 2 Litres per day.

### Stage 3 – Puree diet

Weeks x 3

Date:

- After the fluids diet, you will start to introduce small amounts of pureed protein foods for 3 weeks.
- The food will be a smooth pureed consistency for the first week, some very small 'lumps and bumps' for the second week, the final week should be more 'lumps and bumps' in preparation for the 'soft diet'.
- You should eat around a ½ cup at each meal.
- You should eat with a teaspoon and stop when you feel full.
- You should only eat 3 times per day (this allows you to spend the rest of the time drinking your fluids)
- You should also be drinking 3 Optifast per day in between meals (as part of the 2litres of fluids)
- We recommend you wait 30 minutes before and after eating, before you start to drink again (as this can cause lots of problems such as overfilling your new stomach and making you feel sick)

### Stage 4 – Soft diet

Lifelong Date:

- You should always leave 30 minutes before and after eating, before you start drinking again. You will be required to drink up to 3 Protein Shakes per day for up to 3 months post-surgery (your dietitian will guide you) Cooking foods on a hot surface will dehydrate them and make them difficult to tolerate, keeping foods soft and moist and serving them in a low energy sauce/ gravy will help them go down easier.
- You should eat a 'soft' diet for the rest of your life. As the soft diet starts at 6 weeks post-surgery, we expect that the consistency will increase over the months that follow.
- Your ability to eat larger portions will also very gradually increase and most people can eat around 1 - 1½, cups of food at main meals from around 9 months onwards.
- From 9 months after surgery your breakfast should be mostly protein, your lunch and dinner should be half protein and half vegetables.

## Protein - Daily Target

- You will be required to focus on protein at every meal for the rest of your life.
- Depending on the type of surgery you have had, you will be aiming for 60 - 90g protein every day.
- Initially after surgery it will be difficult to meet your protein requirements and you will require a regular protein shake to meet your needs. You may be required to 'supplement' your diet with a protein shake for up to 3 months after surgery (the dietitian will guide you on when to reduce the number, until then continue with 3 per day)

## Fluids

- Your fluid requirement after surgery is 2 litres per day and this can include protein shakes, milk, water, energy-free diluted cordial and decaffeinated tea/coffee. You may require more than this, so aim for 2 litres as a minimum each day. Monitoring the colour of your urine is a good guide to how well you are doing with fluids, you should aim for a very pale yellow colour (please note the first one of the day will be darker)
- From 1 week after surgery you should be drinking between 125 - 250mls per hour of fluids, you should aim to drink no quicker than this as it can cause problems later on for you.
- You should avoid caffeine as it can increase the acidity in your stomach and lead to an ulcer.
- You will be advised to avoid alcohol for a minimum of 1 year. After 1 year you are encouraged to limit this as alcohol is high in energy and can stimulate your appetite which can lead to 'non-hungry eating' which could result in weight regain.

## Vitamins & Minerals

- Everyone having surgery will be advised to take an additional supplement – we currently recommend Centrum Advance 50 + regardless of your age.
- Some pharmacists/GP's may encourage you to buy other products – you must take the product recommended by your team.
- You may be prescribed additional Iron or Vitamin D – you must take these as prescribed by your team.
- Duodenal Switch patients must take all other Vitamins & Minerals daily, as advised by your team.

## Protein Shakes

- Once on the Soft Diet at 6 weeks after surgery, you can use an alternative protein shake of your choice.
- You should compare the food labels and aim for something that will provide the same amount of protein as your 3 Optifast (roughly around 50g protein)
- Ideally the protein shake will be similar or less in calories, total carbohydrates and total fat.
- If you can try a sample before you buy a big volume of it, I would encourage you to do so as some of the shakes taste better than others.

## Dietary Checklist

## (Post-Surgery)

After surgery it can be a struggle to remember what you should be drinking, not to mention taking tablets and being active. It can help to use checklists to keep you on track. Over the first 3 - 4 days post-surgery you will gradually build up how much you drink until you reach 2000mls fluids every day. Using your Fluid Diet sheets and the checklists below, you can monitor you are on track. Discuss with your dietitian if unsure.

Day 0 (Day of op)	Day 1	Day 2	Day 3
Fluid rate: Trial sips 30mls per hour	Fluid rate: 30mls per hour	Fluid rate: 60 - 100mls per hour	Fluid rate: 100 - 125mls (1/2 cup) per hour
		<input type="checkbox"/> Trial 1 x dilute Optifast (400mls water) <input type="checkbox"/> _____ mls other 'allowed' fluids	<input type="checkbox"/> 2 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids

Day 4	Day 5	Day 6	Day 7
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 3 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids	<input type="checkbox"/> 3 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids	<input type="checkbox"/> 3 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids	<input type="checkbox"/> 3 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids

Day 8	Day 9	Day 10	Day 11
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 3 x dilute Optifast (400mls water) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> _____ mls other 'allowed' fluids	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____ mls other 'allowed' fluids <input type="checkbox"/> 10 minutes x 3 gentle activity	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____ mls other 'allowed' fluids <input type="checkbox"/> 10 minutes x 3 gentle activity	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____ mls other 'allowed' fluids <input type="checkbox"/> 10 minutes x 3 gentle activity

**Fluids Diet**

From day 4 post-surgery you should be drinking between 125 - 250mls an hour for every hour that you are awake. The minimum amount of fluids you are required to drink every day after surgery is 2000mls. This will include your Optifast plus other fluids from your 'allowed' list of fluids. You should also include regular activity. You may also want to include any other daily requirements the nurse recommends, you can add this at the bottom of the list.

Day	Day	Day	Day
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 4 x Optifast (at least 200mls each) <input type="checkbox"/> Berocca Performance <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity

**Puree Diet**

For the first week on the puree diet you will continue on Berocca Performance. You will then move onto Centrum Advance 50+. Your dietitian and nurse will advise you to take 1 or 2 per day but if unsure, it is noted on your diet sheet for the puree diet. You will continue the puree diet for 3 weeks and will be required to drink 2000mls daily.

Day	Day	Day	Day
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 3 x Optifast (at least 200mls each) <input type="checkbox"/> 1/4 pureed protein x 3 <input type="checkbox"/> Berocca Performance/ Centrum Advance 50+ x 1/2 <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 3 x Optifast (at least 200mls each) <input type="checkbox"/> 1/4 pureed protein x 3 <input type="checkbox"/> Berocca Performance/ Centrum Advance 50+ x 1/2 <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 3 x Optifast (at least 200mls each) <input type="checkbox"/> 1/4 pureed protein x 3 <input type="checkbox"/> Berocca Performance/ Centrum Advance 50+ x 1/2 <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity	<input type="checkbox"/> 3 x Optifast (at least 200mls each) <input type="checkbox"/> 1/4 pureed protein x 3 <input type="checkbox"/> Berocca Performance/ Centrum Advance 50+ x 1/2 <input type="checkbox"/> 1 - 2 cups milk <input type="checkbox"/> _____mls other 'allowed' fluids <input type="checkbox"/> 30 minutes activity

## Soft Diet

At 6 weeks post-surgery you will start to gradually move towards soft foods, use your Soft Diet sheets to guide you with your portion sizes at meal times. You may be required to have 3 Protein Shakes per day for up to 3 months after surgery to help meet your protein requirements. Only reduce the number of protein shakes once the dietitian has advised you to reduce them. Keep in regular contact with the dietitian if you have any dietary issues.

Day	Day	Day	Day
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 3 x Protein Shakes (at least 200mls each)	<input type="checkbox"/> 3 x Protein Shakes (at least 200mls each)	<input type="checkbox"/> 3 x Protein Shakes (at least 200mls each)	<input type="checkbox"/> 3 x Protein Shakes (at least 200mls each)
<input type="checkbox"/> 3 x protein-rich meals			
<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2
<input type="checkbox"/> 1 - 2 cups milk			
<input type="checkbox"/> _____mls other 'allowed' fluids			
<input type="checkbox"/> 30 minutes activity			

## Soft Diet (Usually 3 month onward)

When your dietitian has advised that you can stop using a protein shake, you can use the template below to keep on track with your daily requirements for food, fluids and activity

Day	Day	Day	Day
Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour	Fluid rate: 125 - 250mls (1/2 - 1 cup) per hour
<input type="checkbox"/> 3 x protein-rich meals			
<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2	<input type="checkbox"/> Centrum Advance 50+ x 1 or 2
<input type="checkbox"/> 2,000mls other 'allowed' fluids			
<input type="checkbox"/> 1 - 2 cups milk (if needed)	<input type="checkbox"/> 1 - 2 cups milk (if needed)	<input type="checkbox"/> 1 - 2 cups milk (if needed)	<input type="checkbox"/> 1 - 2 cups milk (if needed)
<input type="checkbox"/> 30 minutes activity			

Tip: Your dietitian can send these templates via email or you can recreate your own

## Bariatric Plate Model

(9 months Post-Surgery)

At 9 months post-surgery, most people will tolerate a bread and butter plate sized meal. This is usually around 1 - 1<sup>1/2</sup> cups of food. It is important to be aware that the amount we eat usually fluctuates slightly day by day, some days you can eat slightly more and some days you will eat slightly less. This is normal.

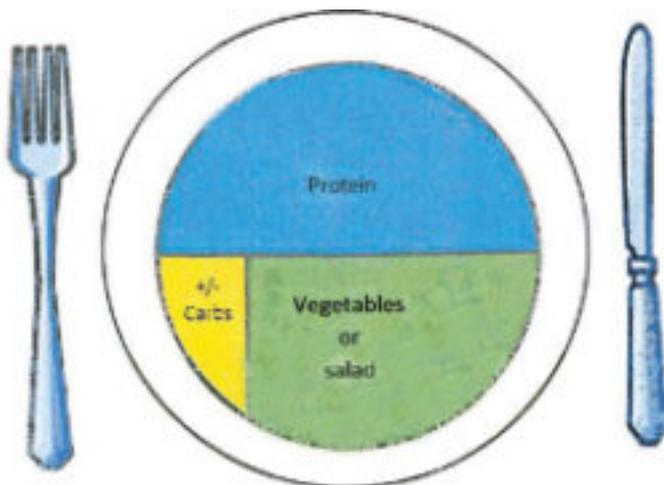
Your meal should be made up of a minimum of 1/2 to 3/4 cup of lean protein, you can have more protein at meals if you prefer. The rest of the meal can be made up of vegetables or salad. It is important to gradually work up towards 1 - 1<sup>1/2</sup> cups per meal to ensure you are eating enough energy and protein at each meal time. Under eating after bariatric surgery can make it difficult to maintain your weight loss long term.

You should always eat your protein first because if you are going to get full, you want your stomach to be full from the protein and not the other food. Once you have eaten most of your protein, if you have room you should eat the other part of your meal.

It is important to be aware that if you begin to feel hungry between your meals, you may not be drinking enough fluids or you may not be eating enough protein at your meals. If you have noticed this happening you should discuss this with your dietitian.

## Plate Model: 9 months Post-Surgery

(Bread and butter sized plate)



Once you are drinking enough fluids, a minimum 2000mls per day, it can be possible to include an occasional portion of fruit. Discuss with your dietitian and limit yourself to a maximum of 1 portion per day.

As mentioned earlier you should always stop drinking 30 minutes before and after eating to prevent overfilling your stomach. This is a behaviour you are encouraged to continue for the rest of your life and should be done whenever you eat, regardless of what it is, even if it's a piece of fruit.

Carbohydrates (Carbs) can be added from 9 months onwards, aim to only include with the meal if you have eaten sufficient protein and vegetables. Always good to limit the amount to prevent over consuming and affecting the amount of protein you consume at meals.

## 9 months Post-Surgery and Onwards

People who are successful long term following bariatric surgery often refer to following their 'recipe'. This is a list of tasks or goals they need to achieve each day to ensure they continue to maintain a healthy body weight and prevent weight regain. Some people will use checklist in their head, while other prefer to physically tick off the items each day.

The recipe for success requires the following things:

- Taking the recommended multivitamins every day at the amount advised by the team -this will help to keep you well and prevent any nutritional complications.
- At least 30 minutes of moderate intensity physical activity\* every day- regular physical activity helps to keep your heart healthy as well as improving your mental wellbeing. People who are physically active on less than 5 days per week are often off track with their eating, drinking and weight loss.
- At least 2000mls of fluids - hydrating your body is important for many reasons, two of the main ones being keeping your bowels and kidneys working properly.
- 3 protein-rich meals per day-eating more frequently reduces your ability to drink enough fluids and often leads to increased snacking and weight regain.
- Avoid snacking- with the exception of an occasional portion of fruit, you should continue to avoid snacking. Snacking between meals usually leads to eating less at your main meals. As a result you may eat less protein than your body requires, which can lead to more snacking and weight regain.
- Reflecting on the day-as mentioned before, being reflective about your day is a useful skill to develop. It allows you to look back over the day and identify any reasons you may not have achieved all of the items on your checklist. Thinking about why the reasons occurred and what you can do to prevent them happening tomorrow, will help to keep you on track long term.

### Recipe for Success (My Daily Checklist)

- Multivitamins**
- 30 minutes physical activity**
- 2 litres fluids**
- 3 x protein-rich meals**
- Avoid snacking**
- Reflecting on the day**

*Tip: Consider copying or creating your own 'checklist'*

\* World Health Organisation: Moderate Intensity Physical Activity requires a moderate amount of effort and noticeably accelerates the heart rate. Examples include brisk walking, dancing, gardening, housework and domestic chores, active involvement in games and sports with children I walking domestic animals.

## Weight Tracking

Weight loss after bariatric surgery can be difficult to predict as everyone loses weight slightly differently. For the first 9-12 months after surgery, most people see the number on the scale gradually going down at each appointment. Very occasionally some people have seen the number go up slightly. If this happens for you and you are achieving all of the items on your checklist every day, you should not be overly concerned. It may be that your diet requires a little adjustment and your dietitian will guide you with this.

If you find that you are regularly missing items from your checklist and your weight is going up, identifying what has prevented you from achieving these items is the important first step. Once you know what the 'barrier' is you can start working to overcome it, your dietitian is trained to support you to find solutions that will work for you if you need help.

The outpatient clinic nurses will weigh you at each appointment and you can record this weight below to help monitor your progress. Regularly weighing yourself at home, a friend's house or your local GP practice can help to keep you on track between appointments.

It is important to know that our main focus is that overall you are achieving all of the items on your checklist.

### Weight at Outpatient Clinic:

6 weeks _____	kg	9 months _____	kg
3 months _____	kg	12 months _____	kg
6 months _____	kg	18 months _____	kg

## Goal Setting

Setting yourself 'goals' can often help you to keep on track during your weight loss journey. It is important that you set goals that are both realistic and achievable. Most people have a final weight they would like to be at the end of their weight loss journey. Setting yourself small goals on the way towards that weight will help to keep you motivated and feeling positive. You may also want to set yourself the ultimate physical activity goal such as running a marathon, but setting smaller and more achievable goals along the way will help to build your fitness and the ability to achieve your ultimate goal.

### Weight Loss Goal:

### Physical Activity Goal:

## Motivation

It takes hard work and effort to get to grips with the diet, to maintain regular physical activity, to reach the daily fluids requirement and to take the multivitamin tablets every day. It can be really hard to keep on top of all of these things and old habits can very easily creep back into place. Using the tools in this guide and with the support of your bariatric team, it will hopefully be easier to maintain your weight loss.

Before surgery you were encouraged to write down what was motivating you to go forward for surgery. It is important to always remember the reason you first went forward for surgery, but use this now as your motivation to keep on track.

My motivation to keep on track \_\_\_\_\_

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## Monitoring

You may wish to track your progress with monthly photographs as this will be a great reminder of how far you have come. Some people also keep a couple of items of clothing at their biggest weight, another great reminder of where you have been and how far you have come. Speak to friends and family who have been on their own weight loss journey for other ideas.

As your weight loss can be quite quick in the first year, it is a good idea not to invest too much in clothing and footwear as you won't stay the same size for long. Speak with friends and family about swapping clothes and don't be shy to take clothes offered to you as they will come in handy and save you lots of money.

## Positive Things

At times your journey will be difficult and you may feel as if your motivation is dropping. It is important at these times to remind yourself of how far you have come and what you have achieved and congratulate yourself for all of your hard work. Reflect on the changes you make, whether they are related to your food intake, your behaviors or the way you think about things. Use these changes to remind yourself that you can do it and you can keep going.

Try keeping a note of all of the positive changes you have made and all the positive things that have happened to you since starting on your weight loss journey. Notice how you manage situations differently – stopping eating when you are full, not having seconds, mindfully eating your food. You may want to note down when someone has paid you a compliment, when you first bought clothes from shop in the mall, when you first achieved one of your physical activity goals or when you first sat down without thinking about where you will sit.

These little things will help to remind you how far you have come on your journey and how hard you have worked to get here. Writing these things down as you go in a small note book helps to keep a record and will help to keep you motivated if things get hard.