

Habits of Successful Bariatric Patients

“Successful people are simply those with successful habits.” ~Bryan Tracy

This lifelong journey is a marathon, not a sprint. Bariatric surgery is a wonderful tool but don't let the “honeymoon phase” deceive you. Quality food and consistent habits for your health are always the answer. Always.

The diet and lifestyle habits needed to be successful are universally the same for all bariatric patients. The specific values (i.e. daily protein grams, total calories, fluids, exercise, etc.) will differ with each person based on their gender, age, exercise, and overall health. Keep a food/health journal and work with the bariatric team to find your own daily values and “formula for success.”

Diet & Healthy Habits

- **Protein: 80+ grams/day.** Always eat protein first! It keeps you fuller for longer periods of time.
- **Carbohydrates: 90 - 130 grams/day**
 - Eat complex carbs primarily from vegetables, fruits and legumes/beans.
 - Avoid pasta, rice, bread as they can potentially cause dumping syndrome.
 - Avoid “trigger” foods (i.e. candy, baked goods, crackers, chips) that are empty calories and potentially cause dumping or weight gain.
- **Fats: 30% of your diet, about 40-45 grams/day**
- **Fiber: 20-35 grams/day**
- **Calories per day: averages**
 - ≤ 800 - 1000 calories/day - for weight loss
 - 1000 - 1200 calories/day - weight loss may slow or stop
 - 1200 - 1400+ calories/day - once reached goal weight*



*** Note: daily calories needs are dependent on age, gender, health and exercise.**



- **Number of meals:** average 5 mini meals daily
 - Eat every 3-4 hours; at regular meal times.
 - Planning and preparing your meals is essential to ensure you meet your nutritional needs and avoid problem/trigger foods.
- **Length of meals & snacks:** 20 - 30 minutes
 - Eat slowly and mindfully; away from distraction (i.e. computer, TV, iPad, driving).
 - Take small, dime sized bites, and chew thoroughly.
 - Listen to your body to determine your last bite “threshold.”
- **Total fluids:** 64+ oz. daily. Water is preferred.
 - Take small sips, avoid gulping.
 - No carbonated or sweetened drinks & no straws: this is a lifetime habit.
 - Limit caffeine to <16 ounces a day. Decaf is preferred. Avoid high fat/sugar creamers.
 - Avoid or limit alcohol.
 - **Separate Fluids from Meals:** always separate your fluids from your mini meals and wait a minimum of 30 minutes (*60 minutes is preferable*) after eating before resuming fluids.
- **Food Records/Health Journal:** keep daily.
 - Keeping records increase your awareness, keep you accountable, and help you stay on track with your protein/diet, fluids, vitamins and exercise.
 - Utilize your food records to discover the proteins/foods that that work best in your body and those that cause distress.
 - Success leaves clues. Tracking your triumphs & challenges supports your long-term weight & health management.



- **Vitamins and Supplements: take daily & for the rest of your life to avoid deficiencies. ***



Gastric Bypass & Sleeve Gastrectomy	
Vitamins & Supplements	Servings per Day*
Bariatric formulated multivitamin-mineral with 18 - 60 mg iron and 500 mcg Vitamin B12	1 serving
Vitamin B-complex (with 50 mg of thiamin)	1 serving
Calcium <u>Citrate</u> with Vitamin D3 (total 1200 - 1500 mg daily)	600 mg per serving = 2 servings 500 mg per serving = 3 servings
Probiotic	1 serving
*Servings sizes vary with different brands, READ THE LABEL	

For information on recommended brands, refer to the Bariatric Vitamins Recommended Brands & Daily Requirements handout.

- **Exercise:** 30 - 45 minutes a day, 5 - 7 days a week and work up to a total of 300 minutes of exercise per week.
 - **Strength training** at least 90 minutes per week. This helps to preserve and build muscle mass. The more muscle you have, the more calories you burn.
 - **Stretching** keeps you limber and can help prevent injuries. Stretching and balance training helps improve performance of everyday activities and assists with posture, minimizing stress and maximizes the strength of all joint movements.



- **Sleep:** aim for 7 - 8 hours a night (number of hours needed varies with individuals).
 - Consistent, quality sleep plays an essential role in weight management, good health, and well-being throughout your life.
 - Sleep affects almost everything in your body: immune system, stress hormones, appetite, blood pressure, pain levels, and cardiovascular health to name a few.
 - Avoid alcohol, caffeine, or nicotine. They disrupt sleep.
 - Exercise early in the day to help you fall asleep faster and sleep more soundly.
 - If you have sleep apnea, use your C-pap machine.
 - Power down. Light from the TV, cell phone, tablets can prevent you from falling asleep.
 - Keep your bedroom, dark, cool and quiet for a better slumber.



Support is a basic human need, not a weakness. Ask. Receive. Thrive.

- **Support:** having a team of people to call on will provide encouragement, give you strength, keep you accountable, and offers inspiration. Support can be from friends, family, coworkers, neighbors and support groups (both online or in person).



Types of support:

- **Emotional:** a shoulder to lean on when you're feeling disheartened.
- **Practical:** someone to help you plan or prep meals, or watch the kids while you exercise.
- **Motivating:** a walking buddy or exercise partner who encourages you to get out and move on those days when you'd rather be a lump on the couch.

- **Bariatric Medical Team:** lifelong support
 - **Call the bariatric team** any time with a question or concern. If you are concerned, it's reason enough to call. (425) 502-3454.
 - **The bariatric team follows you for the rest of your life.** Think of us as a surgical primary care team; here to help you with your special needs as a bariatric patient.
 - **Come in for your annual visits;** the bariatric providers will review your progress and habits; including your labs, diet, vitamins, and exercise.
 - **Labs: if your lab values indicate a deficiency,** it is critical to catch it early and adjust your diet &/or vitamin intake accordingly.
 - **Stay on track.** The ongoing path of staying healthy is riddled with challenges and setbacks; it's a normal part of life. Call us when you need some extra support, we are here to help you and keep you on track.
 - **Share good news too!** We love to hear about successes, victories and achievements – no matter how great or small. Share with us how the surgery and your improved health has made a difference in your life. Email us at bariatricpatients@kp.org.



Bariatric Support Group Locations

- All locations are open to Kaiser Permanente bariatric patients (pre- and post-op)
- No registration necessary
- **We continue to work on solutions to provide support groups in other clinics. Thank you for your patience.**



BELLEVUE

- **Kaiser Permanente Bellevue Bariatric Support Group**
 - Held quarterly, the 3rd Wednesday of the month
 - January, April, July & October, 6:00 - 8:00 pm
 - [Bellevue Medical Center, Room E101/105](#)
Please call 425-502-3454 for more information.
- **Overlake Bariatric Support Group in Bellevue**
 - Held twice monthly: 2nd Thursday; 6:00 – 8:00 pm and 4th Saturday; 10:00 – 12:00 pm
 - [Overlake Medical Center - PACCAR Education Center](#)
Insight Conference Room
1035 116th Ave. NE, Bellevue, WA 98004
Please call 425-467-3957 for more information.

TACOMA

- **MultiCare Center for Weight Loss and Wellness in Tacoma**
 - Held on the 4th Monday of every month, 5:30 – 6:30 pm
 - [2202 S Cedar St. Suite 300 Tacoma WA 98405](#)
Please call 253-301-5280 for more information.

SUMNER

- **YMCA in Sumner**
 - Held on the 2nd Wednesday of every month, 5:30 – 6:30 pm
 - [16101 64th St E Sumner WA 98390](#)
Please call 253-301-5280 for more information.

REMEMBER:

- **There is no cure for obesity, but there is a lifelong path to managing it.**
- Maintain these healthy habits for a lifetime, not just the first 1 - 2 years after surgery, to be successful.
- These guidelines will help you succeed in long term weight and health management and prevent nutrient deficiencies.

