

# Ochsner's Bariatric Survival Guide

Tips to Stay on Track During COVID-19

DO	DON'T
<p><b>Keep up with your food log</b> Maintaining your caloric intake and diet quality is critical for achieving your health and weight loss goals.</p> <p>Download the App Baritastic and use Ochsner Bariatric Program Code 22701 to track food and fluid intake</p> <p><b>Keep protein-rich foods stocked up</b> buy chicken and turkey in bulk and freeze them, keep dry or canned beans on hand, get the largest quantity of eggs available. Make sure you are getting your required protein intake (between 80-120 grams EACH DAY).</p> <p><b>Continue with your protein drinks or bars</b> Order online or use grocery delivery service. Always make sure you order more <u>WELL BEFORE</u> you are running low, especially now when deliveries may take longer to arrive. Remember to check to make sure your protein shakes or bars have 4 gms of sugar or less.</p> <p><b>Try new recipes</b> Use this time to experiment in the kitchen and find some different healthy dishes you enjoy – you can use the nutrition booklet to help guide you. If you cannot find your copy, please download it from our website @ <a href="http://www.ochsner.org/services/bariatric-surgery/">http://www.ochsner.org/services/bariatric-surgery/</a> <a href="#">Click here to download Ochsner's Surgical Weight Loss Program's Nutrition Binder.</a></p>	<p><b>Feel Discouraged – You can do this!</b> There are a lot of changes happening in our world but don't let them discourage you. Focus on the future and remind yourself of all the work and effort you've put in so far.</p> <p><b>Drink fluid during meals or 30 minutes before/after eating</b> Your regular routine may have changed which may have caused some of your meal or snack times to change. keep track of when you consume any liquid and time your meals accordingly. This will also help you make sure you are staying hydrated throughout the day</p> <p><b>Keep table sugar around</b> You may be more tempted to add it to your drinks or food if it is visible and easily accessible.</p> <p><b>Add tough or crunchy foods back into your diet too quickly</b> Raw veggies are great snack foods but adding them in too quickly after surgery will cause pain and discomfort</p>

DO	DON'T
<p><b>Listen to your body - try to recognize when you feel full.</b></p> <p>Learning your body's signals can be difficult but it is a key step in your weight loss journey. While you are in this process of working on this step, be sure portion out the recommended quantities of foods and meals/snacks to prevent overeating.</p> <p><b>Continue taking vitamins and minerals</b> Take them at the same time each day and keep a log of when you take your supplements to make sure you don't miss any. These supplements are essential for preventing malnutrition and other health problems that will deter your progress.</p> <p><b>Stay active!</b></p> <p>It is so important for both your physical and mental health that you get regular physical activity. Even if you can no longer physically go to the gym or to workout classes there are tons of online resources to keep you moving. Incorporate a <u>specific</u> exercise time into your daily home routine and keep a journal of your activity.</p> <p><b>Review the resources you've been provided and keep in touch with your healthcare team.</b> Let them know if you are struggling or experiencing any problems – they are here to help! <b>Call us to schedule a telehealth visit at 504 842-2701</b></p>	<p><b>Eat your meals using electronics</b></p> <p>This is especially difficult at home where your use of computers, phones, and TVs are pretty much unregulated. Designate a meal spot or spots where there is limited distractions and you can focus on your food – maybe your kitchen table or on an outside porch or deck.</p> <p><b>'Save' your appetite</b></p> <p>You may feel like holding out from food as long as possible so you can eat a large meal later on, but your body needs energy throughout the day in order to properly fuel itself and keep you alert. Try eating small meals throughout the day – use these meals as mini breaks from work or projects you are doing at home.</p> <p><b>Order food delivery or take out</b></p> <p>Most places are now offering delivery services, but it can still be difficult to find and choose healthy options. Choose to do a grocery store pick up or delivery instead- cooking food at home is less expensive than eating out!</p> <p><b>Isolate yourself</b></p> <p>It may be called 'social distancing' but that does not mean we can't still connect with one another. Phone calls or group video chats are great ways to keep in touch while staying at home. Any method of getting regular social time with friends and family will help to remind you that you're not in this alone.</p>

# Grocery List

## Items to Keep Stocked in Your Kitchen

<u>PROTEINS (Lean)</u>	<u>Vegetables (non-starchy)</u>	<u>Fruits</u>	<u>Vitamins</u>	<u>Other</u>
Eggs	*veggies can be fresh or frozen	*Fruits can be fresh or frozen	Flintstones Complete Chewables	Sugar-free Popsicles
Beans (canned and/or dried)	Broccoli	Apples		Sugar-free Jello
Skinless chicken/turkey	Cauliflower	Oranges		
Tuna/Salmon (canned and/or pouch)	Carrots	Pears	Super B-Complex tablets with 50 mg Thiamine	Crystal Lite
Tofu or Tempeh	Onions	Kiwi		Low Fat Condiments
Morningstar Veggie Burgers	Cabbage	Melon		
Fish or shrimp (fresh or frozen)	Radishes	Berries	Nature's Way liquid Calcium Citrate + Vit D	Decaf Coffee/Tea
Ground Beef (90% lean)	Zucchini	Peaches		
Steaks	Okra	<u>Unsweetened</u> Applesauce		
Chobani Greek Yogurt	Greens	*Avoid fruits canned in syrup	Sublingual Vitamin B12	
Cabot Cottage Cheese	Peppers	*Stick to 1-2 servings of fruit/day		
Hummus	Spinach			
Low-fat cheeses (Laughing Cow, Baby Bell, mozzarella string cheese)	Turnips			
Fairlife Non-fat Milk	Mushrooms			
	Tomatoes			
	Celery			
	Lettuce			
	Asparagus			
	Eggplant			
	Green Onions			
	Kale			

## Foods to Avoid Having Around the House

Butter/Margarine	Cookies	CandyChips	Pretzels	Grits
Granola	Popcorn	BaconCorn	Bread Alcohol	Soda
Pasta	Rice	Cake/Pie	Sausage	Potatoes
				Ice Cream

- Keep 'trigger foods' out of the house
- Keep yourself distracted with work, games, music, or whatever hobby you enjoy. This may be the time to try a new activity!
  - Try fighting stress with breathing techniques, yoga, meditation, or prayer
    - Mix up your meals with a variety of dishes
      - Keep up with your food diary
      - Call or video chat with a friend or family
  - Plan your meals for specific time and try for smaller meals throughout the day
    - Pre-portion all meals and snacks
  - Step outside for some fresh air or do a quick exercise activity to reset yourself

**\*Avoid negative thoughts about yourself** – if you have a slip-up, you are not a failure. Forgive yourself and focus on learning from it so you can prevent it for the future

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## Ways to Stay Active While Staying Inside

- Youtube Videos – free exercise and gym classes at any fitness level
- Apps – tons of fitness apps are currently offering free trial periods and offer workouts that don't require equipment
  - Chores around the house, such as cleaning or gardening
    - Walk up and down the stairs
  - Video-chat with your regular workout buddy and do an online class together
- Make a playlist of your favorite fun songs and dance around – no need to worry about knowing any serious dance moves, just jump around get your heart rate up!

**While you are limited to working out at home, you may find it easier to do short, mini workouts multiple times a day instead of all at once. Try to still get at least 30 minutes of physical activity in each day!**

### **Physical Health ↔ Mental Health**

The health of both your mind and body are equally important –be sure you are taking the time to care for both. It is likely that the current health concerns and quarantine mandates caused significant changes to your normal routine. Although this can feel overwhelming and seem difficult to manage, there are ways you can take to manage these feelings and keep your mental and physical health journey on track. Here are some tips for self-care during quarantine:

- Meditate, take deep breaths – find any practice that will help you center yourself.
- Move around your house throughout the day. Avoid staying in the same seat or room for too long and try to work in an area of your house that get lots of sunlight if possible.
- Get fresh air for a bit every day - being outside is a great way to improve your mood! You don't necessarily have to go far from your house. You could even just hang out on your porch for a while or take a walk around the block.
- Get good sleep and maintain a regular sleep schedule
- Connect with others. While we aren't able to physically be with others right now it is still so important to socialize and interact with other people, even if it is being done remotely.
- Keep yourself busy. Make a list of tasks that you want to complete around the house, start a new book, do some art projects, try journaling.



## ***Feeling Stressed and want to stay on track: Try these ideas for when you are craving savory or sweets:***

### ***Snack ideas***

#### **Savory**

- **Avocado** with chili powder, garlic powder and black pepper
- **String cheese or cheese cubes/slices**
- **Tuna, chicken or egg salad lettuce wraps**
- **Ham/turkey and cheese roll-up**
- **Turkey jerky**
- **Hard boiled egg**
- **Steamed edamame**
- **Olives, pickles** (watch sodium)
- **Baked zucchini chips** with salsa
- **Cottage cheese** with tomatoes & dill
- **Salad** with light dressing & veggies

**Nuts and Seeds:** Pistachios, almonds, cashews, pecans, sunflower seeds, peanuts, walnuts, pumpkin seeds, hazelnuts, brazil nuts (salt free)

#### **Sweet**

- **Plain yogurt:** Triple Zero Oikos, Fage or Powerful with fruit, nuts, seeds, cinnamon
- **Sugar free jello**
- **Sugar free popsicles**
- **Homemade protein shake**
- **Atkins bars/shakes**
- **Premier protein shakes**
- **Power crunch bar**
- **Emerald cocoa dusted almonds (1/4 cup)**

#### **Sweet and Savory**

- **Grilled pineapple and ham skewers**
- **Cottage Cheese** with fruit, nuts, seeds, cinnamon
- **Homemade smoothie** with spinach, avocado, frozen fruit & unsweetened vanilla almond milk

#### **Peanut Butter/Almond Butter**

With apples, ½ banana, celery, carrots, strawberries

#### **Hummus/Guacamole/Light Cream Cheese/Greek yogurt + Ranch powder mix**

cucumber, carrots, celery, bell pepper, tomato, cauliflower, broccoli, snap peas, green beans, hard boiled egg, turkey pepperoni slices, salami slices, ham, grilled chicken

#### **Tips when Cravings Hit:**

- Drink water or sugar free Crystal Light when a craving begins.
- Avoid eating blind: pre-portion foods instead of leaving them in their original package.
- Eat without distractions: phone, tv, laptop etc.
- Eat slowly, chew foods well (30 times).
- Find snacks high in protein to keep you full longer.