



Bariatric Support Group

January 2021



**Debbie Gullo MSN, RN, CBN (609) 441-8017 Debbie.Gullo@AtlantiCare.org
Bariatric Program Coordinator**

**Rebecca Flanagan RD (609) 407—2264 Rebecca.Flanagan@AtlantiCare.org
Program Dietitian**

How to Get Motivated

With a new year comes the same struggle to get motivated. Cold weather and stress make it even harder. Being and staying motivated is important to success however. Ask yourself some questions:

- **Why:** Why do you want to lose weight?
- **Who:** who will help you on this journey?
- **When:** When do you want to achieve weight loss by?
- **What:** What barriers prevent you from getting motivated?
What tools may help you get motivated?

Here are some tips to help you get motivated:

1) Set **REALISTIC** goals

- set a goal that you understand what you would like to achieve and the ways to achieve and sustain it.
- Make it SMART: Specific, Measureable, Attainable, Relevant, and Time-specific.

2) Equip yourself with tools

- Be sure to get tools to help you stay on track such as measuring cups, measuring spoons, and scales. Other useful tools can include smaller plates, weighed utensils, and pedometers.
- Using food diaries whether it is on paper or through an app can be extremely useful to help stay on track.

3) Plan Ahead and Stay Organized!

- Planning ahead is important to make sure you include more foods like lean protein and non-starchy vegetables and less foods that contain sugar, saturated fat and sodium.
- Using weekly calendars (available to print for free online) are useful to plan meals out a head of time and organize time and events while cutting down on food waste and costs.

5 Tips to Avoid Meal Planning Mistakes After Surgery

Set a Schedule and Stick to It!

It is important to eat when you are hungry. However, it is equally important to get in the nutrients you need during the day. Plan to have 3 – 5 small meals during the day with the protein in each meal. Skipping meals may cause you to get inadequate amounts of protein fiber and other nutrients. Skipping meals also increases grazing at night. A busy schedule is even more reason to plan.

Pack your Vitamins and Minerals along with your meals.

Although the food you choose to eat may have nutrients that you need, they do not replace the vitamins needed following surgery. You need to take your vitamins and minerals daily to ensure you are getting all the nutrients you need following surgery. A helpful hint is to pack your vitamins in your lunch bag to remember to take them.

Include Foods You Can Tolerate.

Depending how far after surgery you are, certain foods will be difficult to eat. If you are just starting out on regular textures, make sure to select soft and moist foods. Even if you are months or years out of surgery, you may need to avoid fibrous, stalk, and dry foods. Do not push it!

Do not Be Afraid to Try Different Foods.

Do not pack the same meals every day. It may be tempting to stick with the same foods every day because they are easy. However, including a variety of different foods can provide nutrients that you may be lacking if you eat the same foods every day. For example, try to include flaky, moist fishes a couple times a week. The smell is often off-putting, but fish, in particular fatty fishes like salmon have with protein, omega-3 fatty acids and vitamin D.

Do not Prep Too Far In Advance.

It is good to be prepared. However, making food too far in advance will make the food go bad before you can eat it. This can cause more food waste, increasing grocery bill, and you will have to find something to eat “off the fly”. Moreover, you may get sick from rotten foods. Food is typically good in the refrigerator for 3 – 4 days. You can write down or schedule out a week or two in advance, just do not make the food until you actually want to eat it.

How to Tell the Difference Between Real Hunger & Emotional Hunger

By Jessica Bruso Updated December 17, 2018



People sometimes eat because they are upset, stressed, bored or happy. However, eating for emotional reasons could cause you to overeat, leading to weight gain. Learning to differentiate between emotional hunger and true hunger and deal with your emotions in other ways besides eating can help you lose weight or maintain your weight.

Real Hunger

Real hunger is brought on by a true need for food and develops gradually over time. You can wait to eat if you need to, and once you have eaten until your stomach is full you can stop eating. With real hunger, you feel a need to eat, but not necessarily any one particular food. Any food that you like that is available will satisfy your hunger, and you won't feel guilty after you finish eating.

Emotional Hunger

Emotional hunger is in response to a feeling, either good or bad, and usually involves craving a specific food or type of food. These foods are often high in fat and sugar, and even if you are full you will sometimes keep eating until the food is gone. This type of hunger occurs suddenly, and you feel a need to eat right away. However, once you finish eating you often feel guilty or ashamed.

Hunger Scale

Using the hunger scale can help you determine whether you are eating out of real hunger or emotional hunger. On a scale of one to 10, one means you are starving and 10 means you are overly full and couldn't eat another bite. Before you eat something, place your level of hunger on this scale. If it is a five or higher, you are most likely eating for emotional reasons rather than true hunger. You should eat when you are at about a three or four on the scale and not wait until you are at a one, otherwise you may overeat. Stop eating when you reach a seven on the hunger scale.

Ways to Deal with Emotional Hunger

Keeping a food diary can help you figure out when you tend to eat out of emotional hunger and what foods you crave during these times. When you experience emotional hunger, have a plan for what you are going to do instead of eating, such as calling a friend, going for a walk or reading a book. Don't keep comfort foods available at your house, and wait for five minutes before you eat once you start to feel hungry so you can figure out if you are truly hungry or just reaching for food out of habit or for emotional reasons.

Are You Lost? 10 Ways to Get Back On Track

August 19, 2016

Lyss Remaly

First, I want to wish you “Congratulations!” on your journey so far. Whether you are six months, two years or ten years out from your surgery, you made a life-changing decision, and that takes guts. Good for you!

Looking back at the last few weeks, months or even years, have you found yourself playing “hide and seek” with your motivation, dedication, and consistency? Have you made a slight detour off track but looking for ways to get on track? Have you noticed that the number on the scale has remained the same or has found its way creeping up and you can’t seem to figure out why? You are not alone.

As a Bariatric Lifestyle Coach, I work with weight loss surgery patients who are in the beginning stages of having surgery but also those who have had surgery years ago, and have found themselves a bit lost trying to navigate this maze after the excitement and “honeymoon” period of surgery has merged back into just...life. Your tool is not broken, hope is not lost and no, it’s not too late.

10 Ways To Get Back On Track & Ride To Your Happy, Healthy Self!

1. Light your own fire

Why did you have surgery to begin with? What do you want out of your life and out of this journey? When you look in the mirror do you see the version of yourself you are proud of? You deserve to feel proud. You deserve to move well and have a strong body and have the energy to thrive day today for the rest of your life. Isn’t that part of the reason you had surgery is to be able to live longer? Be healthier? Your motivation has to come from YOU.

Do you want to run a marathon? DO IT! Do you want to wear your jeans from high school? GO FOR IT! You are the only one holding yourself back. Let go of fear, let go of excuses and reasons why you “can’t” and open up your heart to the possibility of why not? ANYTHING is possible. You can do anything if you want it bad enough and are willing to work hard for it. Stay focused, take it one day at a time, follow these suggestions and you won’t just find your way back on track, you’ll build a whole new set of tracks that can lead you to a destination you never thought was possible.

2. Hold yourself accountable

This is YOUR life. You can make every single excuse for why you are not seeing the results you want or why you have found your way back up 50 pounds but the proof is in the sugar-free protein pudding. Whatever you have been doing is not working and it's time to change it. No one is going to make you get out of bed an hour early and take the dog for a walk. No one is going to karate chop the ice cream out of your hands in the middle of the night. YOU are the one that has to make it happen.

3. Just because you CAN...doesn't mean you SHOULD

Sure, technically some of us CAN eat anything we want and not get sick or get the oil slicks afterward, but, that doesn't mean we SHOULD be eating those things. You KNOW the foods you should be eating in order to be successful. Ask yourself if you are about to eat this because you CAN or because you SHOULD?

4. Be realistic and be patient

You didn't get to your highest weight by eating one bad meal and you aren't going to get to your goal weight by one week of good quality food, good sleep, and great exercise. Give yourself time to get back into the swing of things and don't get discouraged when you don't see a 10-pound weight decrease in one week. This is a LIFESTYLE. You can enjoy the foods and the treats that you want in moderation and still reach your goals. Stick to the plan, stay consistent, forgive yourself and move on when you screw up and just keep going.

5. Get moving

I cannot stress this enough. YOU HAVE TO EXERCISE. PERIOD. If you are new to working out, check out my "5 Steps for Confidence to Go Into the Gym" article. You don't even have to go to the gym (I get it, not everyone is a gym person...I'm not offended). I tell my clients all the time who claim they have, "no time to go to the gym," that there is a way to be active without even having to step foot into a gym. Add bodyweight movements into your everyday routine. Do you watch T.V? At every commercial do a different movement; march in place, take a lap around the couch and finish with 10 bodyweight squats.

6. Confide in someone

Support is an incredibly important aspect of this lifestyle. Honestly, support is amazing in general. Who is your biggest supporter? Sit down with them and tell them what you going to be do-

7. Make a plan

Don't start over. Pick up where you left off. I have seen a lot of people ask about "going back to basics". The concept of going back to the basics of this lifestyle is a great idea, however, going back to only drinking clear liquids and protein drinks is a bit drastic and not the most effective way of fulfilling this goal. Sit down and make a plan based on suggestion number 8. What is going to be your first step to getting back to that person who was doing exactly what they were supposed to at the very beginning of this process?

8. Write a list

Be honest with yourself and write a list for yourself of all of the behaviors and little things you have found yourself doing lately. No one has to see this list, however, use this list as a guideline for yourself. Start the list with the things you know have become a big problem that you are having trouble undoing. Have you been eating candy, fast food, and overly processed items? Have you stopped exercising? Work on ONE thing at a time. Find a way to modify that behavior or slowly phase that behavior out of your lifestyle. When you are able to make it a whole week with this modification, you are ready to move it along to the next item.

9. Reflect and get honest

It is this time in the process where it is really important to self-reflect and get very honest with yourself. What has happened in the last few months that has thrown you off? Was there an event that caused you to eat emotionally and it snowballed? Did you lose motivation? Have naughty foods slowly made their way into your mouth bite and now you can't seem to end a day without boyfriends Ben and Jerry? Have you used a busy life, family drama, work issues, and unforeseen circumstances as excuses to put your health and your goals aside? Really take some time to sit and think about where this started, why it started and what you have been saying to yourself along the way to make it okay to not do what you know you need to do. I call this the "Judge Judy Moment," the moment of brutal and unapologetic honesty that none of us want to hear, but absolutely need to.

10. Forgive yourself

You are human. You are flesh, blood, and bones. You are allowed to screw up, hey, you're even allowed to do it a few times. Forgive yourself, use this as a learning experience and know that it is YOU who is going to make the next moment, next day and the rest of your life better because of this. It is easy to feel sorry for yourself and give up. It takes a lot of courage to stand up, dust yourself off and move on.

Remember - Today is a great day to get **back on track!** YOU CAN DO IT!

The Importance of Protein

Following bariatric surgery, getting in your protein is extremely important!

- **Healing**: After getting a wound or having surgery, your body needs to heal. Getting in the recommended amount of protein helps with the healing process.
- **Preserving and building muscle**: Studies show that getting the adequate amount of protein following surgery will help preserve lean body mass or muscle (Schollenberger et al., 2016). By preserving the muscle, you will be able to exercise, but also will help with body contouring and sagging skin.
- **Helps you feel full longer**: To help decrease snacking throughout the day, be sure to include protein with each meal and make sure to eat the protein first.



Reference: Schollenberger, A.E., Karschin, J., Meile, T., Kuper, M.A., Konigsrainer, A., Bischoff, S. C. (2016) Impact of protein supplementation after bariatric surgery: A randomized controlled double-blind pilot study. *Nutrition*, 32(2),186-192. <https://doi.org/10.1016/j.nut.2015.08.005>

What Foods Have Protein?

- **Meats including beef, poultry, pork, and fish**

 - ~ Approx. 1 oz. of lean meat = 5 grams of fat and 7 grams of protein

 - ~ The leaner the better: more than 90% lean ground meat, chicken or turkey breast and white flaky fish.

- **Eggs**

 - ~ 1 whole egg provides 6 grams of protein, which is present in the egg white. However, that same egg contains over 60% of the daily value for cholesterol, all present in the egg yolk. By separating the yolk and eating just the whites, you can get all the protein without the cholesterol.

- **Low fat dairy**

 - ~ 8 fl. oz. or 1 cup of skim or 1% milk = 8 grams of protein

 - ~ 1/2 cup fat free or low fat Greek yogurt = 10—15 grams of protein

 - ~ 1 oz. cheese = 4—7 grams of protein

- **Nuts, seeds, and legumes**

 - ~ Although these foods do have a fair amount of protein, it is considered to be incomplete protein, you would have to pair it with another food.

 - ~ Additionally, these foods can also be high in fat (ex: nuts and seeds) or high in carbohydrates (ex: beans).

- **Vegetables & Grains**

 - ~ Although not a very high source in protein, they can contribute to some additional protein to a meal.

 - ~ Quinoa, in particular, does contain all the essential amino acids making it a complete protein.

Protein Supplements

If you are not getting enough protein in the day or tend to skip meals, using protein supplements can help reach the daily recommendation. However, you do want to read the label to make sure there is plenty of protein and not a lot of fat and sugar.

Bars

- 5 grams of fat or less per serving
- 20 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 10—15 grams of protein per serving

Protein Powders mixed with 8—12 fl. oz. of milk of choice

- 120 calories or less per serving
- 5 grams of fat or less per serving
- 10 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 15—25 grams of protein per serving

Ready-Made Shakes

- 225 calories or less per serving
- 5 grams of fat or less per serving
- 10 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 20—35 grams of protein per serving

Salted Caramel Protein Mocha Frappuccino (serves 1)

Ready in 5 minutes

Ingredients

- ½ cup strong decaf brewed coffee, cooled
- ¼ cup unsweetened almond milk (or milk of choice)
- ¼ cup nonfat Greek yogurt
- 2 Tbsp. chocolate protein powder
- ½ tsp. caramel extract
- Pinch of salt
- 1 packet of stevia
- 1 cup ice



Directions

1. Pour all ingredients into a blender and blend until creamy consistency is reached.
2. Enjoy cooled!

Nutrition (may vary): Per serving using UNJURY® Chocolate Splendor protein powder and unsweetened almond milk = 110 calories, 2 g fat, 0 g saturated fat, 5 mg cholesterol, 8 g carbohydrate, 1 g fiber, 4 g sugar, 16 g protein.

Freezer Breakfast Burrito (makes 4)

Ingredients

- 2 Tbsp. canola oil
- ½ white onion, diced
- 2 garlic cloves, minced
- 2 cups of crimini mushrooms, chopped
- 4 cups of loosely packed spinach, chopped
- Pinch of kosher salt
- 12 egg whites
- 5 Tbsp. skim or 1% milk
- Pepper to taste
- Cooking spray
- 4 high fiber tortillas
- ¼ cup + 2 tbsp. goat cheese



Directions

1. Heat a large skillet over medium-high heat and add oil to pan. Add onion and garlic and cook for 2 – 3 minutes (or until translucent).
2. Add the mushrooms and cook until they are golden brown (about 3 – 4 minutes. Flip the mushrooms, so the other side can cook. Place spinach in the pan and cook until it is wilted (about 3 – 4 minutes). Season with salt and stir all the vegetables together. Remove from heat and set aside.
3. In a large bowl, whisk together egg whites and milk. Season with pepper to taste. Heat another large skillet over medium heat. Spray the skillet with cooking spray, and add egg mixture. Cook for 4 – 5 minutes, stirring frequently, until eggs have set. Remove from heat.
4. Heat the tortillas in the microwave for 10 seconds to make it easier to roll. Lay out the tortillas on 4 separate pieces of aluminum foil and spread 1 ½ Tbsp. of goat cheese on each tortilla. Evenly distribute the roasted vegetables and scrambled eggs among the 4 tortilla. Roll each one up in the foil and place in a freezer bag. Then freeze.
5. When ready to eat, remove from freezer, remove foil, and microwave on high for 1 – 2 minutes (or until heated throughout).

Nutrition (may vary): Per serving using TMOle Xtreme Wellness!® High Fiber Low Carb Wrap = 320 calories, 15 g fat, 5 g saturated fat, 17 mg cholesterol, 654 mg sodium, 24 g carbohydrate, 13 g fiber, 4 g sugar, 22 g protein.

Source: Mushroom Freezer Breakfast Burrito Recipe. Mushroom Council.

<https://www.mushroomcouncil.com/>. Accessed November 8, 2019. **Recipe has been altered from the original recipe.**

Protein Stuffed Sweet Peppers

Ready in 5 minutes

Ingredients

- 4 sweet peppers
- 1 cup 1% milk cottage cheese
- 1 scoop unflavored protein powder (optimal)
- 2 Tbsp. of Everything seasoning



Directions

1. Wash the peppers and cut each pepper in half vertically. Remove seeds and any strings.
2. Mix together cottage cheese, protein powder, and [Everything](#) seasoning until evenly combined. There should be no clumps of protein powder.
3. Scoop the cottage cheese mixture into each pepper.
4. Serve and Enjoy!

Nutrition (may vary depending on choice of protein powder): Per whole pepper (2 halves) with 1% milk cottage cheese and UNJURY® Unflavored Protein Powder = 80 calories, 1 g fat, <1 g saturated fat, 3 mg cholesterol, 224 mg sodium, 5 g carbohydrates, 0 g fiber, 2 g sugar, 12 g protein.

Helpful hints:

- You can make your own Everything Seasoning: ½ cup seasoning = 2 Tbsp. poppy seeds, 1 Tbsp. black sesame seeds, 1 Tbsp. white sesame seeds, 1 Tbsp. + 1 tsp. dried minced garlic, 1 Tbsp. + 1 tsp. dried minced onion.
- If you do not prefer cottage cheese, you can replace it with nonfat plain Greek yogurt.



Thai Curry Turkey Meatballs Recipe

Recipe by: Lori Newlon of [The Bariatric Dish](#)

Makes: Approximately 20 meatballs (depends on the size you make)

Ingredients

- 1 pound ground dark meat turkey
- 4 finely chopped green onions
- 1/2 cup grated carrot
- 1/2 cup finely diced bell pepper *(Any color)*
- 1 beaten egg
- 1/3 cup almond flour
- 4 tablespoons of coconut aminos *(I don't use soy sauce but you can sub it if you want just adjust the salt)*
- juice from 1/2 lime
- zest from 1 small lime
- 5 dashes of fish sauce
- 3 large cloves of garlic *(I use a Microplane or you can also use a mincer)*
- 1 teaspoon curry powder
- 1/2 teaspoon of ginger

Directions

1. In a large mixing bowl combine all of your ingredients except the beaten egg and almond flour.
2. Place in the refrigerator to marinate for at least 3-4 hours. This step should not to be skipped or shortened. Letting them marinate for the full-time will help season the turkey.
3. Remove mixing bowl from the refrigerator after 3-4 hours and add in the almond flour and beaten egg.
4. Add enough avocado or olive oil to a skillet to lightly coat the bottom of the pan, turn the heat to medium and allow the pan to heat up.
5. Using your medium-sized scoop, scoop out the meat and form into balls, placing them carefully into the hot pan. Fill the pan but do not overcrowd the meatballs. You will have to add oil in your pan a couple of times.
6. With a spoon and tongs gently turn over the meatballs when a golden-brown crust has formed. The meatballs are going to kind of puff up and not be perfectly round, that's ok!
7. Cook until golden-brown and the meatballs have a firmness to them and are not mushy soft. I *do not* recommend overcooking them, as they will become dry. If I'm meal prepping them I always slightly undercook them to allow for reheating.
8. As the Thai Curry Turkey meatballs are done cooking, remove them from the skillet and place them on a paper towel.
9. Store any leftovers in a covered container in the refrigerator.

Serving Suggestions: These are great when served over cauliflower rice or added to a stir-fry. They are also great dipped into hot sauce!

Nutrition Info

Citrus Baked Fish (serves 4)

Prep time: 15 minutes/ Cook time: 10 minutes/ Ready in 25 minutes

Ingredients

- Cooking spray
- 4 (3 oz.) salmon fillets
- ¼ cup lemon juice
- ¼ cup Tropicana® Trop50® orange juice
- ¼ cup lime juice
- 2 tsp. melted butter
- 1 tsp. dried parsley
- ½ tsp. ground paprika
- ¼ tsp. ground black pepper



Directions

1. Preheat oven to 350 degrees F and grease a baking dish lightly with cooking spray.
2. Place salmon fillets in baking dish.
3. Mix lemon juice, orange juice, lime juice, butter, parsley, paprika, and pepper together until well blended. Drizzle over salmon in the baking dish.
4. Bake salmon in the preheated oven until easily flaked with a fork (10 – 15 minutes). Check the temperature of the salmon by using a meat thermometer placed in the center of the fillet – the thermometer should read 145 degrees F for the fish to be cooked through.

Nutrition (may vary): Per serving = 180 calories, 9 grams of fat, 1 gram saturated fat, 49 mg cholesterol, 68 mg sodium, 3 grams carbohydrates, 0 grams fiber, 1 gram sugar, 22 grams protein.

Source: Citrus Baked Fish Recipe. All Recipes Website.

<https://www.allrecipes.com/recipe/255950/citrus-baked-fish/>. Accessed August 9, 2019.

Cookie Dough Yogurt (Serves 1)

Ingredients

- 1 (5.3 oz.) container non-fat plain Greek yogurt
- 1 Tbsp. powdered peanut butter (such as PB2)
- 1 Tbsp. sugar free JELL-O® vanilla pudding mix
- 1 tsp. sugar substitute (such as Splenda or Stevia)
- 1 tsp. vanilla extract
- 1 tsp. mini chocolate chips (optional)



Directions

1. Mix ingredients together. Place in the refrigerator to chill before serving.
2. ENJOY!
3. Can be frozen, but allow yogurt to thaw before eating.

Nutrition (may vary depending on choice of Greek yogurt): Per serving using Dannon® Oikos® Triple Zero plain yogurt = 200 calories, 2 grams fat, 1 grams saturated fat, 5 mg cholesterol, 230 mg sodium, 27 grams carbohydrate, 7 grams fiber, 9 grams sugar, 18 grams protein.

Helpful Hints:

- Our office is located in the new outpatient surgery center located in Building 1200 on the 2nd floor in EHT.
- Due to our move, we have a new phone number. To reach us, please call (609) 833-9833.
- Remember to keep **Hydrated!!!** 64 ounces of non-carbonated sugar free fluids, **water is Best!**
- Reminder to eat your **PROTEIN FIRST!** (65-80 grams a day)
- **Don't forget to follow-up...** schedule your appointments with the dietitian and your physician. The first year we would like to see you every 3 months and then on a yearly basis.
- Preparing for **SURGERY** ?
 1. Don't Miss your **Monthly** weight check! It may lead to delays in surgery if your insurance requires 4 or 6 consecutive month weight checks.
 2. Do not **GAIN** any weight prior to surgery. Your insurance company may deny your approval for surgery.

Have a Health and Safe New Year!!!

Zoom Etiquette

While we conduct virtual support group meetings, please be aware of some guidelines:

1. Be considerate and respectful towards others.
2. Respond to others courteously.
3. No vulgar language or sign in names.
4. Be mindful of your environment.
5. If you wish to speak with one of the host privately, please contact them via phone or email. Please do not use group chat or video.



2021 Bariatric Support Group Schedule

Building 200/AtlantiCare Life Center

(At the corner of Delilah Rd and English Creek Ave.)

Monday 5:30 – 6:15 PM

Date	Topic
January 4	Back on Track– Getting Motivated
February 1	Meal Planning
March 1	Healthy Dinning Out Options
April 5	Guest Speaker: Marcel
May 3	Plateau and Weight Regain
June 7	The Power of Sleep

Monday 10:30– 11:30 AM

January 18	The Importance of Protein
February 15	Understanding Nutrition Labels
March 15	Looking Beyond the Scale
April 19	Emotional Eating
May 17	Falling of the Wagon
June 21	Vitamin D