

FOOD FOR FUEL

Your Onederland Bariatric Resources



TABLE OF CONTENTS

01 About our challenges

02 The Macronutrients: carbohydrates, protein & fat

03 The Bariatric Plate Method

04 Mindful eating after Bariatric Surgery

05 Your Goals

06 Accountability & Support

YOUR ONEDERLAND CHALLENGES



We are so proud of you already! By joining our community and downloading this guide - you're showing up for yourself. And it's a sign that you're willing to put in the work.

Because having Bariatric Surgery can feel like a full time job right?

No matter where you are in your journey - there are always hurdles to tackle and new challenges to overcome.

Keep in mind that our guides aren't personal advice. Always follow your surgeons guidelines and reach out to your bariatric team for guidance.

FOOD AS FUEL CHALLENGE

In this guide we'll explain what the macronutrients are and what purposes they serve. Also, we'll discuss the Bariatric Plate Method and how to use this method in your own journey. This guide will give you tips & tricks to help you eat more intentionally in your bariatric journey. So let's start with part 1: carbohydrates, protein & fat. Are you ready? Let's go!

THE MACRONUTRIENTS



CARBOHYDRATES

Carbs aren't the main focus when you're newly post-op but they will eventually become an important part in your bariatric diet.

But why are carbs important?

Because complex carbs provide energy, are a great source of fiber and provide a wide variety of vitamins and minerals. You probably don't want to rely on those simple sugars too much for energy. Mainly because simple sugar foods:

- can cause dumping syndrome
- are often slider foods (eg chocolate, ice cream, chips)
- won't keep you full for long

PROTEIN

Protein is the main macro to focus on when you had Bariatric Surgery. Protein helps with the recovery process and supports muscle maintenance (and healthy weight loss too).

High protein foods are: chicken, meat, (shell)fish, legumes, dairy, eggs, nuts and seeds.

It's not uncommon to partly rely on protein powders after Bariatric Surgery. But the main focus will always be to create a well balanced eating style where most foods fit.

FAT

Not all fat is created equal. Unsaturated fats support cardiovascular health for example. While saturated fats and transfat can decrease your health drastically. Examples of food sources that contain healthy fats are:

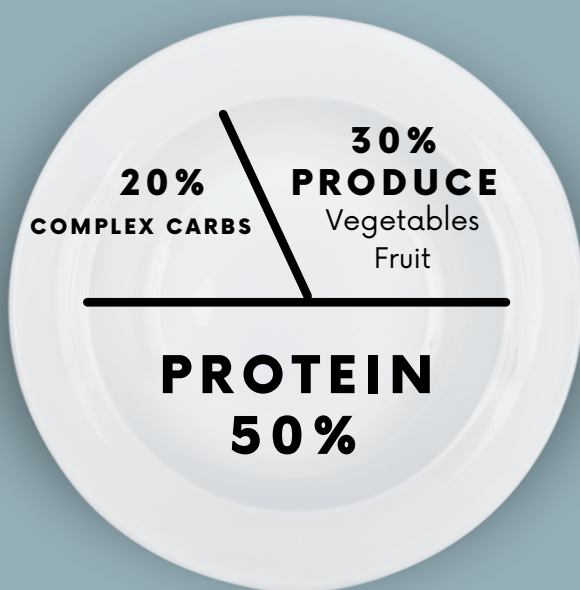
- fatty fish like salmon & mackerel
- avocado
- nuts
- olives

Keep in mind that also the foods that contain healthy fats are typically high in calories too.



THE BARIATRIC PLATE METHOD

The Bariatric Plate Model is extensively described in a study by Cambi et al. (2018). This method can help you set up your plate according to the different types of food groups (protein, produce & complex carbs).



A Bariatric Plate according to the Bariatric Plate Method

This is an example of how a Bariatric Plate looks like according to this model. Keep in mind that everyone has different portion sizes throughout the different stages in their journey.

And you may not tolerate all foods well, just yet.

The main point is to eat your protein first, produce next and if you still have room in your pouch- those complex carbs foods last.

Add your healthy fats too (usually part of the foods already on your plate or used while preparing the meal - eg vegetable cooking oils)

USING FOOD TO SERVE YOUR HIGHER GOALS

Mindful eating after Bariatric Surgery

Food has so many different purposes in our lives. We eat because we're hungry. We eat because it's fun. We eat because we're in good company. Or because we feel lonely.

All cues not related to physical hunger are called 'non-hunger cues' and whether you had bariatric surgery or not - they're part of being human.

However, once your weight is spiraling out of control and you're literally fighting against your own body (and its hormones) trying to eat healthier and lose the weight - it becomes harder to focus on your physical hunger cues. We're talking about life prior to bariatric surgery.

And hormones like ghrelin, leptin and insulin may be out of balance too, creating more appetite when in reality you don't need those calories.

Your body is out of balance. The weight is going up. Your health may be in jeopardy. And you've tried every diet in the book already.

Bariatric Surgery can be a kick start to change. A start to reboot those hunger hormones and to restore your relationship food.

Having Bariatric Surgery doesn't fix emotional eating or any other type of eating style but it does set the tone to focus on creating a healthy lifestyle where food plays an important role.

5 TIPS FOR MINDFUL EATING

Mindful eating isn't something that happens overnight. It takes time, dedication and a solid plan to work on your goals. Here are 5 tips to help you focus on mindfulness better:

1. Portion your food on a plate. Make it visual. Make it intentional. By visualizing what you eat you're less likely to overeat.
2. Put your utensils down between bites. This will help you eat slower and be more present while you're eating.
3. Plan your meals and snacks ahead for the day. If you have a plan - it's more likely you'll stick to it. Make a list of your staple foods so it's convenient. Planning doesn't have to be complicated! Writing down that you'll have 1 boiled egg at 3 pm is meal planning too :-)
4. Log your food. Track what you're eating. By having a food log - you create more insight. If this is triggering for you, just go to the next tip!
5. Pay attention to your fullness cues. Typical fullness cues after bariatric surgery are sneezing, hiccups, burping, runny nose, coughing and sighing. It can be challenging to know when you're full at first. And that's OK. Just keep on practicing and try to tune in to your body as much as you can. You've got this!

WRITE DOWN YOUR TOP 3 GOALS BELOW

(copy this page if you want to write down more goals)

01.

GOAL:



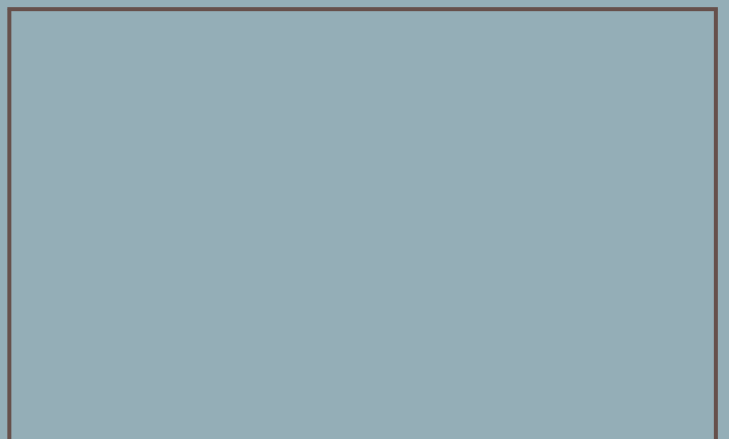
GOAL:

02.

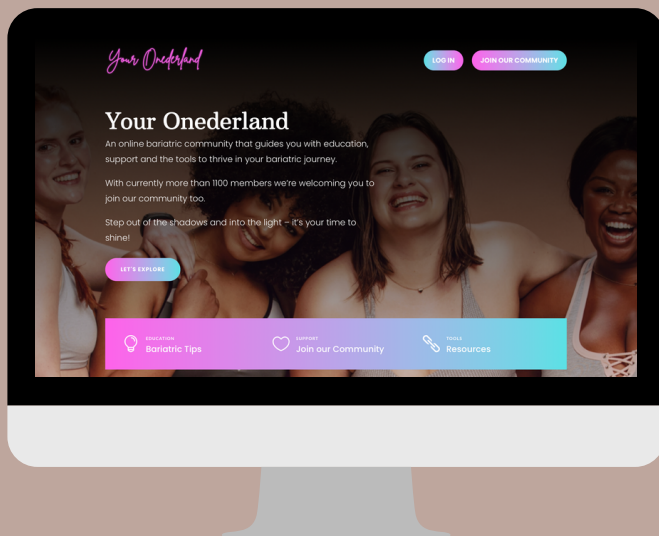


GOAL:

03.



ACCOUNTABILITY & SUPPORT



FREE Support Groups on the Your Onederland platform

We're here to help you. And we want you to win!

Join our support group on www.youronederland.com for free support during our Food for Fuel challenge.

Click [here](#) to log in or to create a FREE account today.

More tips for your journey on our Bariatric Blog

We talk about all things Bariatric Surgery on the Your Onederland Blog. Get all your tips now!



DISCLAIMER

The information on our Instagram page, website, e-mails and other (social) media platforms and channels as well as the community challenges we provide have been prepared solely for general educational purposes and should not be construed or relied on, nor is intended to be used or substituted for medical diagnosis, advice, or treatment.

It should not be used to replace that of your surgeon, your dietitian, your therapist or other qualified medical professional or healthcare provider. Each individual and situation is fact-specific and the appropriate solution in any case may vary; therefore, these materials may not be relevant to your particular situation.

While every attempt was made to ensure that these materials were accurate at the time of publication, errors or omissions may be contained therein, for which any liability is disclaimed. Should you have any health care related questions please contact your qualified health care provider as soon as possible. Never disregard medical advice or delay seeking advice because of information you have read or listened to on our websites and social media accounts. Communication on any of our platforms including comments, emails, the community challenges and direct messages does not constitute a therapeutic relationship.

This guide is intended for personal use only
All copyright reserved 2022 ©