

Stuck After Surgery

Getting back on track after weight loss surgery

with

Kayla Girgen, RD, LD

About Me



Kayla Girgen, RD, LD

Agenda

Factors affecting weight

Emotional eating & feeling the feels

Getting back on track

Resources

Q&A

How did you get here?

Share in the chat box, 1-2 reasons why you've hit a stall or struggled after surgery



Factors that Influence Weight

NUTRITION

BODY COMP

ETHNICITY

ACTIVITY

EMOTIONS

ECONOMICS

LIFESTYLE

FAMILY

ILLNESS

HORMONES

STRESS

GENETICS

GUT HEALTH

AGE

SLEEP

MEDICATIONS

EDUCATION

HABITS!

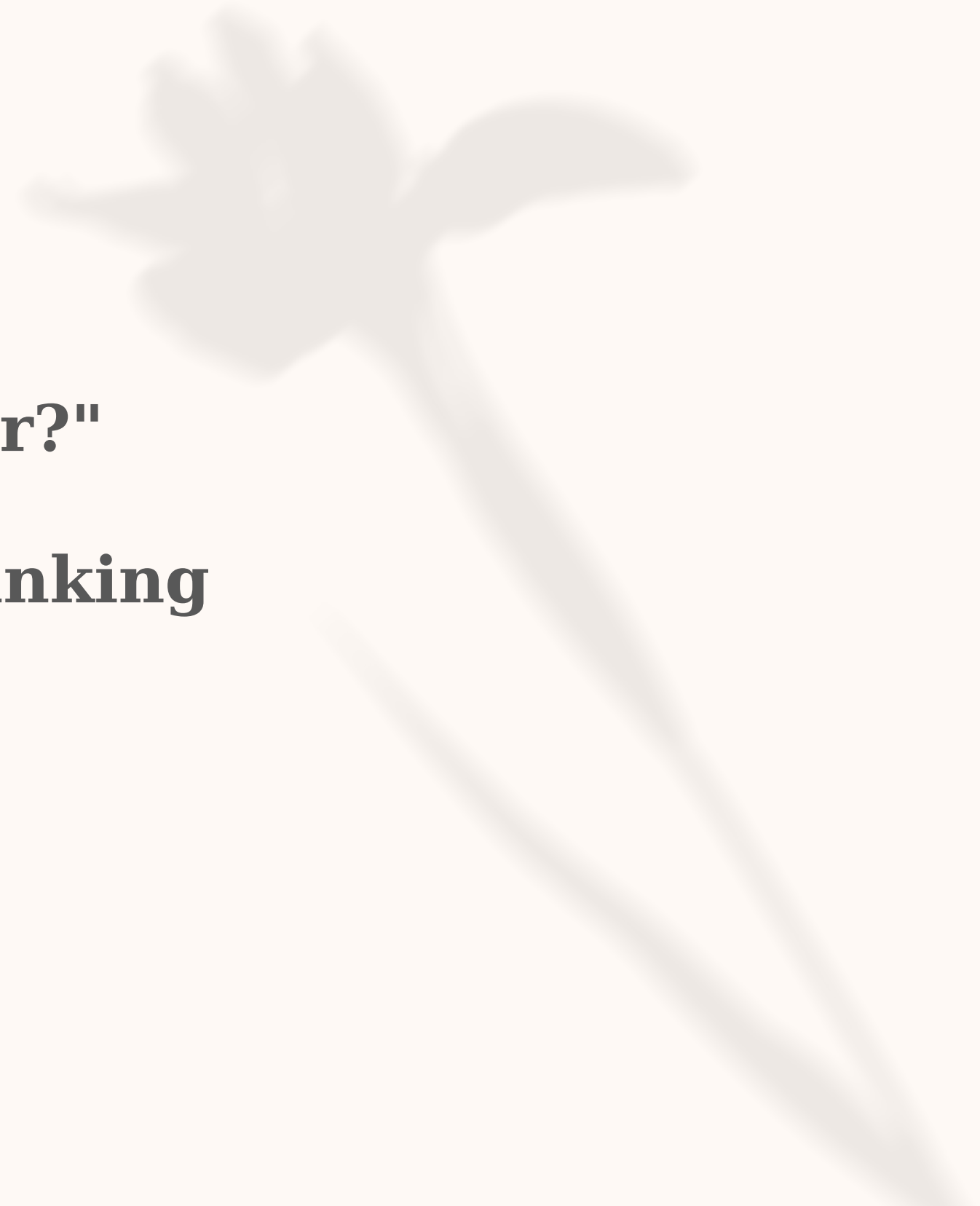
Emotional Eating

Identify existing "defaults"

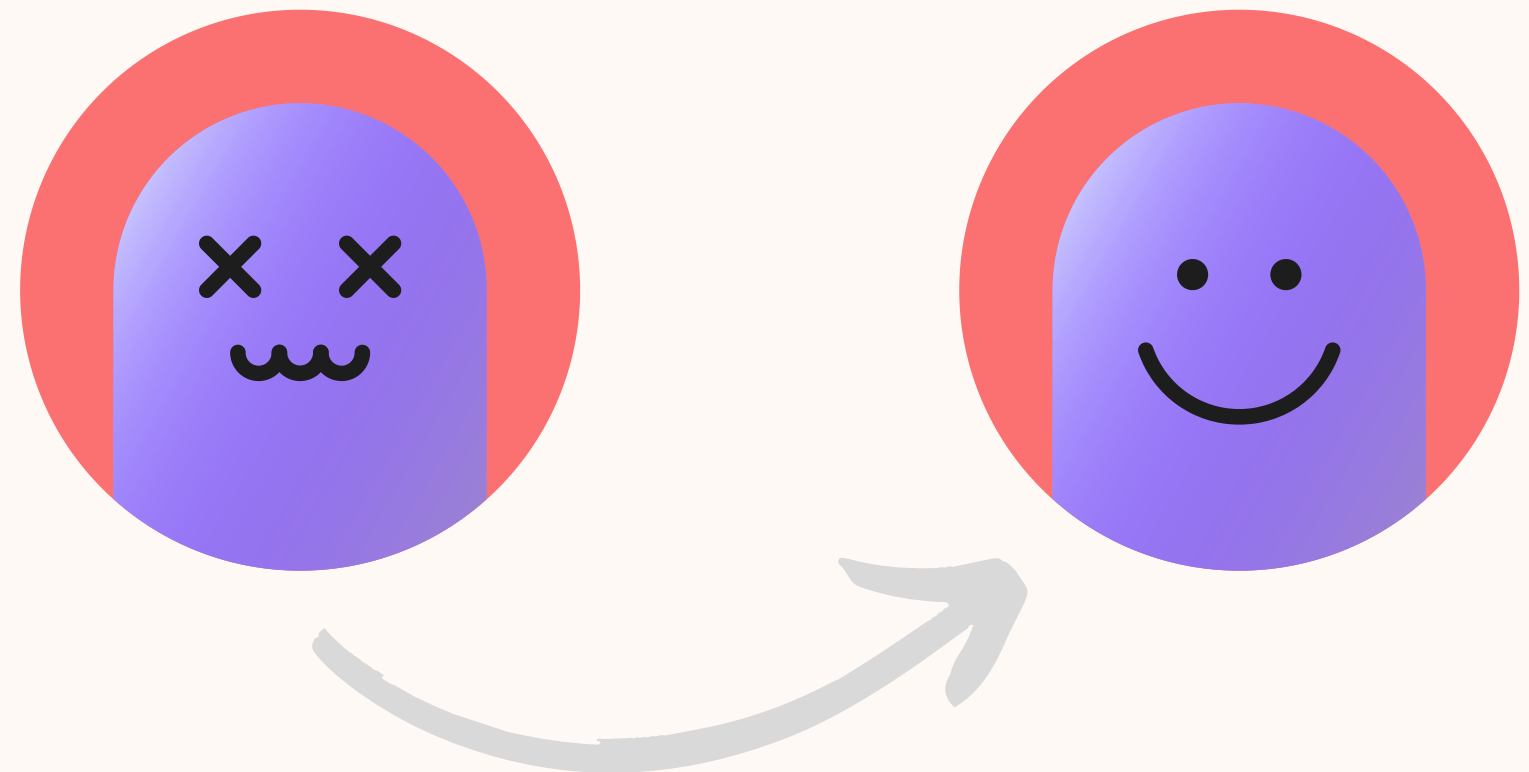
Ask yourself, "What am I *really* hungry for?"

Avoid "all-or-nothing" or perfectionist thinking

Adopt a "growth" mindset



**Oftentimes, we crave a
CHANGE IN EMOTION,
not food.**



HUNGER

versus

CRAVING

Gradual

Physical

Satisfied by most foods

Food tastes better!

Is NOT a bad thing!

Sudden, impulsive

Emotional

Specific to a certain food

Numb to eating sensations

Signal for fulfillment

Feel
the
Feels



MINDFULNESS



SELF-CARE



SAY 'NO'

Emotional eating is
like double-dipping
on a bad mood.

- Glenn Mackintosh



Back to Basics

Nutrition first,
Activity second



PROTEIN

20-30 grams per meal

60-100 grams daily



FLUID

64 oz daily

Not with meals



SUPPLEMENTS

Multivitamin w/Iron

Vitamin B12 & D3

Calcium

Back to Basics

Nutrition first,
Activity second



SNACKING



**EAT UNTIL
SATISFIED**



SLEEP

Back to Basics

Nutrition first,
Activity second



**EAT FROM A
PLATE**



**EAT WITHOUT
DISTRACTIONS**



**EAT IN SIGHT
OF OTHERS**

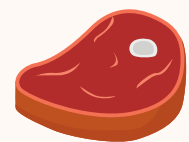
OTHER MEASUREMENTS



Vegetable servings



Fluid ounces



Grams of protein



Daily steps or miles



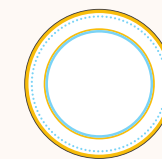
Hours of sleep



Minutes read



Journal entries



Meals at the table



Times you *didn't* cave



Blessings!

As a bariatric patient,
you must continually
educate & advocate for
yourself.



Resources



BOOKS



PODCASTS



SOCIAL MEDIA



MORE FROM ME

For more support

LIFe - Lose It Forever
by Kayla Girgen, RD, LD, CPT

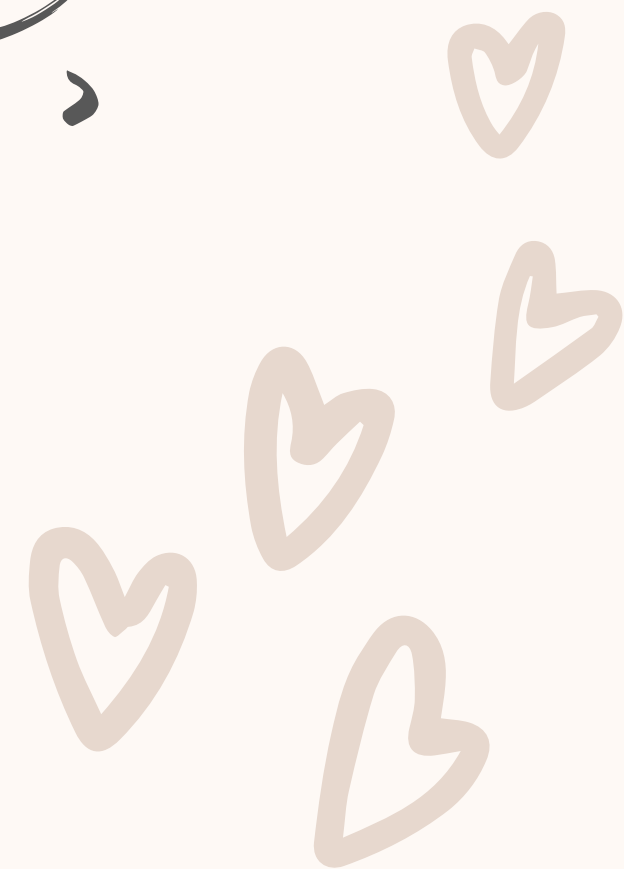
**Group membership program for
women after bariatric surgery**

**Use promo code PROCARE for
25% off your first month**



The scale is stuck,
but not me.

- Unknown



Thank you for joining!



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