



Lowell General Hospital

Center for Weight Management and Bariatric Surgery

Tips and Tricks for a Successful Weight Loss Journey



A CIRCLE HEALTH MEMBER

Complete connected care™

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EASY MEAL PREPARATION FOR YOUR BUSY LIFE

🦋 Cooking for One 🦋

Whether you live alone or make separate meals for yourself this menu option gives you a range of healthy and bariatric appropriate meals to work into your routine. These meals are just a guide and we encourage you to work with your dietitian to customize to your specific taste.

Meal Plan

Monday

- Breakfast: 1 scoop whey protein with 1 cup skim or 1% milk, 1 cup frozen fruit and 1 tbsp nut butter
- Lunch: Salad with turkey, egg and cheese (baby spinach or lettuce of choice with 2 slices deli turkey, 1 hardboiled egg and 1 piece of provolone cheese, and 2 tbsp light Italian dressing)
- Dinner: 3-4 oz. grilled chicken breast, ½ cup green beans or broccoli and small sweet potato
- Snacks: Banana and 1 tbsp nut butter, Quest bar, hardboiled egg, cheese stick, vegetables and 2 tbsp hummus, or Triple Zero yogurt

Tuesday

- Breakfast: Protein shake with 1 cup skim or 1% milk, 1 cup frozen fruit and 1 tbsp nut butter
- Lunch: 1 whole wheat wrap, 3 slices of turkey breast, 1 slice provolone, 1 tbsp mayo
- Dinner: Chicken Fajita Bowl (½ cup cooked quinoa or brown rice topped with fajita veggies and taco seasoning and 3 oz. grilled chicken)
- Snacks: Apple and 1 tbsp nut butter, Quest bar, hardboiled egg, cheese stick, vegetables and 2 tbsp hummus, or Triple Zero yogurt



Wednesday

- Breakfast: Protein shake with 1 cup skim or 1% milk, 1 cup frozen fruit and 1 tbsp nut butter
- Lunch: Salad with turkey, egg and cheese (baby spinach or lettuce of choice with 2 slices deli turkey, 1 hardboiled egg and 1 piece of provolone cheese and 2 tbsp light Italian dressing)
- Dinner: 3-4 oz. grilled chicken breast, ½ cup green beans or broccoli and small sweet potato
- Snacks: Banana with 1 tbsp nut butter, Quest bar, hardboiled egg, cheese stick, vegetables and 2 tbsp hummus, or Triple Zero yogurt

Thursday

- Breakfast: Protein shake with 1 cup skim or 1% milk, 1 cup frozen fruit and 1 tbsp nut butter
- Lunch: 1 whole wheat wrap, 3 slices of turkey breast, 1 slice provolone, 1 tbsp mayo
- Dinner: Chicken Fajita Bowl (½ cup cooked quinoa or brown rice topped with fajita veggies (peppers and onions) and taco seasoning and 3 oz. grilled chicken)
- Snacks: Apple with 1 tbsp nut butter, Quest bar, hardboiled egg, cheese stick, vegetables and 2 tbsp hummus, or Triple Zero yogurt

Friday

- Breakfast: Protein shake with 1 cup skim or 1% milk, 1 cup frozen fruit and 1 tbsp nut butter
- Lunch: Salad with Turkey, Egg and Cheese (Baby spinach or lettuce of choice with 2 slices deli turkey, 1 hardboiled egg and 1 piece of provolone cheese, and 2 tbsp light Italian dressing)
- Dinner: 3-4 oz. grilled chicken breast, ½ cup green beans or broccoli and small sweet potato
- Snacks: Banana with 1 tbsp nut butter, Quest bar, hardboiled egg, cheese stick, vegetables and 2 tbsp hummus, or Triple Zero yogurt

Tips and Tricks — cooking for one

1. Prep food on the weekends. Bake chicken all at once, hard-boil eggs, make quinoa and prep fajita veggies. Store in the fridge so that meals are easy to assemble and take minimal time on busy weeknights/mornings.
2. Prep salads at once and store in fridge for grab and go lunch options. Sandwiches can be made ahead of time but bring mayo or mustard in a separate container to prevent the bread/wrap from getting soggy.
3. Switch up snacks to prevent boredom with foods.
4. Top eggs with sriracha or hot sauce to increase flavor.
5. Peanut butter can be switched out for almond butter or other nut butter.



Shopping List

Pre-Packaged Foods

- ☐ whey protein powder of choice (low sugar, 15+ gm protein/serving)
- ☐ 2 Quest bars
- ☐ fresh fruits and vegetables
- ☐ 3 small sweet potatoes
- ☐ 1 apple
- ☐ 2 bananas
- ☐ 1 head of broccoli or bag of green beans (frozen or fresh)
- ☐ 1 container of baby spinach or salad of choice
- ☐ 1 onion (yellow or red)

Deli

- ☐ ¾ lb sliced deli meat
- ☐ ½ lb of provolone cheese

Meats

- ☐ 1 ¼ lb chicken breasts

Dairy

- ☐ ½ gallon of milk (skim, 1%, Fairlife, etc)
- ☐ 2 Triple Zero yogurts
- ☐ ½ dozen container of eggs (use the rest of the eggs for snacks)

Frozen Foods

- ☐ 2 bags frozen fruit of choice (peaches, mango, mixed berry, etc.)
- ☐ 1 bag frozen peppers

Condiments/Spices

- ☐ 1 jar of peanut butter (Teddie)
- ☐ bottle of light Italian dressing
- ☐ 1 jar of mayo
- ☐ 1 packet taco seasoning

Breads/Grains

- ☐ whole wheat wraps or whole wheat bread
- ☐ 1 bag of quinoa OR brown rice



🦋 Moms on the Go 🦋

Life is busy and we get that. Eating at home is not always an option and we want to make sure that you know there are a number of options available to you when you're busy and eating at home just isn't in the cards. We've included some of the most popular fast food options but eating out isn't limited to these restaurants. We encourage you to read menus and ask for modifications to make meals work for you when you're on the run and bringing your own food isn't a realistic possibility.

Meal Plan

Monday

- Breakfast: Dunkin Donuts' Ham, Egg and Cheese Wake-up Wrap (Cal 200, Protein 10 gm) or Egg White Flatbread Sandwich (Cal 320, Protein 17 gm)
- Lunch: McDonalds' Southwest Grilled Chicken Salad and dressing with no tortillas (Cal 320, Protein 36 gm) or Bacon Ranch Grilled Chicken Salad with no cheese and no dressing (Cal 260, Protein 38 gm) or Artisan Grilled Chicken Sandwich with dressing and no roll (Cal 160, Protein 29 gm)
- Dinner: Single Sheet Pan Dinner – chicken, sweet potatoes, brussels sprouts (see page 10 for pictures and directions)

- Snacks: Triple Zero Greek Yogurt, Protein Bar – Quest, Pure Protein or Luna Bars, 2 tbsp hummus and veggies, 2 tbsp nut butter and banana/apple/clementine, 1 oz. Superseedz or Sunflower seeds, Krave Jerky

Tuesday

- Breakfast: Protein Shake or Starbucks' Reduced Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich (Cal 230, Protein 16 gm) or Starbucks' Classic Whole Grain Oatmeal and Seasonal Fruit Blend (Cal 250, Protein 6 gm)
- Lunch: Chipotle's Salad including romaine, fajita veggies, black beans, chicken, fresh tomato salsa and a side of guacamole, no dressing (Split into 2 servings with Cal/ Serving 293, Protein/Serving 21.5 gm)
- Dinner: Inside Karen's Kitchen – Slow Cooker Salsa Verde Chicken (see page 15)
- Snacks: Triple Zero Greek Yogurt, Protein Bar – Quest, Pure Protein or Luna Bars, 2 tbsp hummus and veggies, 2 tbsp nut butter and banana/apple/clementine, 1 oz. Superseedz or Sunflower seeds, Krave Jerky

Wednesday

- Breakfast: Ham, Egg and Cheese Wake-up Wrap (Cal 200, Protein 10 gm) or Egg White Flatbread Sandwich (Cal 320, Protein 17 gm)
- Lunch: Boston Markets' Market Bowl with skinless chicken breast, green beans and garlic dill potatoes, no sauce (Cal 330, Protein 30 gm) or Market Bowl with turkey breast, fresh steamed vegetables, green beans and poultry gravy (Cal 290, Protein 27 gm)
- Dinner: Single Sheet Pan Dinner – Sausage, Peppers and Onions (see page 10 for pictures and directions)
- Snacks: Triple Zero Greek Yogurt, Protein Bar – Quest, Pure Protein or Luna Bars, 2 tbsp hummus and veggies, 2 tbsp nut butter and banana/apple/clementine, 1 oz. Superseedz or Sunflower seeds, Krave Jerky

Thursday

- Breakfast: Protein Shake or Starbucks' Reduced Fat Turkey Bacon and Cage Free Egg White Breakfast Sandwich (Cal 230, Protein 16 gm) or Starbucks' Classic Whole Grain Oatmeal and Seasonal Fruit Blend (Cal 250, Protein 6 gm)
- Lunch: Panera's Turkey Chili Bowl with no side (Cal 260, Protein 17gm) or BBQ Chicken Salad with light frizzled onions and light Ranch dressing (Cal 350, Protein 25 gm)
- Dinner: Inside Karen's Kitchens' Baked Chicken Meatballs with Tangy BBQ Sauce (see attached sheet for recipe and ingredient list)
- Snacks: Triple Zero Greek Yogurt, Protein Bar – Quest, Pure Protein or Luna Bars, 2 tbsp hummus and veggies, 2 tbsp nut butter and banana/apple/clementine, 1 oz. Superseedz or Sunflower seeds, Krave Jerky

Friday

- Breakfast: Ham, Egg and Cheese Wake-up Wrap (Cal 200, Protein 10 gm) or Egg White Flat Bread Sandwich (Cal 320, Protein 17 gm)
- Lunch: Homemade lettuce, deli turkey and cheese roll-ups or Protein Packs (P3, etc.) in a cooler with an ice pack
- Dinner: Single Sheet Pan Dinner – Salmon with zucchini, tomatoes and Parmesan cheese (see attached sheet for pictures and directions)
- Snacks: Triple Zero Greek Yogurt, Protein Bar – Quest, Pure Protein or Luna Bars, 2 tbsp hummus and veggies, 2 tbsp nut butter and banana/apple/clementine, 1 oz. Superseedz or Sunflower seeds, Krave Jerky

Tips and Tricks — for on the go

1. If you're going to a restaurant, often you can look online ahead of time to review the menu and nutritional information. This will allow you to plan ahead and make sure that your meal fits your nutritional needs, minimizing social anxiety or time spent looking in the restaurant.
2. When at the restaurant, only eat half the meal. Ask them to wrap the second half for later before it even comes to the table.
3. Double dinner recipes to have leftovers for lunch or a pre-made meal for later in the week that can quickly be reheated if you're short on time. Alternatively, when you have leftovers you can freeze them for a future busy week.
4. If you know that your week is going to be especially busy you can meal prep over the weekend with the help of your family to make sure that you stay on track during the week.

Shopping List

Pre-packaged Foods

- ☐ protein bars - Quest, Pure Protein, Luna
- ☐ protein powder
- ☐ Italian seasoned bread crumbs
- ☐ bottle of salsa verde
- ☐ can diced green chilis

Fresh Fruits and Vegetables

- ☐ red onion
- ☐ carrots
- ☐ 2 red peppers
- ☐ 2 green peppers
- ☐ parsley
- ☐ garlic
- ☐ lime
- ☐ sweet potatoes
- ☐ Brussels sprouts
- ☐ zucchini
- ☐ tomatoes
- ☐ onions
- ☐ iceberg or Bibb lettuce

Deli

- ☐ ¼ lb turkey breast
- ☐ ¼ lb sliced cheese

Meats

- ☐ 1 lb ground chicken
- ☐ 1 lb chicken thighs
- ☐ 3 lbs chicken breasts
- ☐ reduced fat sausages
- ☐ 1 lb salmon

Dairy

- ☐ eggs
- ☐ reduced fat cream cheese
- ☐ Triple Zero green yogurt
- ☐ parmesan cheese

Condiments/Spices

- ☐ ketchup
- ☐ beef broth
- ☐ reduced sodium soy sauce
- ☐ Worcestershire sauce
- ☐ Liquid Smoke
- ☐ brown sugar (Splenda)
- ☐ chicken base
- ☐ cumin

Breads/Grains

- ☐ brown rice or quinoa

Sheet Pan Dinners

Roasting is an easy way to make a delicious meal out of almost anything. Assemble your vegetables and protein on a single sheet pan and pop them into a 425° F oven for 15 - 40 minutes, depending on the ingredients.



Chicken thighs with sweet potatoes and Brussels sprouts.

Tips: Season everything before it goes into the oven; toss vegetables with light coating of olive oil directly on the pan before you add the protein. Place greens and frozen vegetables into a foil packet.



Chicken with carrots and chickpeas.



Sausage and peppers.



Pork chops and apples.



Salmon with zucchini, tomatoes and parmesan cheese.



👁️ Healthy, Simple Family Recipes 👁️

Baked Chicken Meatballs with Tangy BBQ Sauce

Prep Time: 15 minutes. Cook Time: 15 minutes. Yield: 12 to 13 meatballs

1 pound ground chicken (98% fat-free)	2 cups ketchup
$\frac{3}{4}$ cup Italian-seasoned breadcrumbs	1 cup beef broth
1 large egg, beaten	$\frac{1}{4}$ cup reduced-sodium soy sauce
$\frac{1}{4}$ medium red onion	2 tbsp Worcestershire sauce
$\frac{1}{4}$ cup shredded carrot	2 tbsp brown sugar
$\frac{1}{2}$ medium red pepper, seeded	1 tbsp Liquid Smoke
$\frac{1}{4}$ cup Italian flat-leaf parsley	
2 cloves garlic	
$\frac{1}{2}$ tsp sea salt	
$\frac{1}{4}$ tsp freshly ground black pepper	

Tangy BBQ Sauce

1. Preheat oven to 400° F. Line a baking sheet with parchment paper or Silpat mat.
2. Combine ground chicken, breadcrumbs and egg in a medium bowl. Set aside.
3. Combine red onion, carrot, red pepper, parsley and garlic in container of food processor fitted with a metal blade. Cover and pulse until finely chopped. Add to ground chicken along with salt and pepper. Lightly mix together with your hands. Do not over-mix as this will produce tough meatballs.
4. Use your hands to roll out 12-14 golf ball sized meatballs and spread them out on the prepared baking sheet. Bake for 15 minutes, or until meatballs are cooked through.
5. For the Tangy BBQ Sauce: Combine all ingredients in a large skillet, stirring to combine. Heat over medium-high heat until hot and bubbly.
6. When meatballs are baked, remove from baking sheet and add to the BBQ sauce, rolling each ball to coat evenly. Serve immediately or store in an airtight container for up to a week. Also can freeze for up to 2 to 3 months.

Medal-Winning Coleslaw

Calories: 74, Protein: 4.5 gm, Carbs: 6.3 gm, Fat: 0.7 gm
Serves: 8

- ½ small head red cabbage (about 350 gm / 12 oz.), finely sliced or shredded
- ½ small head white cabbage (about 350 gm / 12 oz.), finely sliced or shredded
- 1 red pepper/capsicum, finely sliced
- 4 spring onions/scallions, chopped
- ½ recipe Cheesy Creamy Ranch-Style Dressing (see following)

1. Mix the red and white cabbage in a bowl with the red pepper/ capsicum and two-thirds of the spring onions/scallions. Add the prepared dressing and toss well to coat.
2. Spoon into a serving dish and sprinkle with the remaining spring onions/ scallions. Chill to serve.

Cheesy Creamy Ranch-Style Dressing for Dunking or Salads

Serves: 16 (depending on use)
Calories: 22.7, Protein: 3.1 gm, Carbs: 1.5 gm, Fat: 0.38 gm

- 1½ cups low-fat cottage cheese
- 4 oz. lighter than light mayonnaise
- ⅔ cup 0% fat thick Greek yogurt
- 2 tbsp white wine vinegar
- 1 tsp Worcestershire sauce
- Salt and freshly ground black pepper

1. Place all the ingredients in a blender or food processor and whizz until smooth.
2. This produces a good plain 'ranch style' dressing but can be flavored with horseradish sauce, mustard, pesto, chopped fresh herbs, mint sauce and harissa to complement the food it is served with. Add 1 tsp as a starter, then taste and adjust according to liking. Chill before serving and store in the refrigerator for up to 5 days.

Slow Cooker Salsa Verde Chicken

Prep Time: 10 minutes, Cook Time: 4 hours
Yield: 8-10 servings

- | | |
|---|--|
| 3 lbs chicken breasts, washed and patted dry | Juice of one lime |
| 1 (16-ounce) bottle salsa verde, mild or medium (may use La Victoria) | ½ tsp cumin |
| 2 tsp chicken base (may use Better than Bouillon) | 3 cloves garlic, minced |
| | 1 (4-ounce) can diced green chilies |
| | 1 (8-ounce) package reduced-fat cream cheese |

1. Add chicken to the slow cooker. Top with salsa verde, chicken base, lime, cumin, garlic and canned chilies. Use a pair of tongs or a spoon to turn the chicken so that sauce is combined and both sides of chicken are coated. Cover. Cook for 3 to 4 hours on high heat, or 6 to 7 hours on low heat.
2. The chicken is ready when it easily shreds with a fork. Shred the chicken in the slow cooker, and toss with the juices. Add the cream cheese and allow to soften, then stir into the chicken.
3. You can store the shredded chicken in a sealed container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.

Notes: Serve on top of brown rice (cook with equal parts water and your favorite bottled salsa) and pinto beans. Top with shredded Mexican cheese, fresh cilantro and diced avocado.





Nik's "Thingamajigee" Protein Cupcakes

Servings: 24

Wet Ingredients:

3 overripe bananas (NOTE: if you don't want to use bananas, sub in 1½ cup no-sugar added applesauce)
2 eggs (or equivalent liquid egg substitute)
1½ cup no-calorie sweetener
1 tsp. cinnamon
¼ tsp. nutmeg

Dry Ingredients:

1 cup low-carb baking mix
1 cup chocolate protein powder
¼ cup unsweetened cocoa powder
⅛ tsp. salt
3 tsp baking powder

Pre-heat your oven to 350° F.

1. Mash the bananas up in a mixing bowl (or simply add applesauce, if that's what you are using). Add in the rest of the wet ingredients and stir until eggs are fully incorporated.
2. Put the dry ingredients in a sifter and sift it directly into the wet ingredients. Or, mix them in another bowl. Stir wet and dry ingredients well until the mixture is the consistency of a pudding.
3. Line a cupcake pan with cups and add one heaping tablespoon of the batter to each. Remember to tap down your pan after you're done (just tap it against the counter to ensure there are no air bubbles at the bottom). Cook for about 12 minutes or until toothpick comes out clean. Allow to cool fully before eating.

Frosting

8 oz. package of cream cheese
1 package of sugar-free pudding mix (e.g. vanilla)
2 tbsp PB2 (omit if you don't want peanut butter icing)
½ cup milk

To make the icing, combine everything in a mixing bowl and beat first on low for a minute, then on high until smooth. It's not unusual for there to be some stray lumps. Spread over cooled cake.



🦋 Special Occasion Meals 🦋

After surgery it can be difficult to navigate the social obligations that revolve around food. It can be difficult for loved ones and friends to know what you can tolerate or what is appropriate for someone embracing the bariatric lifestyle. Sometimes you choose not to share your surgery with others, which can make events even more fraught with anxiety.

To help with that anxiety, we'd like to share some ideas for recipes that you can bring or make as a good guest/host that everyone will enjoy regardless of bariatric status.

Recipes from BariatricCookery.com.

Date Night

Cranberry, Turkey and Spinach Risotto

Holidays

Hosting: Roast Turkey with Saffron Couscous and Apricots

Guest: Protein Infused Cranberry Sauce

Cookout

Medal Winning Coleslaw

Birthdays

Chocolate Protein Cupcakes

👉 Tips and Tricks — holidays and parties

1. Searching on Pinterest or Google will provide ideas for recipes that you can bring with you or make.
2. Alter recipes to fit your dietary requirements by limiting sugar and choosing lighter options such as substituting apple sauce for oil or reduced fat for regular. You can still have seasonal favorites.
3. Eat before you go to parties to minimize temptations.
4. Exercise is an important part of the bariatric lifestyle and will help on the days when you have less control over what is served.
5. Events involving alcohol can be difficult for patients after weight loss surgery. Acknowledging that prior to events and having an excuse handy (such as being a designated driver) can help when situations arise.

Cranberry, Turkey and Spinach Risotto

Cal: 318, Protein: 17.9 gm, Carbs: 50.4 gm, Fat: 5 gm
Serves: 6

½ oz. dried mushrooms	1 tbsp fresh thyme leaves
2 tbsp low-fat spread	Low-fat cooking spray
1 large red onion, thinly sliced	1 lb mixed fresh mushrooms
1 clove garlic, crushed	3 oz. baby spinach leaves
1¾ cups risotto rice	2 tbsp grated Parmesan
3¾ cups hot chicken stock/ bouillon	2 tbsp cranberry sauce
8 oz. leftover cooked turkey, cut into chunks	Salt and freshly ground black pepper

Place the dried mushrooms in a bowl with $\frac{2}{3}$ cup boiling water and leave to soak for 20 minutes. Remove the mushrooms with a slotted spoon and roughly chop. Reserve the mushroom liquid.

6. Melt the low-fat spread in a large pan, add the onion and cook for 2-3 minutes. Stir in the garlic and rice and cook for 1 minute. Pour in $\frac{2}{3}$ cup of the chicken stock/bouillon and scatter over the soaked mushrooms and cook stirring until the stock/bouillon has been almost evaporated.
7. Add the reserved mushroom liquor and three-quarters of the remaining stock/bouillon. Stir in the cooked turkey and thyme and simmer gently, stirring occasionally, for about 15 minutes until the stock/bouillon has been absorbed. Gradually add the remaining stock/bouillon and simmer for a further 5-10 minutes until the rice is creamy and just tender.
8. Meanwhile, generously spritz a pan with low-fat cooking spray and fry the mushrooms over a high heat for 4-5 minutes until golden. Stir in the spinach leaves, remove from the heat and stir until the spinach is just wilted.
9. Stir the Parmesan and cranberry sauce into the risotto and season to taste. Either spoon the mushroom mixture over the top of the risotto to serve or stir through. Serve at once.

Protein Infused Cranberry Sauce (featuring BiPro USA Protein Water)

Servings: 16 Tablespoons

- 10 oz. BiPro Protein Water
(any flavor will do)
- no-calorie sweetener
(equivalent to one cup of sugar)
- 12 oz. whole cranberries
- 1 tsp. lemon or orange zest



Give your holiday cranberry sauce a little protein kick with BiPro Protein Water! Super-easy, low-carb and delicious.

For Whole Cranberry Sauce

1. Add protein water and sweetener to a pot. Bring to a boil and then drop to a simmer until sweetener is dissolved (with no-calorie sweeteners, there will be bubbles and that's ok).
2. Add cranberries, cover and bring back to a boil. Immediate drop heat down to a simmer to avoid the liquid boiling over onto your stove.
3. Continue to cook on low heat until liquid thickens considerably (usually 15 - 20 minutes). Remove from heat and allow to completely cool in a container (this usually takes 1 - 2 hours). Refrigerate 2 hours before serving.

For Jellyed Cranberry Sauce

4. Follow instructions #1 and #2 above, then cook cranberries an additional five minutes after dropping the heat down.
5. Set a strainer over a bowl and pour your cranberries and liquid into it. Use a wooden spoon to mash all the liquid out of the skins, scraping the underside of the strainer often.
6. Return the liquid to the pot and continue to cook on low heat until it has thickened considerably (about 20-25 minutes).
7. Remove from heat and put into a container. Allow the liquid to cool all the way down (this usually takes 1-2 hours). Refrigerate at least 2 hours before serving.



Roast Turkey with Saffron Couscous and Apricots

Calories: 260, Protein: 28.5 gm, Carbs: 23 gm, Fat: 5.9 gm
Serves: 8

12 lb oven-ready turkey, thoroughly thawed if frozen
6 oz. instant dried couscous
Few strands of saffron or ¼ tsp turmeric
½ - 1 tsp dried crushed chillies or 1 small red chili, finely chopped
6 spring onions/scallions, finely chopped
1 large carrot, peeled and coarsely grated
3 oz. soft dried apricots, finely chopped
1 tbsp ground coriander/cilantro
2 tbsp chopped fresh coriander/cilantro
2 tbsp orange juice
1 tbsp olive oil
Salt and freshly ground black pepper
1 orange, quartered
4 sprigs fresh coriander/cilantro
Pomegranates, fresh apricots, figs and fresh coriander/cilantro to garnish

1. Preheat the oven to 375° F. Place the couscous, saffron strands and chillies in a bowl and pour over 1¼ cups boiling water. Stir then leave to stand for 10-15 minutes or until the water has been absorbed. Stir well, then add the spring onions/scallions, carrot, apricots, ground coriander/cilantro, fresh coriander/cilantro, orange juice, oil and salt and pepper to taste and mix to a firm stuffing.

2. Use to stuff the neck cavity only of the turkey and secure the skin flap with a skewer. Form any remaining stuffing into small balls and cook around the turkey for the last 20 minutes of the cooking time.
3. Place the orange quarters and coriander/cilantro sprigs in the turkey body cavity. Weigh the turkey and calculate the cooking time (allowing 20 minutes per 2¼ lb plus 90 minutes). This will be about 3 hours 20 minutes for the typical bird. Place breast-side down in a roasting tin, cover with foil and cook in the oven for the calculated time, turning breast-side up and removing the foil for the final 30 minutes. Test if cooked by piercing the thickest part of the thigh with a long fine skewer. If the juices run clear then the turkey is cooked; if a little pink then return to the oven and cook for a little longer.
4. Remove from the oven, place on a warmed serving dish, cover tightly with foil and a clean tea towel and leave to rest for 15-20 minutes before carving. Garnish just before serving with the fruit and coriander/cilantro sprigs.





A HEALTHY WEIGHT REQUIRES ACTIVE LIVING AND EXERCISE

The Perks of Exercise

Exercise offers a plethora of benefits to people of all ages and fitness levels. With an active lifestyle, one can reap physical, mental, and financial rewards.

Physical

Being physically active can provide energy and increase productivity. It can also improve the quality of sleep and pave the way toward a longer and healthier life. Having a good workout several hours before bedtime can help reboot the body's circadian rhythm, better known as the body clock, rivaling sleeping pills, enabling even insomniacs to get a better night's sleep. The body's core temperature increases while being active. When it reverts back to normal, it signals the body that it is time to go to sleep.

Physical activity releases norepinephrine, a hormone secreted by the adrenal gland that works alongside epinephrine/adrenaline to give the body a boost and become more productive. The effects can enhance one's creativity up to two hours after a workout.

Exercise builds muscle mass, strengthens bones, improves heart and lung functions, and increases flexibility. Maintaining an active lifestyle can help to control weight, prevent and heal injuries, help prevent falls in the elderly, and ward off a multitude of diseases, such as osteoporosis, cancer, stroke, Type 2 diabetes, and cardiovascular, lung, and Alzheimer's diseases.

*Maintaining an active lifestyle can
help to control weight.*

Mental

Regular exercise provides numerous mental health benefits, relating to mood, mental capacity, and social interaction.

Mood. Endorphins, those feel-good hormones activated during exercise, provide a natural high which enhances mood and decreases depression and anxiety. It reduces stress and increases relaxation, which in turn helps to clear and refresh the mind, maintain a positive attitude, and gain a healthy sense of self-confidence and self-esteem. Having a regular fitness routine also helps improve body image.

Some studies indicate that physical exercise actually helps to control addiction, by helping to alleviate cravings as the body releases dopamine, the “reward” chemical.

Mental Capacity. Physical exercise boosts brainpower, which helps with decision-making and higher thinking and learning skills. It sharpens memory, increases the capacity for learning, and prevents cognitive decline. Physical activity helps to increase the production of cells in the hippocampus part of the brain – the part that is responsible for memory, learning and vocabulary retention. It opens one’s mind to being more creative and inspiring others to do the same.

Social interaction. Being active in nature in particular can be inspirational and fun. Toss in a healthy dose of sunshine and you’ll get the added benefits of Vitamin D. There are infinite activities to choose from, as an individual or as part of a group, including cycling, hiking, walking, running, and swimming. It’s always good to switch things up a bit by increasing the duration, speed and intensity of a workout, as well as by trying something different. There are plenty of ways to be active outdoors as part of a team, too, such as by playing soccer, basketball, hockey, baseball or football. Having a workout partner or teammates helps to provide motivation to get out there and move! Make sure you discuss any exercise regime with your primary care physician.

Exercise is an important part of both losing weight and maintaining weight loss.

Making Exercise a Part of Your Routine

Exercise is an important part of both losing weight and maintaining weight loss. Low levels of physical activity are related to weight gain in both men and women.

Low-Intensity Sustained State (LISS)

Low-Intensity Sustained State (LISS) is basically any cardio/aerobic based activity that’s performed at a low intensity but for a prolonged period (typically 30 to 60 minutes). Think of it as a marathon versus a sprint.

Active Rest and Recovery: LISS is ideal for an active rest or recovery day for those who have higher intensity workouts as a part of their everyday routine. The risk of injury is also significantly lower than with High-Intensity Interval Training (HIIT) programs.

It’s Not Intimidating: For those who are new to exercising and fitness, LISS is like a gateway to getting stronger and perfect for a first step on your fitness journey. Steady state cardio or LISS is great for individuals who:

- Want to exercises to lose fat
- Are trying to maintain muscle mass
- Do not have the cardiovascular endurance needed to perform high intensity training
- Are elderly
- Enjoy endurance training more than high intensity training
- Need a new workout routine
- Suffer from joint pain
- Have pre-existing injuries

Goal: 2-3 times a week for 30-45 minutes (more often if not also incorporating HIIT workouts), steady heart rate throughout.

STEADY STATE CARDIO EXERCISE IDEAS

Jogging	Rowing
Power walking	Stepper machine
Incline walking	Elliptical
Biking	StairMaster
Indoor cycling	

High-Intensity Interval Training (HIIT)

High-Intensity Interval Training (HIIT) is a technique in which you give all out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

It's efficient in a busy world: HIIT training requires less time than LISS workouts due to a higher level of effort during the workouts. These workouts are also very adaptable and can be done either outdoors or indoors with little to no equipment, at home, the gym or while traveling.

Goal: Three times per week for about 30 minutes. Workouts can be shorter because effort is intense. HIIT can be strength training or cardiovascular in nature.

Effort: How do you know if you're working hard enough to call it a HIIT workout? To help gauge this, fitness pros use a rate of perceived exertion (RPE) scale that describe effort levels on a spectrum of 0 to 10.

RATE OF PERCEIVED EXERTION (RPE) SCALE

0	Complete rest
0.5	Barely noticeable
1	Very light activity
2 - 3	Light activity
4 - 5	Moderate activity
5 - 6	Vigorous activity
7 - 8	Very Hard activity
8 - 9	Extremely difficult
10	Maximum effort

Workouts can be done either outdoors or indoors with little to no equipment, at home, the gym, or while traveling.



Stretching and Flexibility

Stretching is an important part of any exercise program, and should be done after every workout to decrease the risk of injury, lengthen muscles and increase flexibility and strength over time. We highly encourage you to also add extended stretching into your exercise program during a rest day.

Resources for Finding Workouts

(including different lengths and levels from beginner to advanced):

- Pop Sugar
- Dailyburn
- FitnessBlender
- T25
- Insanity
- Crossfit
- PiYo
- On Demand with cable subscriptions
- Sweat with Kayla App – BBG
- Jillian Michael's videos
- Biggest Loser workout videos
- YouTube – FitnessBlender, HASfit, etc
- Your local library – workout videos so you can try different types without a commitment
- ... and many others — find what works for you!



What We Offer at the Center for Weight Management for Exercise

Nia

Neuromuscular Integrative Action (Nia) is a path to retrain the body to heal and express yourself through movement and sensation. A dynamic blend of dance, martial arts and healing arts, Nia revolutionized the face of fitness in 1983, and has since changed millions of lives and bodies across the globe. Balancing choreographed movement with free-form expression, Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression, guided by the sensation of pleasure.

Nia is designed for any body. It is ageless and limitless, transformational and effective for every person everywhere, from athletes, dancers and fitness instructors, to children, special needs groups and the elderly. With the philosophy *Through Movement We Find Health* Nia addresses the whole person through music and movement integrated from nine traditional movement forms.

Try It Out Tuesdays

Dance, weights, resistance bands, chairs and other tools are used for a unique class each week. If you are a novice at exercise or an expert this class will motivate you to have a great week!

Chair Yoga

A group that makes yoga simple and is offered to both pre-op and post-op patients. All poses are done in the chair. This class improves sleep, stress and works with the breath to improve all organ functions.

Mat Yoga

Gentle yoga done on the floor with a mat

“When you’re in touch with your body, you’re less likely to abuse it,” says Deborah Patz Clarke, Psy.D. Her research also found that people with binge eating disorder were less likely to binge after 10 weeks of yoga.

Strength Training

Class designed for beginners and experts for both pre-op and post-op patients. Establishing a safe method for building muscle is an important part of health and wellness. Join Melissa, a weight loss surgery patient as she provides a fun and active class that will improve your endurance.

There are many beneficial exercise programs, for all ages and fitness levels, which are enjoyable.





KEEP THE WEIGHT OFF

Share Your Story and Support Others
on Their Weight Loss Journey

Center for Weight Management and Bariatric Surgery Support Groups

Patient Support Groups and Exercise Classes

Patients are encouraged to attend a support group and/or an exercise class at least once a month. All of sessions and classes are held at 20 Research Place, N. Chelmsford, 1st floor classroom (rear of building).

Classes are free, no registration required. Guests are welcome. If you require a language interpreter (support group only), please call 978-788-7277 several days in advance.

Patient to Patient

Facilitated by our Center's volunteer patient "Ambassadors," this informal group provides the opportunity for patients to share and receive the advice of other patients who also are on their weight loss journey.

Support Group

A staff person or guest speaker addresses a subject relevant to bariatric surgery, such as nutrition, emotional eating or exercise. Time is allotted for patients to bring up questions and share experiences.

Men's Group

This is a group for male patients and support people (husbands, male partners and male friends). The group meets for honest discussions about life before and after weight loss surgery. Sometimes there is a guest speaker who addresses a specific subject.

Women's Group

This is a group for female patients and support people (wives, female partners and female friends). The group meets for honest discussions about life before and after weight loss surgery. Sometimes there is a speaker who addresses a specific subject.

Center for Weight Management and Bariatric Surgery

Activities and Workshops

Activities

Finding Inspiration Together (F.I.T) activities offer an opportunity for many people to try something new, or maybe something that they have not done in years. The support and renewed sense of accomplishment participating in these activities provide inspiration to conquer the hurdles that are presented during a person's weight loss journey. Yearly our FIT activities have included kayaking, Spinners baseball games, geocaching and snow tubing. Come join us and step outside your comfort zone. Family and friends are encouraged to participate with you.

Workshops

The “New You” FIT event in May is a pampering day to explore your inner strengths and put on your “vogue” smile. This event is incredible! Participants, along with many other guests come to enjoy the day filled with friendship and celebration. Makeover participants and guests participate in relaxation activities like flower arranging, medallion coloring and serenity spa treatments where they are treated to soothing, aroma-filled sessions complete with foot soaks and a heated neck and shoulder wrap. The candlelit room and peaceful meditative music allows participants to reflect and unwind before going in front of the cameras.

Our behavior modification workshops are based off of MaryBeth Sherrin's book *“My Hungry Head.”* This six-week workshop occurs multiple times during the year. If you are a regular MYHH guru, have never been or think you need a refresher on the best behaviors for success in health and life, join the next workshop.

Participants gain a sense of accomplishment which provides inspiration to conquer the hurdles that are presented during a person's weight loss journey.



LIFELONG RECOMMENDATIONS

Allowed Liquids (For LIFE)

1. No caffeine, carbonation or alcohol
2. Do not drink with food, wait 60 minutes after eating
3. Must have 15 calories or less per serving

YES	NO
Water, broth	Soda, tonic, sparkling water
Crystal Light	Beer, wine, mixed drinks
Fruit20	Juice, lemonade, punch
Diet Snapple juice drinks	Coffee/tea (with caffeine)
Diet Ocean Spray	Cream or sugar in coffee/tea
Sugar-free gelatin and Popsicles	“Energy” drinks (caffeine)
Decaf coffee and tea	Gatorade (except G2)

Livelong Daily Vitamins

- Multi-vitamin mineral – take once a day
- B-complex (should contain B1) – take once a day
- B-12 Sublingual (500 mcg) – take once a day
- Calcium citrate (600 mg) – take twice a day with lunch and dinner; not with multivitamin or iron as they interact with each other and will not be absorbed.

Having your bariatric vitamin levels checked twice a year for life is a good rule of thumb. During your first year we monitor your blood test more frequently due to the dietary restriction a person experiences immediately after surgery. It is difficult to obtain all the nutrition you need in food and this is why long-term vitamins are important. Most common vitamin deficiency for patients are low iron, B12, Vitamin D and Thiamin. If you are experiencing fatigue, are easily bruised or require long-term Omeprazole for heartburn, more frequent blood test monitoring may be required.

Medications

Certain over-the-counter medications called NSAIDS (non-steroidal anti-inflammatory drugs) should never be used after weight loss surgery. NSAIDS can cause stomach irritation and may lead to serious ulcers after gastric bypass. If you have any questions about the medications you are taking, please call the center.

MEDICATIONS TO AVOID

Avoid products containing aspirin or NSAIDS. Here is a partial list:

ALLOWED MEDICATIONS

Please call your physician if your symptoms are not relieved by over-the-counter medications after seven days.

Advil	Benadryl
Dimetapp Sinus Caplets (contains ibuprofen)	Pepto-Bismol
Advil Cold and Sinus	Claritin
Dristan Sinus Caplets (contains ibuprofen)	Prilosec
Aleve	Colace
Excedrin	Sudafed
Alka-Seltzer	Dimetapp
Ibuprofen	Sugar-free cough drops (12 gm sugar or less)
Anacin	Dulcolax tablets
Midol	Sugar-free cough syrup (12 gm sugar or less)
Aspergum	Gas X
Motrin	Tagamet
Aspirin	Imodium AD
Naproxen	Triaminic
Bufferin	Milk of Magnesia
	Tylenol
	Nasal sprays
	Tylenol cold products
	Pepcid
	Zantac



Dietary and Lifestyle Modifications for Gastroesophageal Reflux Disease (GERD)

Many patients may not tolerate certain foods after surgery, and eliminate certain meats, bread, milk or eggs from their diets. Eating these foods may produce a variety of symptoms from discomfort and pressure to burning and nausea. Vomiting and frothing are abnormal and should be addressed with a medical provider.

Food needs to be moist and should be eaten slowly. If you are experiencing burning pain or nausea, weighing and measuring food helps determine if overeating is the cause. You should return to eating 2-3 ounces of a protein with 1 cup of fruit or vegetables, and avoid bread, pasta and rice for a week of meals. If the nausea or burning continues, an assessment from the medical team is necessary.

FOODS TO AVOID	BETTER CHOICES
High fat foods (including fast food, fried foods)	Lean meats that are grilled, poached, broiled, or baked
Caffeine (found in coffee, tea, soda)	Eggs
Chocolate	Water, decaffeinated tea/coffee
Onions	Whole grains, brown rice
Garlic	Oils: olive, sesame, canola, sunflower
Peppermint	Avocado
Carbonated beverages	Peanuts, peanut butter
Alcohol	Nuts and seeds
Citrus fruits	Bananas, melons, apples, pears
Tomatoes (and tomato products)	

Alcohol, caffeine, and smoking are known irritants that can trigger reflux symptoms.

Tips to help treat reflux symptoms for patients who have undergone bariatric surgery:

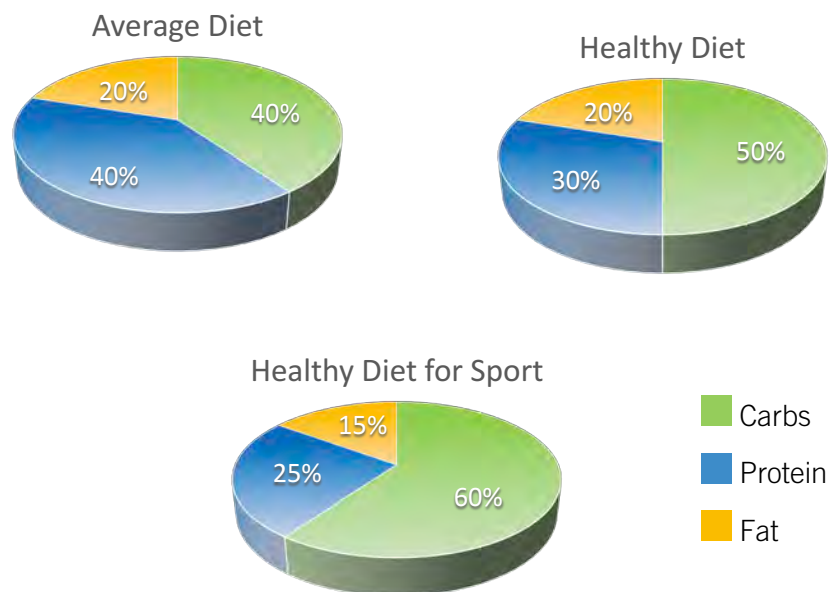
1. Do not drink any liquids 15 minutes before eating a meal.
2. Wait 60 minutes after eating before drinking any liquids.
3. Avoid foods that are too hot or too cold.
4. Keep a list of foods that have caused reflux symptoms and avoid these foods in the future.
5. Avoid lying down for two hours (or longer) after eating a meal.
6. Avoid all aspirin and other NSAID medications: Advil (ibuprofen), Motrin, Aleve, Naproxen, or any medications that contain NSAIDS.
7. Avoid overeating by practicing mindful eating.
8. If your health care provider has prescribed a medication such as Omeprazole (Prilosec), Pantoprazole (Protonix), or Famotidine (Pepcid), please take these as prescribed and do not discontinue (unless you have discussed this with your provider first).
9. Alcohol, caffeine (through coffee, tea, and soda), and smoking are known irritants that can trigger reflux symptoms and even lead to the development of painful ulcers in your stomach or esophagus. Avoiding these triggers is an important component of treating GERD and preventing complications.

HOW TO DETERMINE A HEALTHY DIET

Depending on many factors such as your age, gender, activity level, weight and goal, your daily nutrition needs should be in the ballpark of:

Calories:	1,200+ per day
Protein:	60 to 100 grams or 20-35% total calories
Fat:	27 to 47 grams of fat or 15-25% total calories
Carbohydrates:	100-210 grams or 40-60% total calories

As a general rule, we do not recommend you attempt to consume less than 1,200 calories a day. Weight loss may be the immediate result, however in the long term this can significantly decrease your metabolism. Your body will adapt to using the small amount of calories it has coming in and additional calories will be stored as fat. It's best to try to increase your physical activity than to decrease energy intake to a very low amount. This may mean that your body will require 60+ minutes of physical activity per day.



What is a Fat?

Also known as lipids, fats are essential for proper body functioning, such as controlling inflammation, blood clotting, brain development, and maintaining healthy skin and hair. Fats help the body absorb and move Vitamins A, D, E, and K through the bloodstream.

Fats are also an important energy source. When the body has used up the calories from carbohydrates, which occurs after the first 20 minutes of exercise, it begins to depend on the calories from fat.

There are different types of fats, including saturated and unsaturated (monounsaturated and polyunsaturated), all of which have specific functions within the body. The “bad” fats include trans fatty acids and hydrogenated or partially hydrogenated fats and have been linked to increased LDL (bad) cholesterol and heart disease.

Fats

Oils and butter have 120 calories/tbsp or about 40 calories/tsp

Olive oil
Flax oil
Butter
Coconut oil

Nuts and Seeds

175 calories per serving

¼ cup or 25 almonds
¼ cup or 20 cashews
10 macadamia nuts
¼ cup or 25 pecan halves
¼ cup or 15 walnut halves
¼ cup sunflower seeds
½ cup pumpkin seeds
½ cup peanuts

Other Fats

Avocado (120 calories in ½ cup sliced)

What is a Protein?

Think of a bicycle chain. The whole chain is the protein while the links that make up the chain are the amino acids. There are 20 main amino acids, and the type, order and length of the “chain” or protein makeup is what makes proteins different. Proteins are the building blocks of hair, finger and toenails, building and maintenance of existing muscle, hormones, blood cells and even DNA.

Protein Sources

One serving (1 oz. cooked = 7 grams protein)

- 3 oz. beef (lean)
- 4 oz. chicken
- 3 oz. pork
- 4 oz. veal
- 4 oz. turkey
- 4 oz. fish
- 1/3 cup beans
- Milk: cow, goat, almond, soy (one serving is 8 oz.)
- Cheeses (one serving is 1 oz.)
- Yogurts / kefir / cottage cheese

Your body may require 60+ minutes of physical activity per day to maintain the recommended calorie intake.

What is a Carbohydrate?

Made up of carbon, hydrogen, and oxygen, carbohydrates are produced from plants. There are four basic types in nutrition: sugars (simple sugars), starches, fibers and gums (complex carbohydrates). Simple sugars are found in fruit, candy, white breads and pastas. These sugars get into the blood stream very quickly, supplying immediate energy.

Starch is used by plants to store energy. Some plants contain more starch than others, such as potatoes and corn. Starches are complex carbohydrates and supply longer lasting energy when consumed. More starch means more calories.

Fiber is a form of carbohydrate that the body can’t digest. Soluble fibers are found in fruits, flax seeds, and oats and can help to reduce cholesterol and slow down the absorption of sugar into the blood. Insoluble fibers are found in whole grains and help keep the digestive system healthy.

Gums are carbohydrates that are often used as fillers and thickeners, such as carrageenan and guar gum.

Non-Starchy Carbs

Unlimited servings

arugula	chives	hearts of palm	parsley
asparagus	collard greens	herbs	radishes
bamboo shoots	celery	(parsley, cilantro, basil, rosemary, thyme)	snap beans
bean sprouts	cucumber	jicama	snow peas
bell peppers	eggplant	jalapeño	sprouts
bok choy	endive	peppers	(bean, alfalfa, etc)
broccoli	fennel	kale	spinach
Brussels sprouts	garlic	lettuce	spaghetti
cabbage	ginger root	leeks	squash
raw carrots	green beans	mushrooms	Swiss chard
cauliflower	greens	onions	tomatoes
celeriac	(lettuce, spinach, collards, mustard greens, kale)	okra	watercress
chicory greens			zucchini

Starches/Grains Carbs

80 calories in 1 serving amounts — Limit 1-3 servings per day

½ cup acorn squash	½ med baked potato
1 artichoke	1 cup pumpkin
1 cup beets	½ med sweet potato/yam
⅔ cup butternut squash	⅓ cup barley
1 cup carrots	⅓ cup brown rice
½ cup corn	½ cup grits
½ cup green peas	½ cup couscous
1 cup leeks	⅓ cup polenta
½ cup Lima beans	⅓ cup quinoa
1 cup okra	½ wild rice
⅔ cup parsnips	

Fruit Carbs

60 calories in 1 serving amounts — Limit 1-3 servings per day

1 medium apple	⅛ cup or 50 raisins
1 small banana (less than 6")	15 cherries
1 cup or 1 large orange	3 prunes
¾ cup or 20 grapes	2 small figs
1 small or ½ large grapefruit	1 small peach
¾ cup pineapple	1 cup raspberries
½ cup sliced mango	1 large or 2 small kiwis
1 cup diced melon (any kind)	
1½ cups whole strawberries	
1 cup blueberries	
2 small plums	
1 small pear	
1 Medjool date	

Estimating Your Calorie, Protein, Fat, Carbohydrate Needs

How Many Calories Do You Need?

The Mifflin-St Jeor equations are the most accurate daily calorie requirement measurements today. Used in hospitals and gyms, this equation will allow you to figure out your daily calorie needs, specific to you. Look intimidating? Follow the easy steps below!

Step 1: Convert your weight and height

Current weight _____ divided by 2.2 = _____ = Your weight in kg

Height in inches _____ x 2.54 = _____ = Your height in cm

Step 2: Calculate A

10 x _____ (weight in kilograms from step 1) = _____ **A**

Step 3: Calculate B

6.25 x _____ (height in centimeters from step 1) = _____ **B**

Step 4: Calculate C

5 x age = _____ **C**

Step 5: Calculate your needs using the formula below:

If you are male:

A + B = _____ – C = _____ + 5 = _____
= Your BMR (Basal Metabolic Rate)

If you are female:

A + B = _____ – C = _____ - 161 = _____
= Your BMR (Basal Metabolic Rate)

Step 6: Pick your activity level:

- 1.200 = sedentary (little or no exercise)
- 1.375 = lightly active (light exercise/sports 1-3 days/week)
- 1.550 = moderately active (moderate exercise/sports 3-5 days/week)
- 1.725 = very active (hard exercise/sports 6-7 days a week)
- 1.900 = extra active (very hard exercise/sports and physical job)

$$\text{Your BMR} \quad \underline{\hspace{2cm}} \times \text{Your Activity Level} \quad \underline{\hspace{2cm}} \\ = \text{Your Daily Caloric Needs} \quad \underline{\hspace{2cm}}$$

What's Your Goal?

For 1 pound weight loss per week: Subtract your above number by 500 and plan for this calorie level daily.

(Why 500? One pound equals 3,500 calories. If you omit 500 calories a day from your diet for 7 days, you can lose 1 pound – 500 calories times 7 days a week equals 3,500 calories which is 1 pound.)



How Much Protein Do You Need?

Protein balance is 0.8 grams of protein per kilogram of body weight.

Step 1: Convert your weigh into kilograms by diving your weight in pounds by 2.2.

Weight in lbs divided by 2.2 $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ (weight in kilograms)

Step 2: Multiple your weight in kilograms by 0.8

Multiple your weight in kilograms by 0.8, which will equal how much protein your body needs to maintain its protein status. If you are lifting weight or trying to build muscle, you may consider increasing protein intake and multiplying your weight in kilograms x 1.

Weight in kg x 0.8 = $\underline{\hspace{2cm}}$ daily protein need

How Many Carbs Do You Need?

120+ grams or 40 - 60% total calories.

Total Calorie needs / 4 x .40 - .60 = $\underline{\hspace{2cm}}$ daily carbohydrate need

How Much Fat Do You Need?

20+ grams of fat or 15 - 25% total calories

Total Calorie needs / 9 x .15 - .25 = $\underline{\hspace{2cm}}$ daily fat need

**These calculators are estimates. Keep in mind, as you lose weight or change your lifestyle, you may want to continue to recalculate your needs.*

*** Please call 978-788-7247 at any time to make an appointment with a dietitian to follow up on any questions or concerns. Deciphering what your dietary needs are after weight loss is challenging. The following step-by-step exercise can help you determine how many calories, protein, carbohydrates and fats are needed in your healthy diet a year after weight loss surgery.*

WEIGHT LOSS SURGERY:

AN OPERATION FOR YOUR STOMACH NOT YOUR BRAIN

Have you fixed the right problem?

Losing weight is more than just eating less and exercising more. There are many things that factor in to being healthy. Managing stress, identifying underlying problems, and not playing the blame game are all important.

“My Hungry Head” (MYHH) by Marybeth Sherrin is a guide to understanding your body, controlling your hunger and taking charge of your weight. Chapter 8 of MYHH allows individuals embarking on their weight-loss journey to look at the behaviors that help them maintain a healthy weight versus what derails success.

Try the following exercise and journal your answers.

How do you see yourself eating well and enjoying life?

What will that look like day to day?

What are you willing to give up in order to manage your weight?

What are you unwilling to give up?

“This is not a time for criticizing, blaming, complaining or punishing yourself.

It’s time to take a step back and put your analytical skills to work. Where do you want to be? Where are you today? Is there a gap?

What could be the root cause of the problem? Keep asking “why” until you get to the root cause.”

— Marybeth Sherrin, *“My Hungry Head”*



What is Binge Eating Disorder?

Binge eating disorder is the most common eating disorder in the United States, affecting 3.5% of women and 2% of men. It is characterized by a pattern of symptoms that include:

- Eating much more rapidly than normal
- Eating until uncomfortably full
- Eating large amounts of food when not feeling physically hungry
- Eating alone because of feeling embarrassed by how much one is eating
- Feeling disgusted with oneself, depressed or very guilty after overeating
- Marked distress after binge eating

Many of our patients have dealt with this problem before having surgery. It is a psychological problem that is often fueled by guilt, shame and low self-esteem. People with the disorder often struggle with anxiety and depression as well.

The actual bingeing usually decreases for a time after the surgery but some people find themselves slipping back into old habits later on. This is not

surprising. Bariatric surgery is an excellent way to decrease weight. It is not a psychological treatment.

The best treatment for this problem is psychotherapy and/or psychiatric medication. If you find yourself slipping back into old behaviors, a referral to a mental health professional is the best course of action.

Why Should Weight Loss Surgery Patients Be Concerned about Cross Addiction?

People who have bariatric surgery are often unpleasantly surprised by what we refer to as cross addiction. People who have relied on food for emotional comfort sometimes turn to other substances after the surgery.

After surgery, a number of people will begin to have problems with alcohol and drugs, gambling, spending or sex. It's hard to believe that this could be you, but the danger is real. The percentage of people who abuse alcohol increases by about 50% after weight loss surgery.

The most interesting fact about this is that about half of the people who have problems with alcohol afterward did not have these problems before the surgery. They develop a new problem when they 'fix' an old one.

Most people are familiar with a similar circumstance around smoking. We all know people who quit smoking and then gained large amounts of weight. This is the same type of thing.

There are a number of reasons why this occurs. After bariatric surgery, alcohol will affect you differently. It will impact you more quickly and more powerfully than it did before. It is likely that you will become intoxicated more rapidly while drinking less.

A second reason has to do with dealing with emotions. Whether they realize it or not, most people rely on food to make themselves feel better. After surgery, this is less of an option. If you don't find healthy ways to replace food, it is very easy to slip into unhealthy ones.

As with most problems, you don't want to suffer in silence. Addiction thrives in isolation. If you find yourself having trouble in these areas, seek out one of the many professional and self-help options for treatment that exist:

National Alliance on Mental Illness, www.nami.org

Multi-Service Eating Disorders Association, www.medainc.org

Notes:

For more information contact:

Christine LaBrecque, RN, BSN, CBN

Director

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