CENTER FOR HEALTHY LIVING
KAISER PERMANENTE®

# Options:

## Metabolic and Bariatric Surgery Preparation and Support

**WORKSHOP 2**

Nutrition Before Surgery

# Welcome!

We will begin shortly. For the best experience:

Make sure you have a strong internet connection.

Close all other apps and programs.

Turn your volume up.

If you're using a smart device, do not leave the web page app once you've joined the session.

By default, you've been placed on mute. If the audio feature is turned on, please mute your audio unless you have a question.

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# Options:

## Metabolic and Bariatric Surgery Preparation and Support

**WORKSHOP 2**

Nutrition Before Surgery

# Welcome!

## Thank you for being here today.



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# Icons

## Discussion

Share some of your thoughts, ideas, and experiences.

## Let's Practice

Take your new skill or tool for a test drive. Practice makes prepared.

## Tip

Use these hints and reminders to stay positive, focused, and consistent.

## Apply It

Bring a key message into a real-life scenario. You know it. Now use it.

# Group Agreements

- One voice at a time.
- Stories stay. Lessons leave.
- Step up. Step back.
- Headlines only.

Are there any other agreements you might like to add to make this group more comfortable for you?

# **Options Class Books** – Important Lifelong Resources

- Check the Bookshelf for pickup locations and hours

**Program Materials**

- OPTIONS Materials and Resources
- You may pick up a hardcopy of your books at one of our clinics. Click here for clinic locations and hours.
- Steps to Bariatric Surgery Timeline
- Five-Minute Exercise Videos
- Program Agreement
- Weight and Exercise Form (Weeks 1, 5, 10)
- Weekly Feedback Survey
- Options Facebook Page

- Some locations only have pickups one day per week
- You can send someone else to pick books up for you
- Virtual versions are available, but we encourage you to also have a hardcopy

Nutrition, exercise, sleep, mental health, medical info

Detailed plan of exactly what to eat (and not eat) after surgery

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# Nutrition Before Surgery



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# Options Workshop Guide

## Pages 22-48

- Hard or electronic copy
- Use long term as a reference tool
- See bottom of slide for workshop guide page number(s)

WORKSHOP GUIDE **PAGE XXX**

# Check-In/Reflection

## Reflect on your action plan from the last workshop.

- What's been successful?
- What's been challenging?

Share what has been working and not working.

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# Key Messages

- The Healthy Plate
- Mindful Eating
- Planning Ahead

What are your thoughts about these key messages? Does anything surprise you?

# Agenda Mapping

## What would you like to spend more time on exploring today?

| | | | |
|---|---|---|---|
| Myth Busting | Fundamentals of Healthy Eating | Healthy Plate and Food Groups | Putting the Healthy Plate into Practice |
| Mindful Eating | Restaurants and Social Occasions | Nutrition After Surgery Preview | |

Share which topic you would like to spend more time on exploring today.

## TOPIC 1:

# Myth Busting

What are some myths, trends, and fads about healthy eating that you've heard?

# Myth Versus Fact

To lose weight, I have to give up all my favorite foods.

# Myth Versus Fact

## ✕ MYTH

To lose weight, I have to give up all my favorite foods.

## FACT

Small amounts of your favorite high-calorie foods can be part of a healthy weight loss plan and can help keep you from feeling deprived. **The key is to remember portion size and to balance calories in with calories out.**

# Myth Versus Fact

Carbohydrate/grain products such as bread, pasta, and rice are fattening. I should avoid them when trying to lose weight.

# Myth Versus Fact

## ✕ MYTH

Carbohydrate/grain products such as bread, pasta, and rice are **fattening.** I should avoid them when trying to lose weight.

## FACT

**Whole grains are an important part of your diet.** They help provide energy and supply you with important vitamins and minerals. The key is portion size and keeping at least half your grains whole grains. Whole grains also provide fiber, which helps keep you feeling full and healthy.

# Myth Versus Fact

Choosing gluten-free foods will help me be healthier.

# Myth Versus Fact

## ✕ MYTH

Choosing gluten-free foods will help me be healthier.

## FACT

**If you are not allergic or sensitive to gluten, there is no reason to avoid it.** Gluten is a protein found in wheat, barley, and rye grains that provides vitamins, minerals, and fiber to keep your body running. A gluten-free diet is not a weight loss diet and can make you deficient in some important vitamins and minerals.

# Myth Versus Fact

I should avoid all fats if I'm trying to be healthy or lose weight.

# Myth Versus Fact

## ✕ MYTH

I should avoid all fats if I'm trying to be healthy or lose weight.

## FACT

**Fat is a very important part of a healthy eating plan.** Healthy fats like olive oil, avocados, nuts, seeds, and nut butters help keep you full and healthy. The key is portion size. Fats do have more calories than protein and carbohydrates, so focus on healthy fats and keep portion sizes small.

# Myth Versus Fact

Becoming a vegan or vegetarian will help me lose weight and be healthier.

# Myth Versus Fact

## ✕ MYTH

Becoming a vegan or vegetarian will help me lose weight and be healthier.

## ✓ FACT

**While evidence shows that eating more plant-based foods prepared in a healthy way is beneficial for your health, it does not mean that you have to become a vegan or vegetarian.** And, becoming a vegan or vegetarian does not automatically lead to weight loss. Weight loss comes from adjusting calories in and calories out.

# Myth Versus Fact

I should eat as little as possible.
Skipping meals can help with weight loss.

# Myth Versus Fact

## ✕ MYTH

I should eat as little as **possible.** Skipping meals can help with weight loss.

## FACT

Eating regularly scheduled healthy meals can help you **avoid a cycle of extreme hunger followed by uncontrollable overeating** that can result in weight gain.

# Foundations of Healthy Eating

**Sleep**

**Eating and Physical Activity**

**Stress**

**Calories IN**

- Carbohydrates
- Protein
- Fat
- Alcohol

**Calories OUT**

- Body systems functions
- Digestion
- Daily activities
- Physical activity/exercise

TOPIC 2:

# Fundamentals of Healthy Eating

When you think of healthy eating, what would you like to see yourself doing more or less of?

WORKSHOP GUIDE PAGE 27

# Fundamentals of Healthy Eating

- Drink more water.
- Enjoy more vegetables and fruits.
- Eat whole grains.
- Discover healthy proteins.
- Choose less sugar.
- Have healthy fats.

Which one do you want to start working on today?

TOPIC 3:

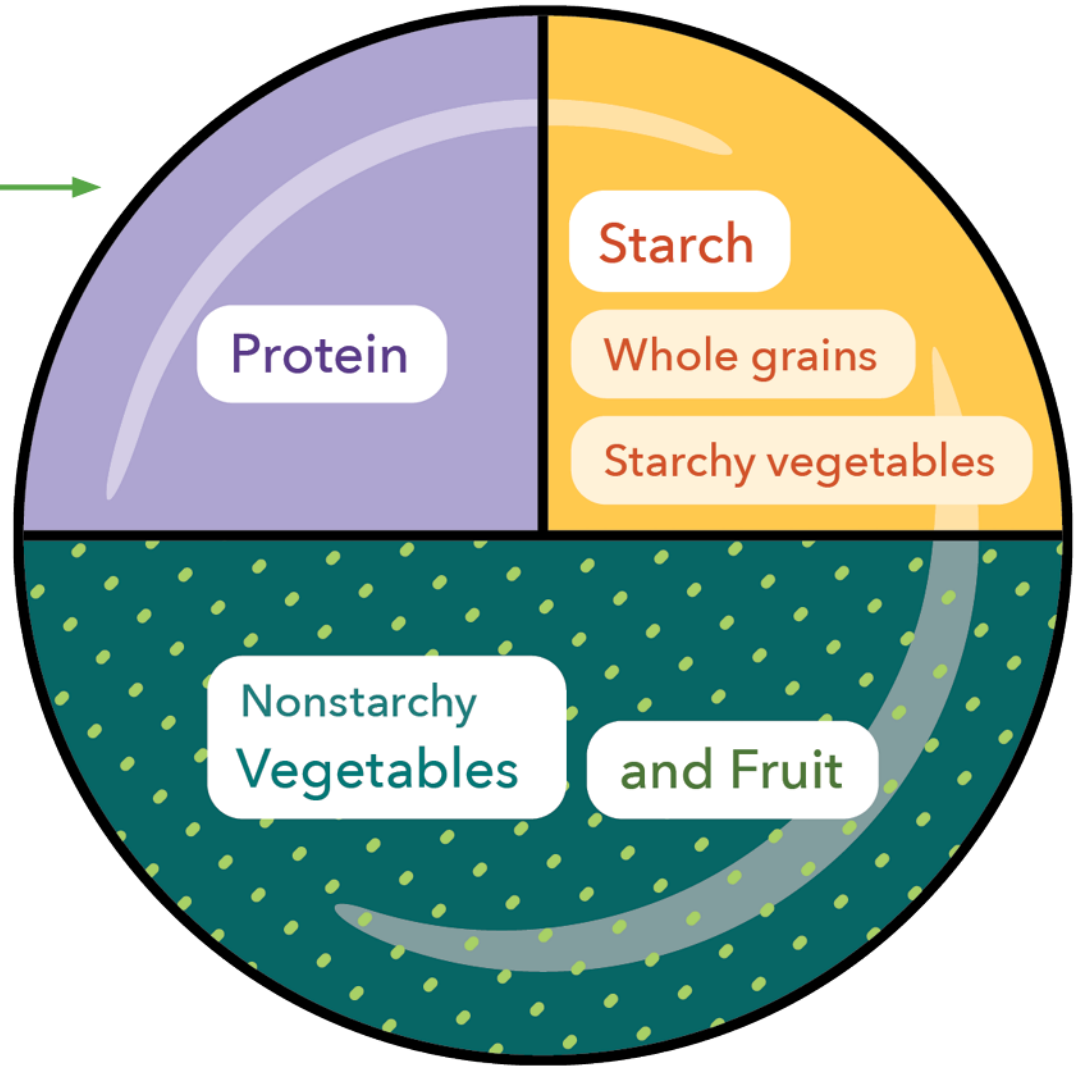
# Healthy Plate and Food Groups

Have you ever heard of the healthy plate?

WORKSHOP GUIDE PAGE 28

# The Healthy Plate

9-inch plate

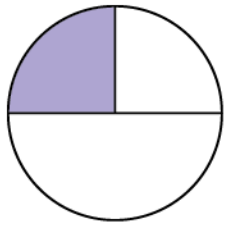



Water

8-ounce cup
(x8)

Healthy fat

Flavorings



The Healthy Plate

# Protein

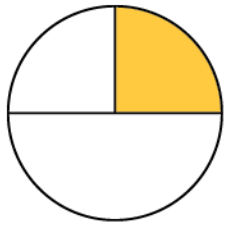
## Choose more often:

- Beans and lentils
- Eggs or egg whites
- Lean skinless chicken or turkey, fish
- Yogurt
- Soy
- Milk or milk alternatives (containing protein)

## Choose less often:

- Whole-fat milk and dairy
- Fatty cuts of meat
- Red meat
- Poultry skin
- Processed meats

Which ones do you and your family enjoy?



The Healthy Plate

# Starch

## Choose more often:

### Whole Grains

- Corn tortillas
- Brown rice
- Oatmeal
- Whole-grain bread
- Whole-grain cereal
- Whole-wheat pasta
- Quinoa, barley, and bulgur

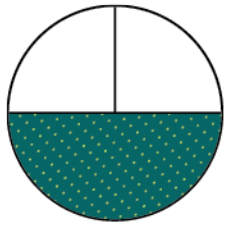
### Starchy Vegetables

- Corn and peas
- Potatoes
- Beans and lentils
  (These are also protein sources!)

## Choose less often:

- White bread, pasta, and rice
- Pastries
- Candy
- Cookies and cakes

Which ones do you and your family enjoy?



The Healthy Plate

# Nonstarchy Vegetables and Fruit

## Nonstarchy Vegetables

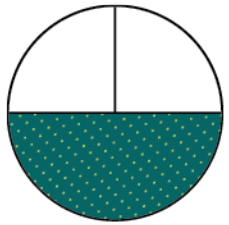
### Choose more often:

- Dark-green vegetables
- Red and orange vegetables
- Other vegetables

### Choose less often:

- Fried, oily, or buttery preparations
- High-sodium (salt) canned
- High-sodium (salt) soups

Which ones do you and your family enjoy?



The Healthy Plate

# Nonstarchy Vegetables and Fruit

## Fruit

### Choose more often:

- Fresh, frozen, or canned without added sugar
- Dried fruit

### Choose less often:

- Canned fruit in heavy syrup
- Dried fruit with added sugar
- Fruit juice

Which ones do you and your family enjoy?

The Healthy Plate

# Fats and Flavorings

## Choose more often:

**Monounsaturated and Polyunsaturated Fats**

- Avocado
- Oil
- Nuts and nut butters
- Fatty fish
- Seeds

## Choose less often:

Saturated Fats

- Whole-fat dairy
- Fatty, processed, and red meats
- Lard
- Poultry skin
- Butter, cream, and cream cheese
- Coconut or palm oil

**Avoid foods with *hydrogenated* or *partially hydrogenated* oils listed as ingredients.**

## Flavorings

Enjoy flavorings like lemon juice and fresh or dried herbs instead of salt.

Which ones do you and your family enjoy?

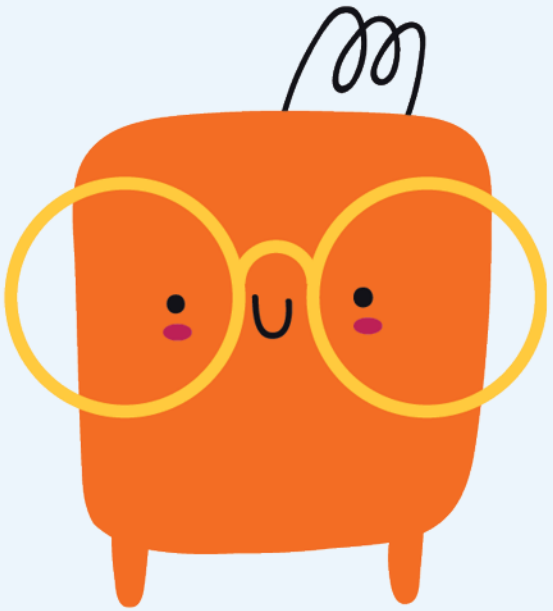
# Portion Control

## Handy Serving Size Guide

| Fist | Palm | Cupped Hand | Thumb | Fingertip |
|---|---|---|---|---|
| | | | | |
| 1 cup | 3 ounces | ⅓ to ½ cup | 1 tablespoon or 1 ounce | 1 teaspoon |

Why might measuring what you eat be helpful?

# Apply it!



Cody wants to focus on one thing he can do to eat healthier. He is thinking about working on cutting out sugar-sweetened beverages because he knows it will help long term.

How could Cody start?



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# Physical Activity Break

## Try out one of our 5- to 10-minute physical activity videos.

These are short intro videos designed to help you start wherever you are.

## TOPIC 4:

# Putting the Healthy Plate Into Practice

How might you put the healthy plate into practice in your everyday life?

Are there skills or tools that you have used in the past to put healthy eating into practice?

# Tools for Putting the Healthy Plate Into Practice

- **Check Your Current Habits**
  (page 34)
- **Smart Shopping**
  (page 39)
- **Label Reading**
  (page 39)
- **Healthy Cooking Skills**
  (page 40)
- **Plan and Track**
  (page 40)

Which tools might you like to spend a bit more time on exploring today?

WORKSHOP GUIDE **PAGES 34-40**

# Check Your Current Habits

**EXAMPLE**

Breakfast / Lunch / Dinner

| What I ate: | Cereal | |
|---|---|---|
| Protein | Nonstarchy Vegetables + Fruit | Starch (Starchy Vegetables + Whole Grains) |
| **What** did you have? | | |
| Milk | | Puffed rice cereal |
| How did you **prepare** it (fat, flavoring, cooking method)? | | |
| Full-fat milk | | Sprinkled sugar |
| How did the food **quality** align with the healthy plate? | | |
| Full-fat milk | | Not whole grain |
| How did the food **portions** align with the healthy plate? | | |
| ✖ ¼ plate? ✔ | ✖ ½ plate? ✔ | ✖ ¼ plate? ✔ |
| How could this meal **better align** with the healthy plate? | | |
| • Switch to skim milk.<br>• Choose a whole-grain cereal.<br>• Reduce added sugar and add fresh fruit instead. | | |

Use the blank check tool in your workshop guide to check your meals!

# Let's Practice!

## *Check Your Current Habits*

How does the example meal align with the healthy plate?

**EXAMPLE**

Breakfast / (Lunch) / Dinner

| What I ate: | Fast food hamburger & fries | |
|---|---|---|
| Protein | Nonstarchy Vegetables + Fruit | Starch (Starchy Vegetables + Whole Grains) |
| **What** did you have? | | |
| Burger patty | • Lettuce<br>• Tomato<br>• Onions<br>• Pickles | • Bun<br>• French fries |
| How did you **prepare** it (fat, flavoring, cooking method)? | | |
| | • Added avocado<br>• Added mayo | • Fries cooked in oil |
| How did the food **quality** align with the healthy plate? | | |
| High-fat protein | Added too much fat | Not whole grain (low in fiber)<br>Too much fried food |
| How did the food **portions** align with the healthy plate? | | |
| ✖ ¼ plate? ✔ | ✖ ½ plate? ✔ | ✖ ¼ plate? ✔ |
| How could this meal **better align** with the healthy plate? | | |



WORKSHOP GUIDE **PAGES 34-36**

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# Let's Practice!

## *Check Your Current Habits*

How does the example meal align with the healthy plate?

**EXAMPLE**

Breakfast / (Lunch) / Dinner

| What I ate: | Fast food hamburger & fries | |
|---|---|---|
| Protein | Nonstarchy Vegetables + Fruit | Starch (Starchy Vegetables + Whole Grains) |
| **What** did you have? | | |
| Burger patty | • Lettuce<br>• Tomato<br>• Onions<br>• Pickles | • Bun<br>• French fries |
| How did you **prepare** it (fat, flavoring, cooking method)? | | |
| | • Added avocado<br>• Added mayo | • Fries cooked in oil |
| How did the food **quality** align with the healthy plate? | | |
| High-fat protein | Added too much fat | Not whole grain (low in fiber)<br>Too much fried food |
| How did the food **portions** align with the healthy plate? | | |
| ✖ ¼ plate? ✔ | ✖ ½ plate? ✔ | ✖ ¼ plate? ✔ |
| How could this meal **better align** with the healthy plate? | | |

- Have a side salad instead of fries.
- Choose a leaner protein, like a ground turkey or chicken burger.
- Only eat half.
- Choose a whole-grain bun.
- Choose only a small amount of a healthy fat source (like avocado).



WORKSHOP GUIDE **PAGES 34-36**

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# Smart Shopping

✔ **Plan.**

Create a list to plan your meals for the week.

✔ **Shop the outside aisles first.**

It's where fresh foods are usually located.

✔ **Choose "real" foods.**

Fresh foods and foods with healthy ingredients.

✖ **Don't shop hungry.**

Eat a healthy meal before you go to reduce temptation.

✔ **Try online shopping.**

Reduce temptation and check the cost while shopping.

# Label Reading

**Serving Size**

All information is for 1 serving

**Total Fat**

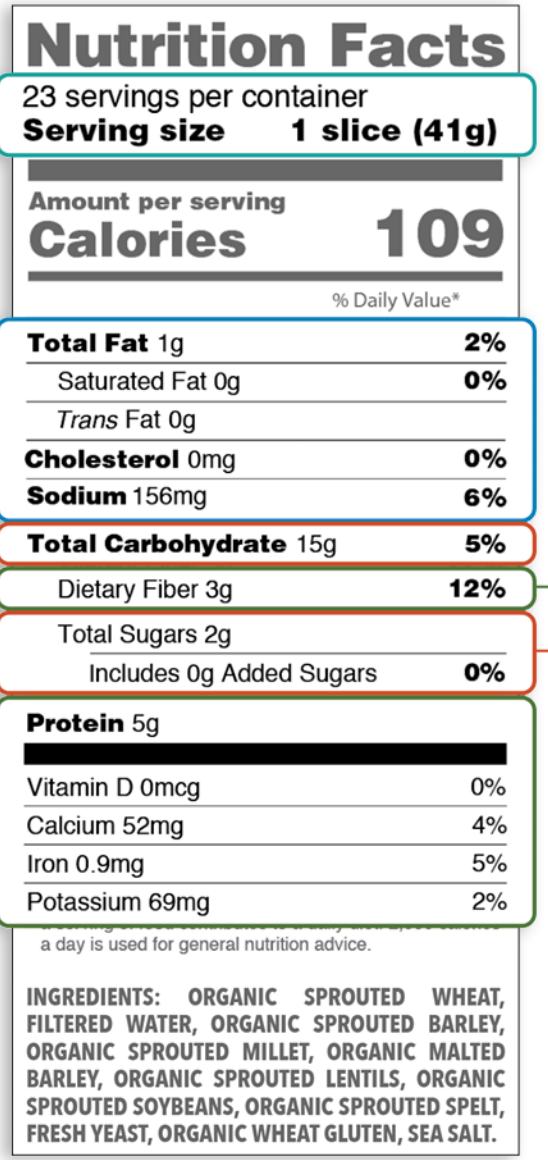
3g or less per 100 calories

**Saturated Fat**

1g or less per 100 calories

**Sodium**

140mg per serving (2,300mg or less per day)



Nutrition Facts

23 servings per container

**Serving size** **1 slice (41g)**

**Amount per serving**

**Calories** **109**

% Daily Value*

| | |
|---|---|
| **Total Fat** 1g | **2%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 156mg | **6%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 3g | **12%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 0.9mg | 5% |
| Potassium 69mg | 2% |

a day is used for general nutrition advice.

INGREDIENTS: ORGANIC SPROUTED WHEAT, FILTERED WATER, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC MALTED BARLEY, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED SPELT, FRESH YEAST, ORGANIC WHEAT GLUTEN, SEA SALT.

**Fiber**

3g or more per serving (25-35g per day)

**Total Sugars**

10g or less per meal (25g or less per day)

TOOL/SKILL

# Healthy Cooking Skills

- Use cooking spray or small amounts of olive or canola oil.
- Grill, broil, bake, and stir-fry.
- Trim any visible fat before cooking.
- Remove the skin from chicken and turkey before cooking.
- Steam or microwave vegetables in water or low-sodium broth.
- Use lemon, herbs, and spices instead of salt while cooking. Aim for a daily goal of less than 2,300mg of sodium (about 1 teaspoon of salt).

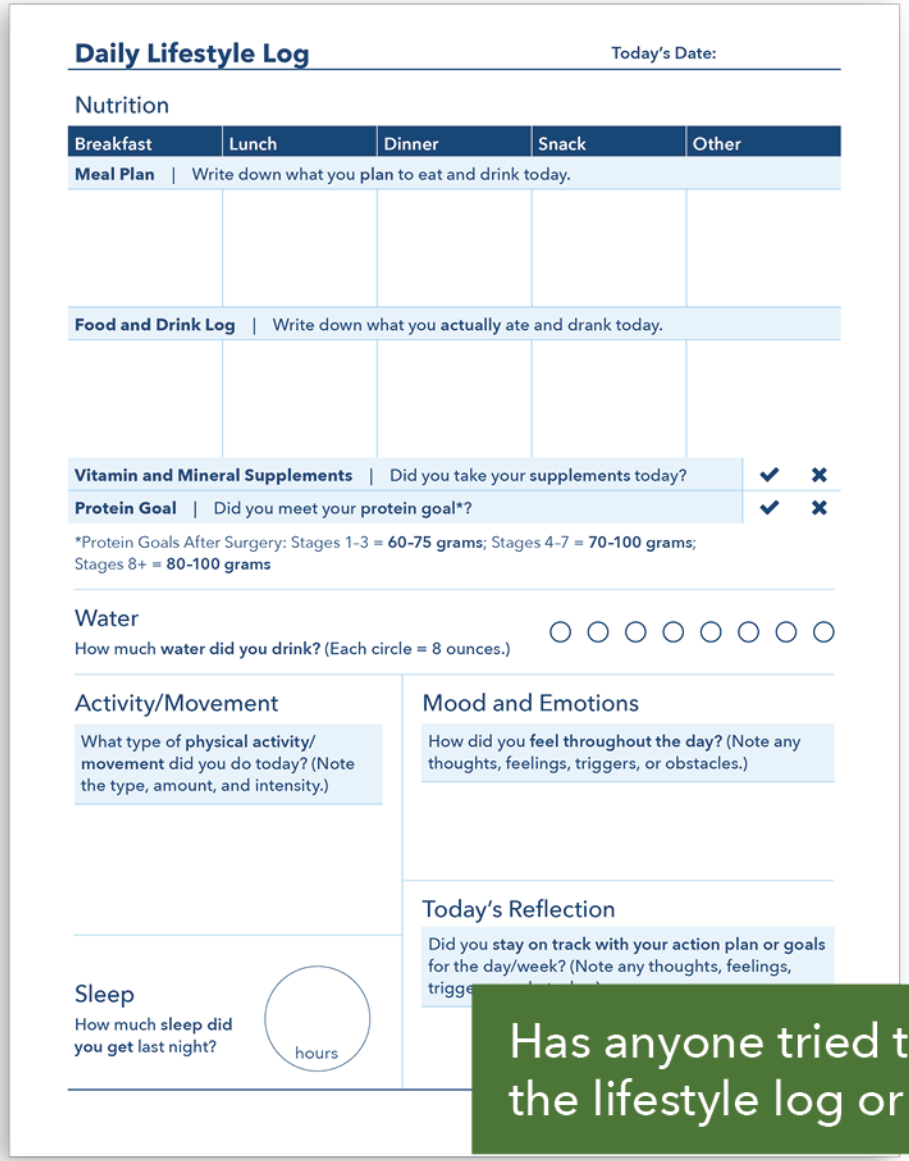
What other healthy cooking techniques have you tried?

TOOL/SKILL

# Plan and Track

## Meal Planning

- Use cookbooks.
- Plan some quick meals.
- Make sure you have the ingredients by using lists.



**Daily Lifestyle Log** Today's Date:

Nutrition

| Breakfast | Lunch | Dinner | Snack | Other |
|---|---|---|---|---|

**Meal Plan** | Write down what you **plan** to eat and drink today.

**Food and Drink Log** | Write down what you **actually** ate and drank today.

**Vitamin and Mineral Supplements** | Did you take your **supplements** today? ✔ ✖

**Protein Goal** | Did you meet your **protein goal***? ✔ ✖

*Protein Goals After Surgery: Stages 1-3 = **60-75 grams**; Stages 4-7 = **70-100 grams**; Stages 8+ = **80-100 grams**

Water

How much **water did you drink?** (Each circle = 8 ounces.) ○ ○ ○ ○ ○ ○ ○ ○

Activity/Movement

What type of **physical activity/ movement** did you do today? (Note the type, amount, and intensity.)

Mood and Emotions

How did you **feel throughout the day?** (Note any thoughts, feelings, triggers, or obstacles.)

Today's Reflection

Did you **stay on track with your action plan or goals** for the day/week? (Note any thoughts, feelings, trigge

Sleep

How much **sleep did you get** last night? ( hours )

Has anyone tried tracking (either with the lifestyle log or another method)?



WORKSHOP GUIDE PAGE 41

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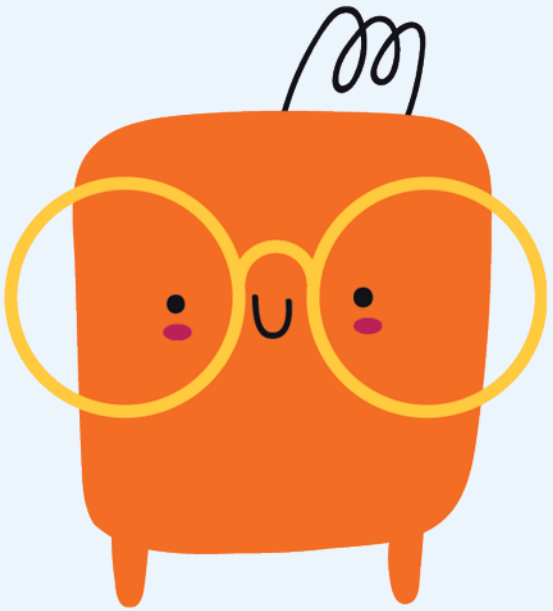
# Apply it!



At work, Cody often finds himself needing to grab something from a vending machine or a fast food restaurant for lunch. He's usually busy, has limited time to eat, and very hungry by that time, which he knows makes him more likely to choose unhealthy options.

Cody has identified lunchtime at work as a common challenge for him. What tools might Cody consider using to make lunchtime healthier and more relaxing?



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## TOPIC 5:

# Mindful Eating

When you hear the word mindfulness, what comes to mind for you?

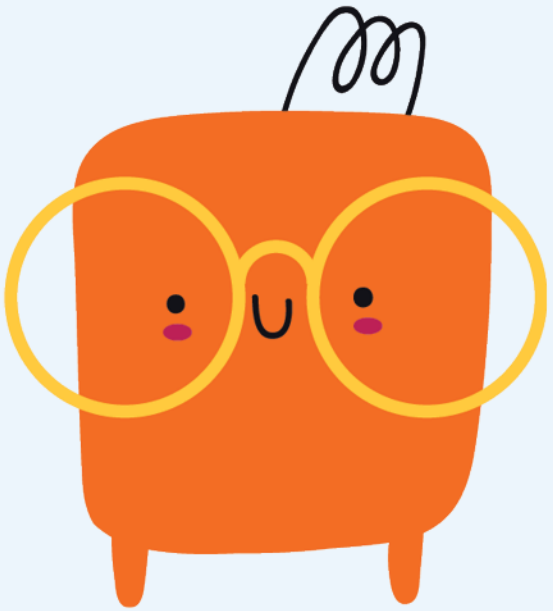
# "BASICS" of Mindful Eating

- **B** Belly check for hunger
- **A** Assess your food
- **S** Slow down
- **I** Investigate your hunger throughout the meal
- **C** Chew your food thoroughly
- **S** Savor your food

How did that exercise feel?

WORKSHOP GUIDE **PAGES 42-43**

# Apply it!



Cody commonly eats while working, while watching TV, or in the car.

What changes might Cody consider to be more mindful when eating?

TOPIC 6:

# Restaurants and Social Occasions

How do you eat healthy when you aren't the one in charge of cooking or you're at a social event?

WORKSHOP GUIDE PAGE 44

# Tips for Eating Out

## Dining Out

- ✔ Do some homework.
- ✔ Choose vegetables instead of starch.
- ✖ Don't try to keep up with others.

## Eating at a Party

- ✖ Don't camp out at the food table.
- ✔ Look before you eat.
- ✔ Focus on lean protein and veggies.

See more tips in your workshop guide.

TOPIC 7:

# Nutrition After Surgery Preview

What are you most curious, concerned, or wondering about nutrition after surgery?

# Fundamentals of Nutrition After Surgery

- Eat **protein first** at meals.
- Take your vitamin and mineral supplements **every day.**
- Drink enough fluid **(at least 64 ounces or 8 cups a day)** to avoid dehydration and constipation.
- **Follow the meal plan stages** after surgery.
- **Eat slowly and chew small bites** of food well. It should take 30 minutes for each meal.
- **Plan your eating.** Snacks can be healthy when well planned.

# Fundamentals of Nutrition After Surgery

- ✖ Avoid **liquid calories.**
- ✖ Avoid **sugar,** foods and drinks with sugar, and concentrated sweets.
- ✖ Do not eat and drink at the **same time.**
- ✖ Don't use **straws,** drink **carbonated beverages,** or **chew gum.**
- ✖ Limit **starches** (bagels, cereal, crackers, noodles, pretzels).
- ✖ Avoid **larger meals.**

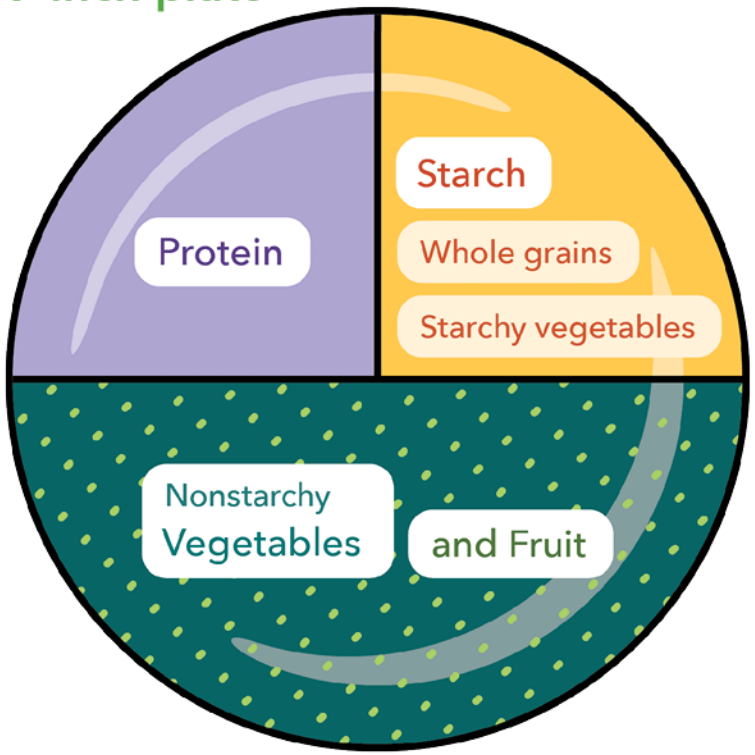


WORKSHOP GUIDE **PAGE 45**

# How the Healthy Plate Changes After Surgery

## General Healthy Plate

### 9-inch plate




Water

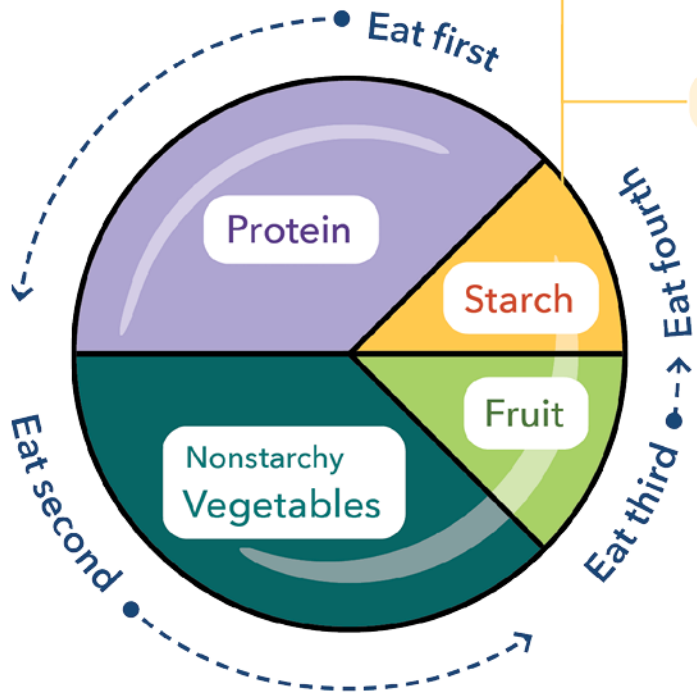
8-ounce cup (x8)

Healthy fat

Flavorings

## Bariatric Healthy Plate

### 5-inch plate




Starchy vegetables
(Limited starting in stage 3)

Whole grains
(Not until stage 6)

Water

8-ounce cup (x8)

Healthy fat

Flavorings

# Key Messages Recap

- The Healthy Plate
- Mindful Eating
- Planning Ahead

How confident are you feeling about these key messages? What do you still have questions about?

WORKSHOP GUIDE PAGE 22

# Nutrition Video Coming This Week!

In this video, you will learn the importance of healthy eating and how to get started.

Learn tools that you can implement in your day or week to help you make steps towards a healthier eating. We'll be excited to hear what your take-aways are from this video.



This video complements the learning you did in today's class to help you be successful in your goal-setting for the week!

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# Action Planning

# What do you want to try this week?

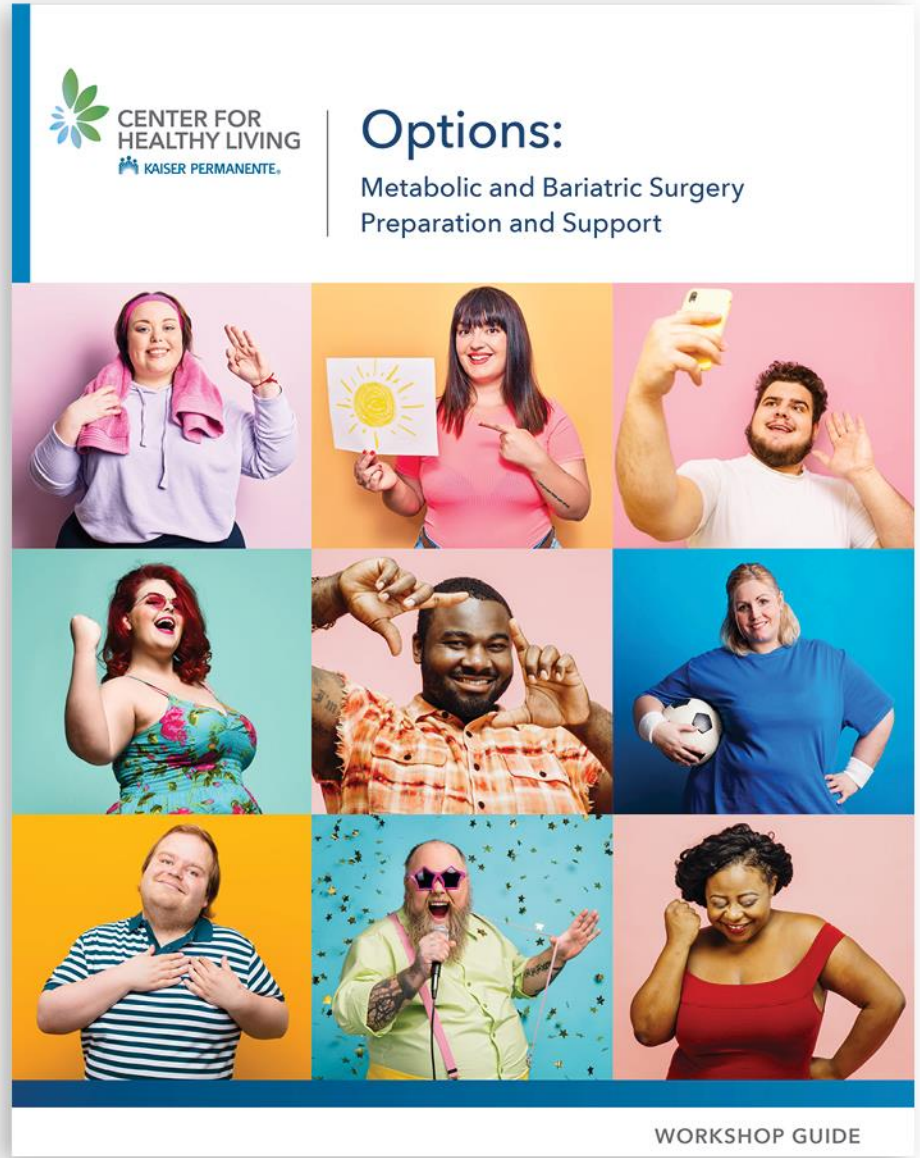
- Is it specific?
- Is it realistic?
- Can you do it this week?

# Next Workshop:

# Physical Activity and Sleep

## Suggested materials to review in advance:

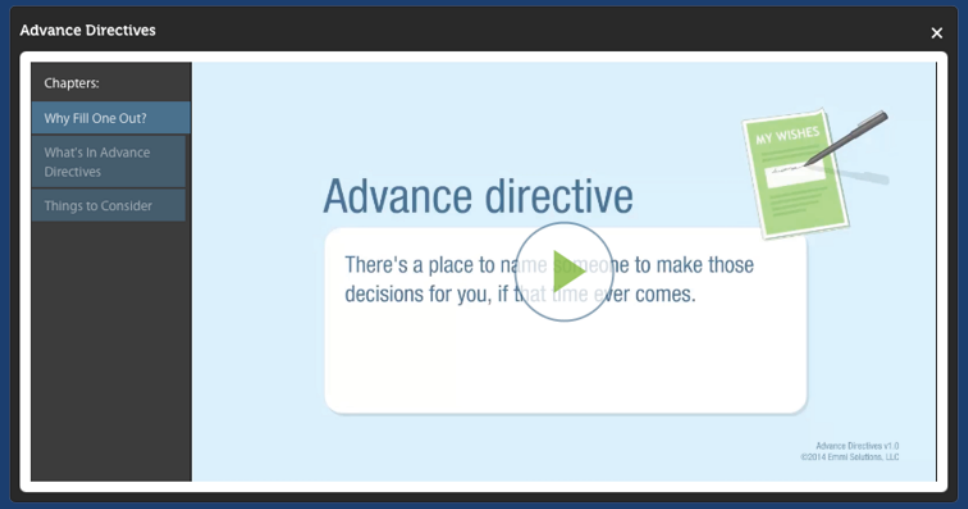
- Workshop Guide: Pages 82-101

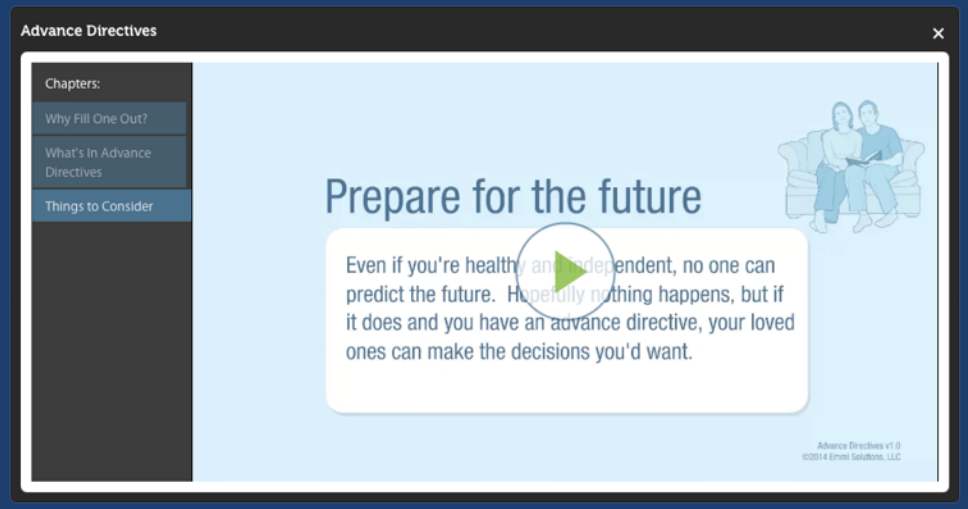


# Learn more at your pace

Check your kp.org messages for a link to a video designed to support you.

Example screenshots from the Advance Directives video.



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# Center for Healthy Living Workshops

Breastfeeding with Success

Freedom from Tobacco

Healthy Balance

Heart Failure: Living Well Each Day

Life Care Planning

**Advance Directive**

Living Well with Diabetes

Taking Care of Your Heart

Sleep Well, Live Well

Options:

**Metabolic and Bariatric Surgery Preparation and Support**



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## Center for Healthy Living Workshops

To register for a workshop, call your local Center for Healthy Living.

Antelope Valley
**661-726-2200**

Baldwin Park
**626-851-5820**

Downey
**562-622-4150**

Kern County
**661-664-3712**

Los Angeles
**323-783-4472**

Orange County
**714-748-2714**

Panorama City
**818-375-3018**

Riverside County
**1-866-883-0119**

San Bernardino County
**909-609-3000**

San Diego
**619-641-4194**

South Bay
**310-816-5464**

West Los Angeles
**323-421-2710**

Woodland Hills
**818-719-4305**

# Healthy Living Resources

## kp.org/healthyliving

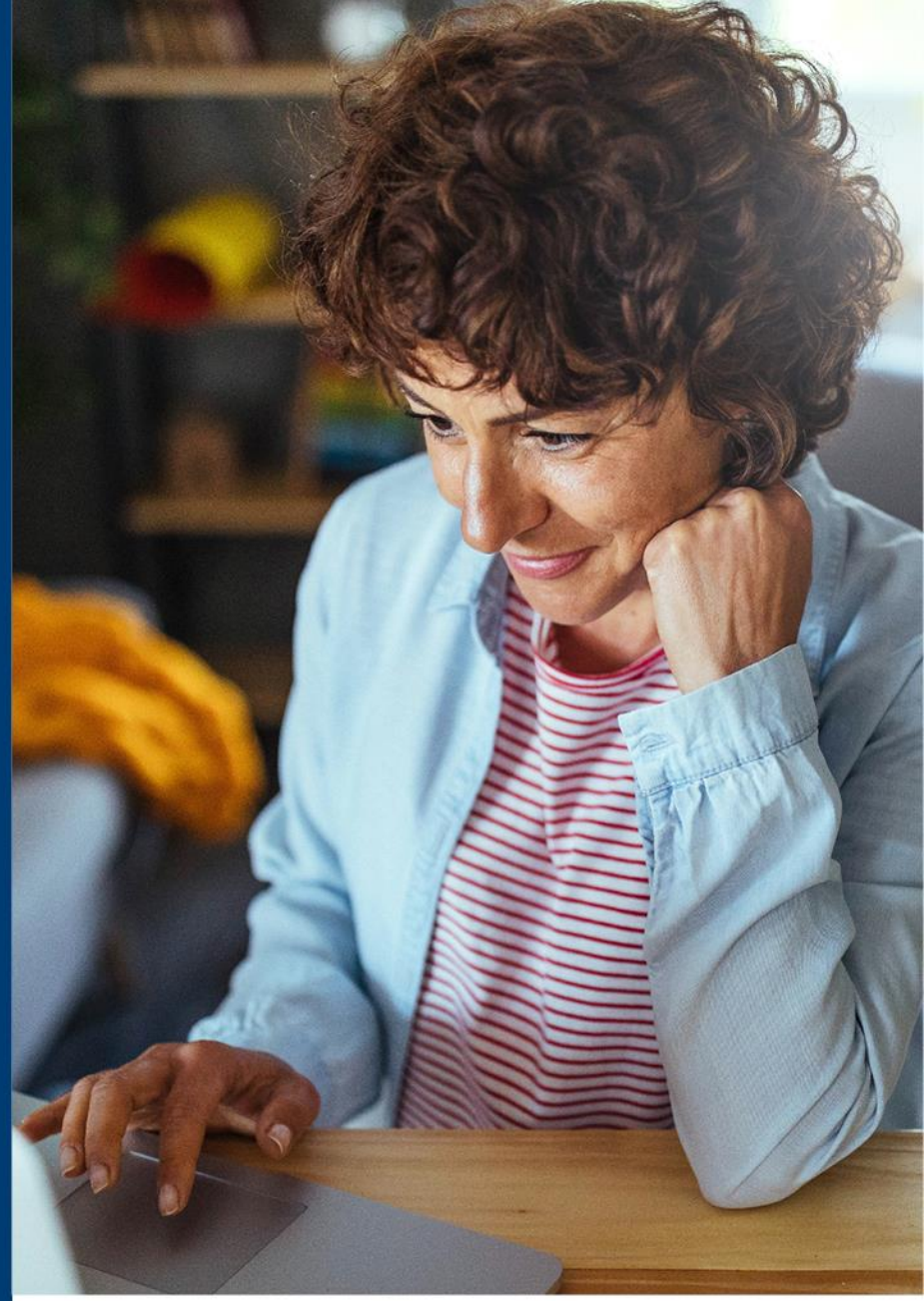
Health guides, podcasts, calculators, programs/classes, special rates for members

## kp.org/healthylifestyles

Personalized online plans to make healthy choices

## kp.org/exercise

Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes





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## Healthy Living Resources

# kp.org/centerforhealthyliving

Get information about workshops and other programs available through the Center for Healthy Living.

Find resources with more information on today's topic and other popular health topics under Wellness Tools.

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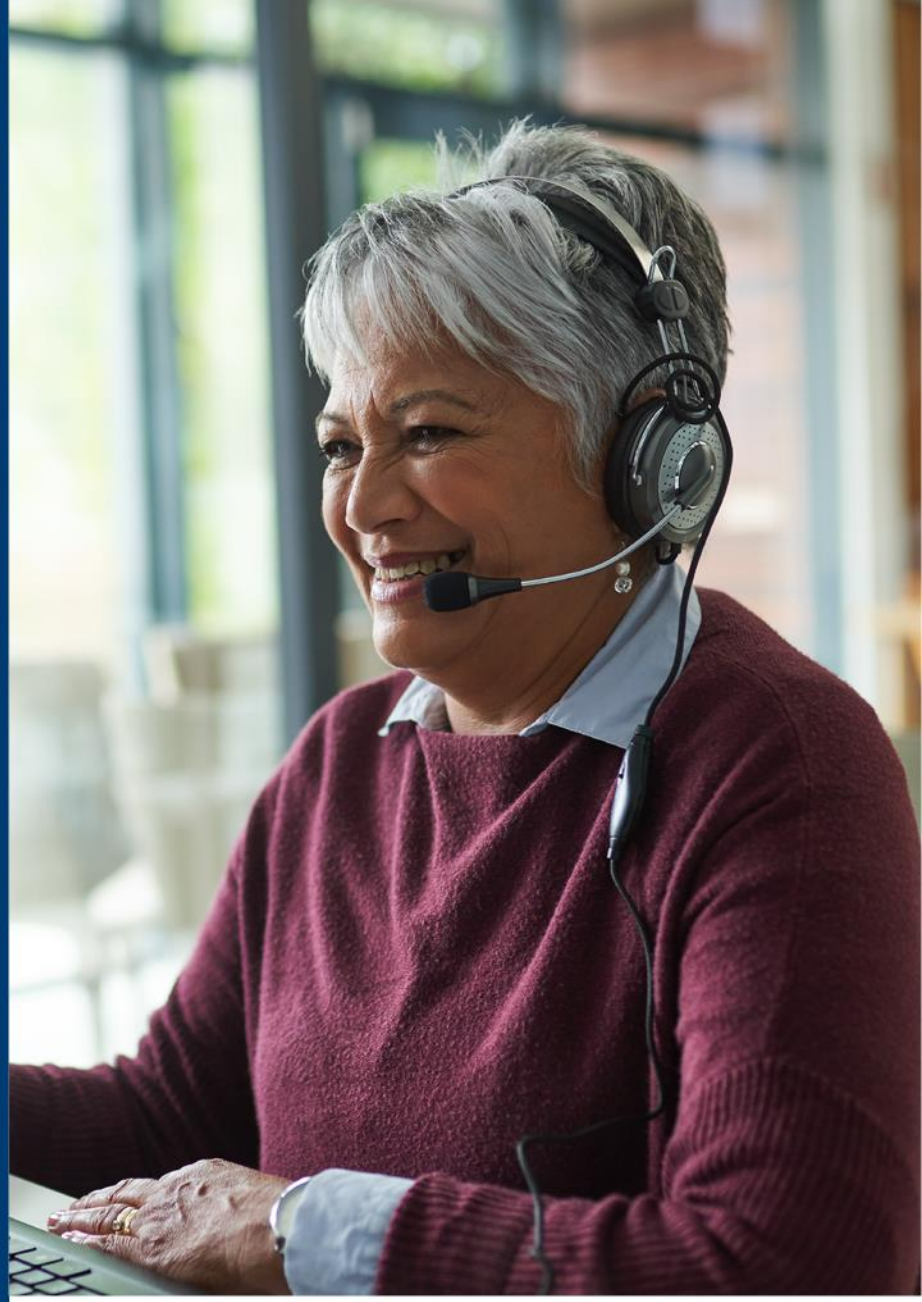
# Wellness Coaching by Phone

## 1-866-862-4295

Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.



# Self-care at your fingertips at no cost to members.

» Get Calm and myStrength at **kp.org/selfcareapps**.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective
- Safe and confidential
- For adult members

## Calm

An app for meditation, mental resilience, and sleep

## myStrength

An app to improve your awareness and adapt to life

**Disclaimers:** These value-added products are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and family members who become members of Kaiser Permanente.
The apps described above are not covered under your health plan benefits and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice.
Calm and myStrength are not available to Kaiser Permanente Dental-only members.
myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.



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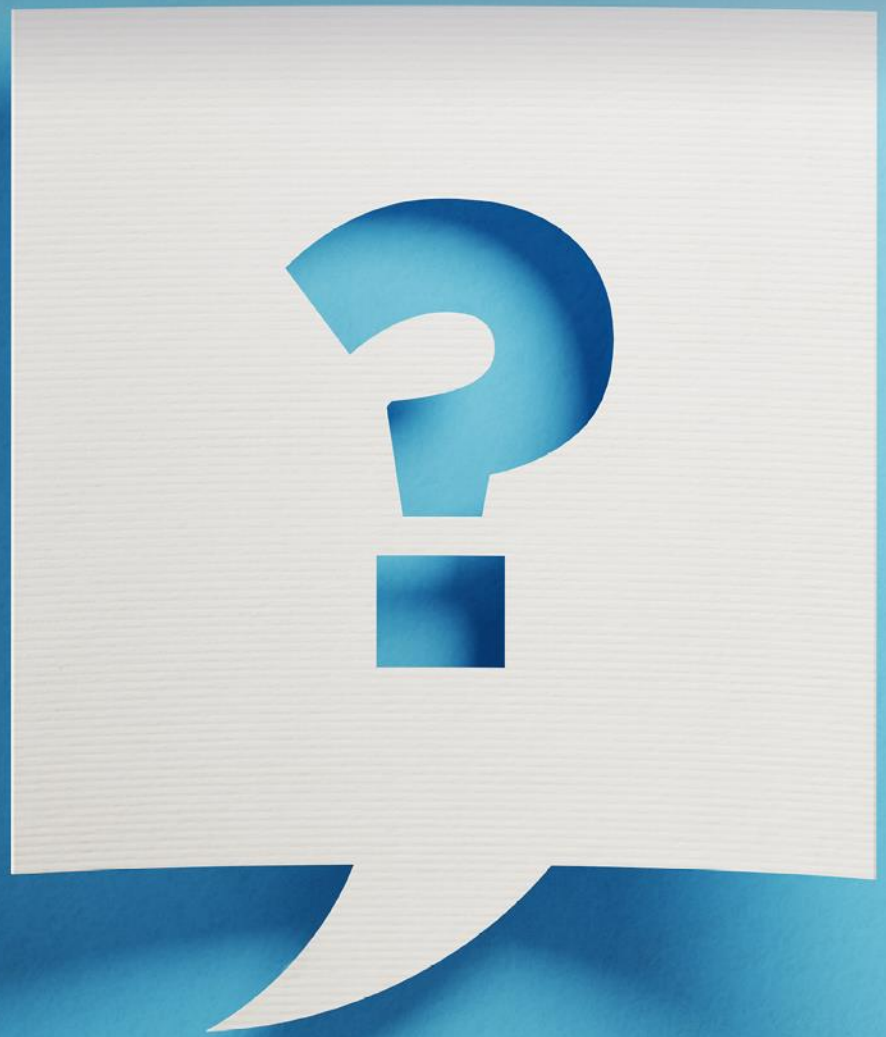
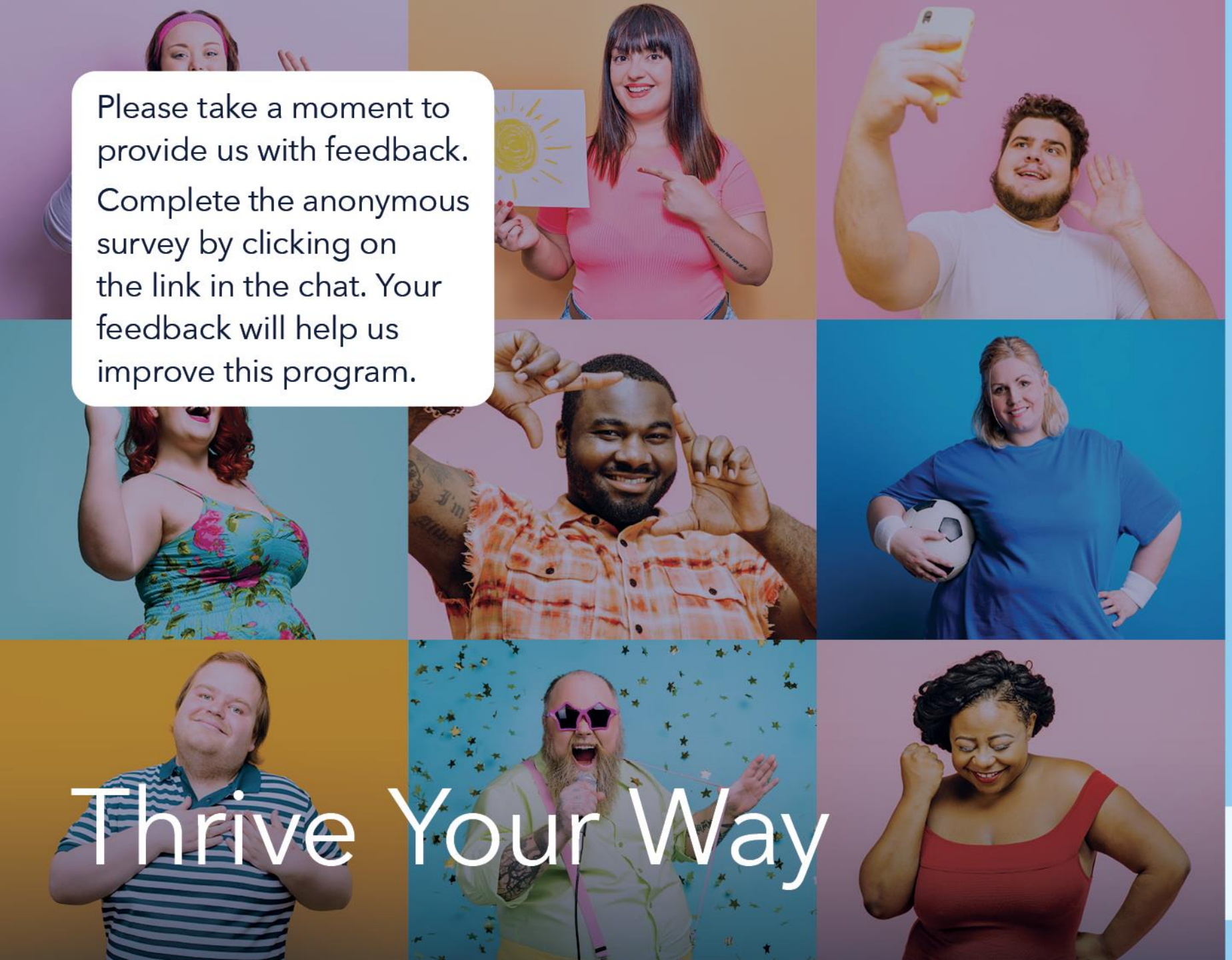
# Questions?



Please use the chat feature to submit your questions.



Please take a moment to provide us with feedback.

Complete the anonymous survey by clicking on the link in the chat. Your feedback will help us improve this program.

Thrive Your Way

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# Options:

## Metabolic and Bariatric Surgery Preparation and Support

**WORKSHOP 2**

Nutrition Before Surgery

Thank you for attending today's workshop!

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