

## **Nutrition Homework Packet**

**Please complete these handouts and bring them to your first individual nutrition appointment on**

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### **Class Overview**

Welcome to bariatric nutrition class. We created this class to give you tools for your surgery so that you have positive results for the rest of your life.

At home, please complete this packet containing a 3-day food log and the attached worksheet to help assess your understanding of these important concepts.

### **Learning Objectives**

After this class the patient will be able to:

1. State the post-operative nutrition follow-up appointments required after surgery.
2. Understand the impact of healthy, active lifestyle factors associated with positive long-term post-operative outcomes, quality of life, as well as weight loss and health maintenance.
3. Discuss the post-operative diet progression that is based on nutrient and texture needs after surgery. Provide examples of foods that fit in each stage of the diet progression.
4. Use the nutrition label to identify an appropriate protein shake that meets the protein drink nutrition guidelines.
5. Recall eating food groups in order of importance.
6. Describe the vitamins and minerals needed for life after surgery in order to prevent vitamin and mineral deficiencies. Understand how to take them for best absorption.
7. Explain the purpose of the pre-operative diet.



**Food Log -Day 1**

Write down the item, amount and time of everything you eat and drink.

**\*\*Include at least 1 day of the weekend\*\***

Time	Food/Preparation/Amount	Beverages	Comments
Exercise			



**Food Log -Day 2**

Write down the item, amount and time of everything you eat and drink.

**\*\*Include at least 1 day of the weekend\*\***

Time	Food/Preparation/Amount	Beverages	Comments
Exercise			



**Food Log -Day 3**

Write down the item, amount and time of everything you eat and drink.

**\*\*Include at least 1 day of the weekend\*\***

Time	Food/Preparation/Amount	Beverages	Comments
Exercise			

**Nutrition Class Worksheet**

Please complete and bring this with you to your first individual nutrition appointment.

1. Your first appointment with nutrition takes place in a group \_\_\_\_\_ after surgery.
  - a) 2-3 weeks
  - b) 6-8 weeks
  - c) 3 months
  - d) 1 year
  
2. Food may “get stuck” after surgery. How can you prevent this?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  
3. List two signs of dehydration.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  
4. A. Name one protein shake that meets the protein shake nutrition guidelines on the ***Stage 2 Protein Shake Diet***.  
 \_\_\_\_\_
 

B. What are the calories, grams of sugar, and grams of protein for the shake you listed? \_\_\_\_\_
  
5. Please circle ALL foods from the list below that are ***protein foods***.
 

A. Avocado	F. Whole wheat bread
B. Banana	G. Green beans
C. Chicken	H. Ground beef
D. Chickpeas	I. Shrimp
E. Eggs	J. Spinach Salad
  
6. Please circle ALL the foods that are allowed on the ***Stage 3A Smooth Textures Diet*** (10 days after surgery).
 

A. Chili	I. Grilled chicken
B. Greek Yogurt	J. Soft Banana
C. Pureed carrots	K. Refried Beans
D. French fries	L. Baked fish
E. Oatmeal	M. Baked beans
F. Steak	N. Chickpeas
G. Lentil or Bean Soup	
H. Cottage Cheese	

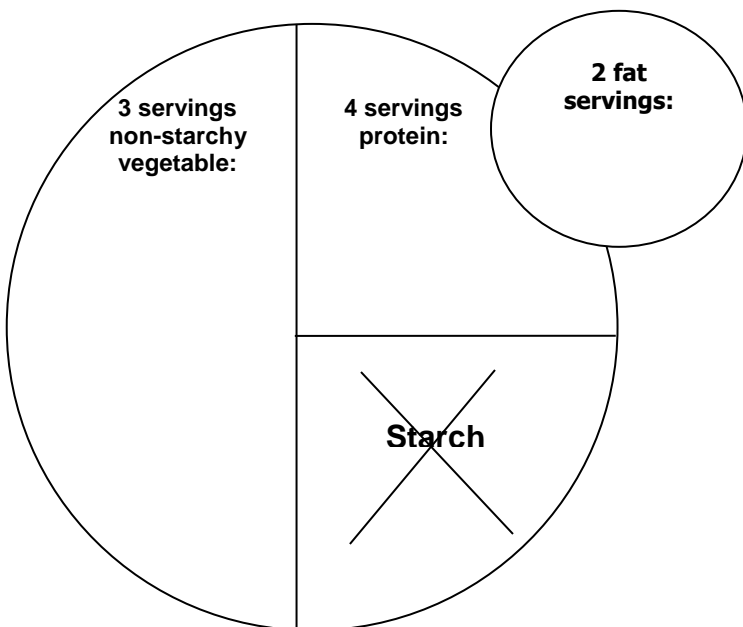


7. Rank these in their order of importance from 1 to 4; where 1= most important and 4 = least important.  
Starches \_\_\_\_\_ Protein \_\_\_\_\_ Fruits/Vegetables \_\_\_\_\_ Fluids \_\_\_\_\_
8. Which of the following vitamins and minerals need to be taken after surgery to prevent vitamin and mineral deficiencies? Please circle ALL that apply.
 

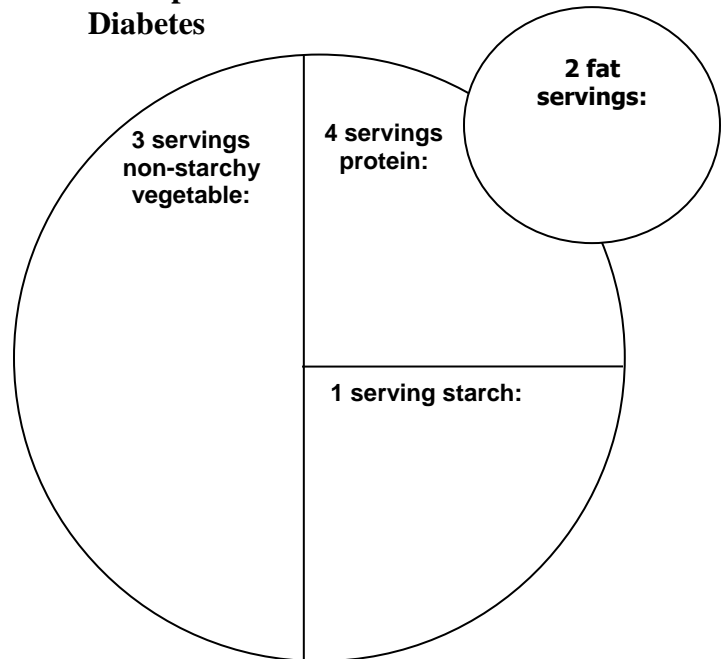
A. Calcium citrate and vitamin D	D. Calcium carbonate
B. Ginkgo Biloba	E. Multivitamins without iron
C. Multivitamins with iron	F. Vitamin B <sub>12</sub>
9. You need to separate your multivitamin with iron from calcium by \_\_\_\_\_ hours, and separate each dose of calcium by \_\_\_\_\_ hours.
10. Which of the following is the purpose of the pre-operative diet? Please circle ALL that apply.
  - A. It will prevent hair loss.
  - B. It will shrink my liver.
  - C. It will make my surgery safer.
  - D. It will clean out my stomach before surgery.

11. Using the diagram(s) below, write down an example Box E meal, including serving sizes, that you would enjoy eating during the pre-operative diet (Box E).
  - \*Serving sizes for each food group can be found in your Nutrition Guidelines Book (pages 21-26)
  - \*Check the title on your pre-op diet handout and fill in the diagram with the same title (
  - \*If you have diabetes and are on certain medications, you received a “Pre-Op diet For Diabetes” and your Box E meal includes 1 serving of starch. Check your pre-op diet handout to know which version of the pre-op diet you should follow.

**PRE-OPERATIVE DIET**



**Pre-Operative Diet for Patients with Diabetes**





12. How much protein should you eat each day after surgery?  
\_\_\_\_\_ grams / day

13. How much fluid should you drink each day after surgery?  
\_\_\_\_\_ ounces (oz)

14. Write one exercise goal you have before surgery.

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15. Write one eating goal you have for after surgery:

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16. What is one challenge that you expect after surgery?

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17. What is one question that you still have after taking the nutrition class.

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