

Nutrition Homework Packet

Please comple	ete these handouts a	and bring them to your fi	rst individual
	nutrition ap	ppointment on	

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.

Please complete this packet containing a 3-day food log and the attached worksheetto 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 longterm 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

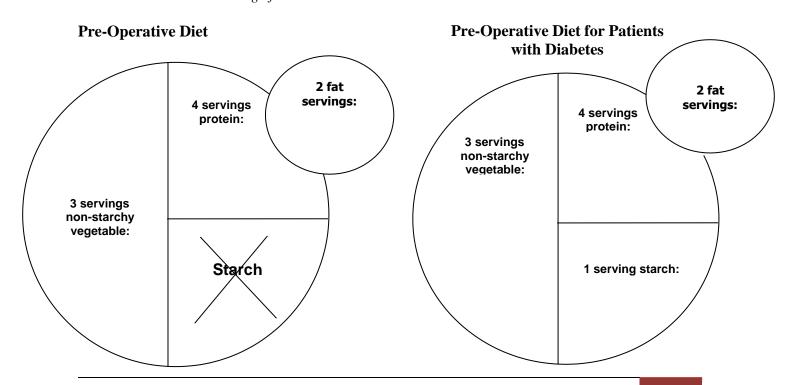
Please complete and bring this with you to your first individual nutrition appointment.

1.	Your first appointment with nutrition takes place in a groupafter surgery.				
	a) 2-3 weeks b) 6-8 weeks	c) 3 month	d) 1 year		
	Food may "get stuck" after surgery. 1 2				
3.	List two signs of dehydration. 1 2				
	A. Name one protein shake that meets the protein shake nutrition guidelines on the <i>Stage 2 Protein Shake Diet.</i>				
	protein for the shake you				
5.	Please circle <u>ALL</u> foods from the list	t below that are <i>prot</i>	ein 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		
	Please circle <u>ALL</u> the foods that are days after surgery).	allowed on the <i>Stag</i>	e 3A Smooth Textures Diet (10		
	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				

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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.		n and mineral o	ng vitamins and mindleficiencies? Please te and vitamin D			
	B.	Ginkgo Bilob		Б. Е.	Multivitamins w	
		U				Itilout IIoli
	C.	Multivitamins	s with iron	F.	Vitamin B ₁₂	
9.			your multivitamin w	vith iron fron	n calcium by	_hours, and separate

- 10. Which of the following is the purpose of the pre-operative diet? Please circle <u>ALL</u> 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. To help prepare for the pre-op diet, write down an example meal, including serving sizes, that you will enjoy eating.
 - *Serving sizes for each food group can be found in your Nutrition Guidelines Book (pages 21-26)
 - *If you have diabetes and are on certain medications, you received a "Pre-Op diet For Diabetes" and your meal includes 1 serving of starch.



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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.	Vrite one exercise goal you have before surgery.	
15.	Write one eating goal you have for after surgery:	
16.	What is one challenge that you expect after surgery?	
17.	What is one question that you still have after taking the nutrition class.	