

Nutrition 101- Creative Ways to Stay on Track While Leading a Busy Life



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ProCare Health - Life Support



Sponsor: ProCare Health



Let's Talk About

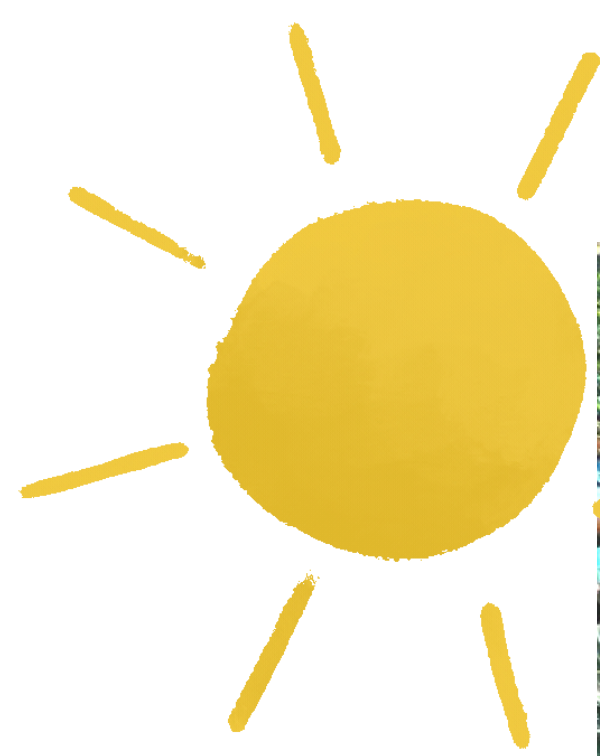


- **THE ESSENTIALS:** Meals, calories, and macros
- **PLANNING - MEAL FAVORITES:** 5 favorite foods from each meal category + HANDOUT
- **RECIPES - FAVORITES:** 5 favorite recipes from each meal category + HANDOUT
- **MAKING MENUS** - Make your own menus for the week + HANDOUT
- **GROCERY SHOPPING** -Grocery Shopping + HANDOUT
- **MEAL PREP** - Make ahead Foods + HANDOUT
- **SIMPLIFY DAILY ROUTINES** - Make your daily routine mindless!



ESSENTIALS

- **Small meals:** Eat 3-6 small meals during the day and chew small bites of food thoroughly before swallowing.
- **During maintenance phase:** Eat at least 5 daily servings of fresh fruits and vegetables.
- **Concentrated sweets:** Sweets should be eliminated from the diet after RYGB to minimize symptoms of dumping syndrome and after any bariatric procedure to reduce caloric intake.
- **Drinking fluids:** Typical patients should avoid drinking 30 minutes before or after eating solid food.




ESSENTIALS

- **Calories:** Typical daily calorie intake the first week after surgery is 400 kcal/d and progresses to 600 to 800 kcal/d by weeks 3 to 4. Several months after surgery, patients may consume 1200 to 1500 kcal/d, with most patients consuming approximately 1500 to 1800 kcal/d 6 months postoperatively and long term.

These are broad ranges and shouldn't be taken too literally. Follow your body's own guidance of hunger and fullness and guidance from your bariatric program / providers.



Work with a Dietician or Coach if needed

Use an APP to help you with planning
& tracking your Macros-
Handout for APPs 

ESSENTIALS: MACROS

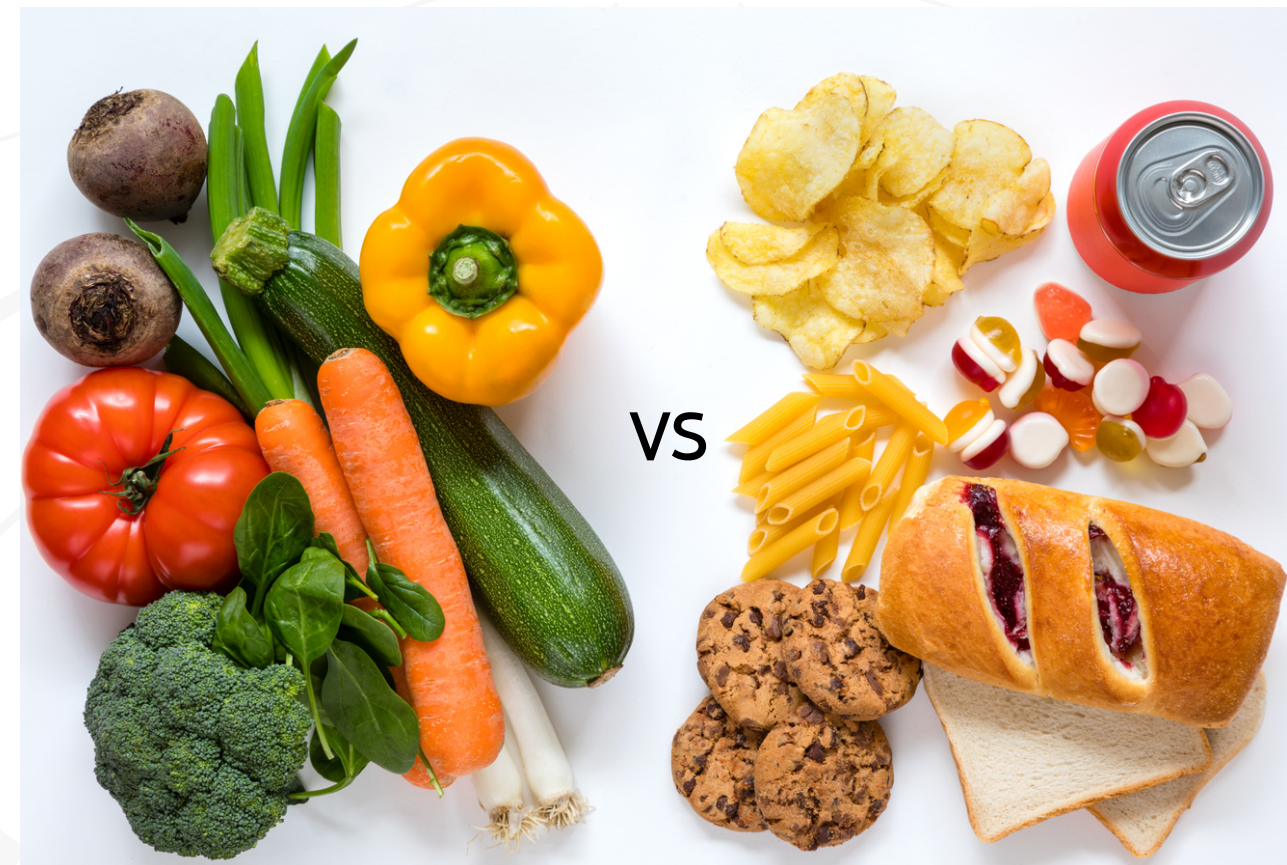
Protein

1st year: **40% of daily intake**
Minimum of **60-100g/d**
Long-term maintenance: **10-35% (30% ideal)**



Carbs

1st year: **30% daily intake (50g/d early states)**
Long-term maintenance: **40%-60% daily (up to 130g/d)**
*Mostly from starchy veggies, fruit, and whole grains



Fat

1st year: **30% daily intake**
Long-term maintenance: **20-35% daily (30% ideal)**
*Mostly from the bulk from unsaturated fats



FAVORITES Checklist

You may use the "Maintenance Shopping List" to get ideas for each grouping.
Write down your favorite 5 items under each category

Meat/ Poultry/ Fish/ Protein

- Hamburger
- Chicken
- Salmon
- Turkey
- Venison

Dairy

-
-
-
-
-

Grains

-
-
-
-
-

Vegetables

-
-
-
-
-

Fruit

-
-
-
-
-

Snacks / Other

-
-
-
-
-



Work with a Dietician or Coach if needed
Planning Simplifies Things!



Making Decision Making Easy!

List 5 types of food that you like under each food group.

You may use our "Maintenance Shopping List" for inspiration!

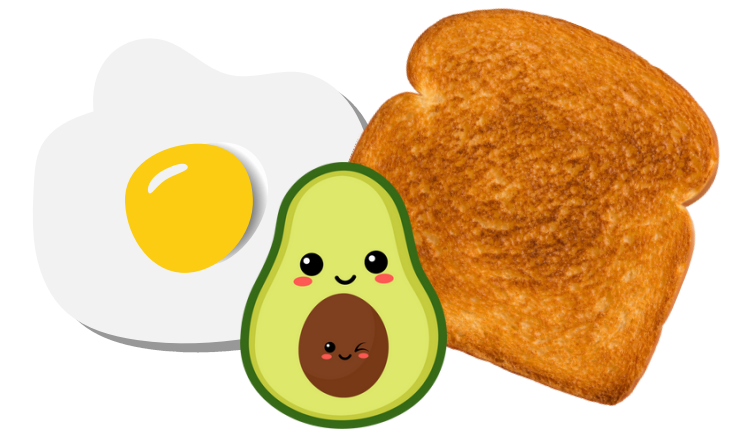
Handout available on our Website!

"Favorites Checklist" - Handout available on our Website!

Note: There are also lots of "Mail-Order" services out there to pick your selections and have foods mailed.

"Favorite Recipes" - Handout available on our Website!

Breakfast



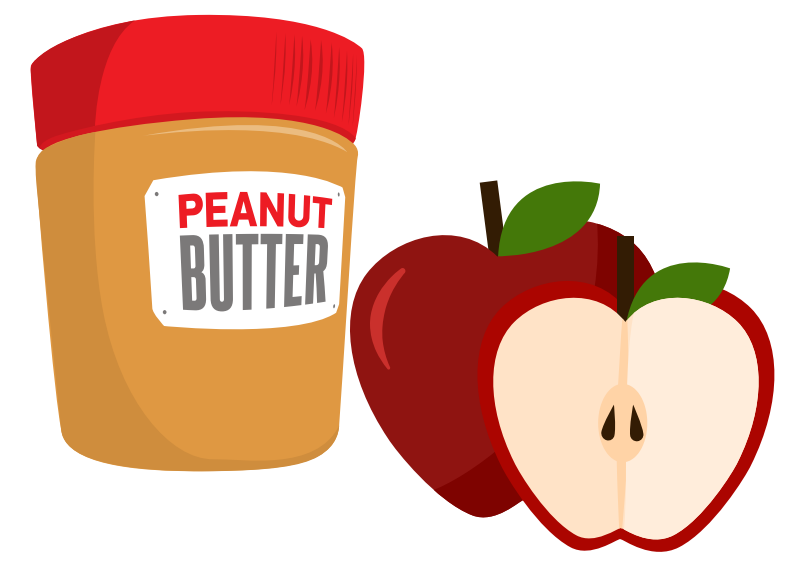
Lunch



Dinner



Snacks



FAVORITES Recipes - Mix and Match

Write down your favorite 5 recipes under each category

Breakfast

- Egg, avocado, toast
-
-
-
-

Lunch

- Grilled Chicken Salad
-
-
-
-

Dinner

- Grilled Skewers
-
-
-
-

Snacks

- Apple & peanut butter
-
-
-
-

Sites for saving recipes:

1. Kitchn's Recipe Box
2. Big Oven
3. Dish Dish
4. The Recipe Box
5. Paprika
6. Pinterest

*ProCare Health has no association with any of these Recipe sites.

PRO TIP: RECIPES MIX & MATCH

Re-evaluate often and replan!



Sample Meal Plan – Maintenance (3-6 meals per day, may modify portion size or # of meals for individual plan)

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	9:00pm
Vitamins	Calcium 500mg with Vitamin D 500 IU		Calcium 500mg with Vitamin D 500 IU		Calcium 500mg with Vitamin D 500 IU	One a day Bariatric Multi-Vitamin
1	Omelet + 1/2 cup cooked oatmeal	Protein Shake or Protein Bar	Grilled fresh tuna with broccoli and roasted new potatoes	Fruit of choice	Roast beef with sweet potato and green beans	Cottage cheese with blueberries
2	Breakfast wrap (low-fat sausage, scrambled eggs, low-fat cheese, salsa, whole wheat tortilla)	Apple + Peanut Butter	Teriyaki salmon with cooked spinach and sweet potatoes	Whole grain pretzels	Pork tenderloin with asparagus and cauliflower rice (cut into small pieces and cooked)	Greek Yogurt + Fruit
3	Egg-white pancakes (three egg whites, 1/4 cup oatmeal, 1/4 T whole grain pancake mix, mix in blender), serve with sugarless fruit spread	Mozzarella Sticks + Nuts	Chicken fajita wraps (grilled chicken breast, grilled vegetables, and a whole wheat wrap)	Greek yogurt + fruit	Chicken with quinoa and carrots	Green salad with cottage cheese
4	Scrambled eggs, one slice whole wheat toast, avocado	Protein Shake or Protein Bar	Southwest chicken salad (chicken, lettuce, black beans, tomatoes, onions, avocado)	Celery sticks + Peanut Butter	Beef-vegetable stir fry with yellow squash or zucchini	Apple + mozzarella cheese
5	Berry Overnight Oats	Jerky + Cheese	Turkey or low-fat beef burger on 1/2 whole wheat bun with lettuce and tomato	Protein Shake or Protein Bar	Grilled salmon with cucumber-dill dressing, green salad, and baked sweet potato	Low sugar chocolate pudding
6	Egg-white pancakes (see Day 3); sugarless fruit spread	Protein Shake or Protein Bar	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Carrot Sticks + Ranch Dip	Rosemary chicken, snap peas, and whole wheat protein pasta	Cottage cheese and yogurt
7	Scrambled eggs, Greek yogurt	Ham + dill pickle & light cream cheese rolled	Thin deli meat, asparagus, sugar-free pudding	Protein Shake or Protein Bar	Ground Turkey, tomato & Baked Potato	Tuna, string-cheese, and whole wheat crackers



PRO TIP:
MAKE OUT 1-2 WEEKS of MENUS & CONTINUE TO USE WITH SWAPS

"Menu Templates - Handout available on our Website!

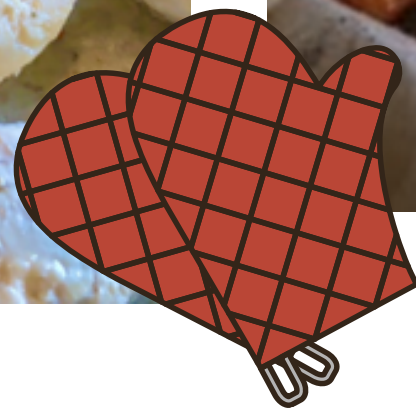
Grocery Shop

Use your Favorite Foods list, Menu Template & Shopping Lists to find your **favorite foods!** Make sure you have healthy foods on hand! Keep an **ongoing/reusable shopping list!**



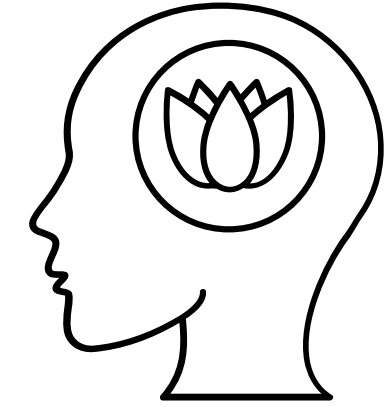
You may use our "**Maintenance Shopping List**" for inspiration!
Handout available on our Website!

Meal Prep

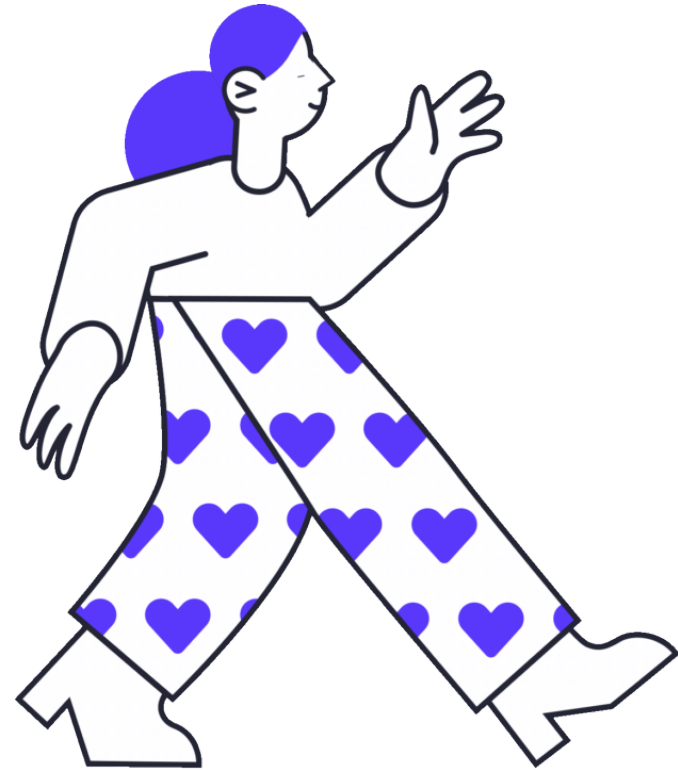


Make things **EASY** - Prepare for your day!

*Loose the "all or nothing"
perfectionist mindset*



Simplify your daily routine



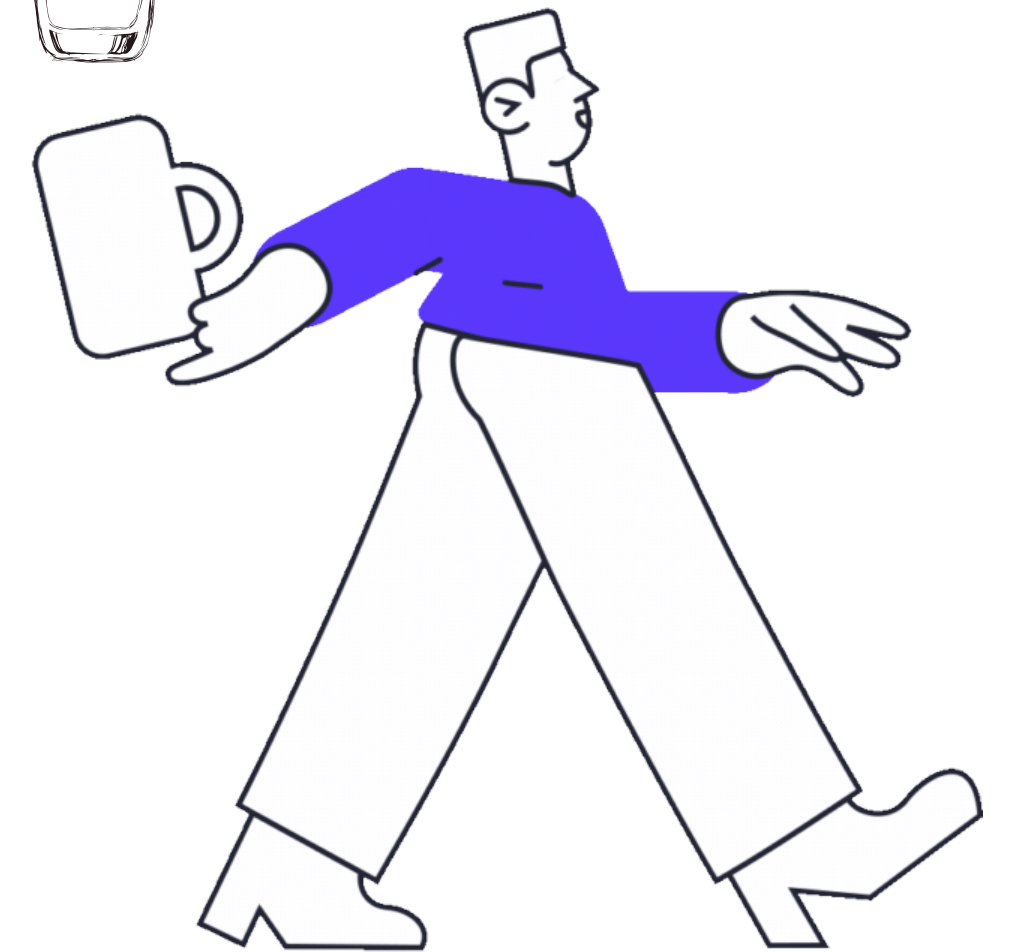
*Make a "Go-to" Healthy
Restaurant list*



*Make a "Go-to" Healthy
Fast-Food list*



*Bring along
snacks*





IN SUMMARY

- **THE ESSENTIALS:** Choose the essentials
- **PLANNING - MEAL FAVORITES:** Choose your 5 favorites
- **RECIPES - FAVORITES:** Choose your 5 favorites
- **MAKING MENUS** - Make menus - rinse and repeat
- **GROCERY SHOPPING** - Keep foods on hand
- **MEAL PREP** - Make foods ahead
- **SIMPLIFY ROUTINES** - Make daily routine mindless!