



# Bariatric Surgery Guide

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Name: \_\_\_\_\_

## Program Assessment: Postop Sleeve or Bypass

The goal of this assessment is to help you answer questions you may have and guide you through our postoperative education modules. Please print this assessment and use it to take notes. Bring this to your appointment to discuss any additional questions you may have.



As you watch our postoperative videos, please complete the following questions:

### Intro

1. The transition from soft foods to a general diet begins \_\_\_\_\_ days after surgery.
2. T / F : You can introduce more than one food at one time.
3. Tracking what you eat in a \_\_\_\_\_ will make it easier to identify problem foods.
4. Take at least \_\_\_\_\_ minutes eating each meal. Remember to take small bites, and chew everything thoroughly.
5. T / F : You should always have three meals per day.
6. Wait \_\_\_\_\_ minutes after eating before you start drinking again.
7. Always keep a \_\_\_\_\_ snack with you.



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## Protein

1. After surgery you must consume \_\_\_\_\_ to \_\_\_\_\_ grams of protein per day.
2. One ounce of meat, fish or egg contains \_\_\_\_\_ grams of protein.
3. T / F : One ounce of protein is equal to the size of your thumb, or four dice.
4. Three ounces of meat contains \_\_\_\_\_ grams of protein and is about the size of a \_\_\_\_\_ , or the palm of your hand.
5. Keep meats \_\_\_\_\_ with low-sugar marinades or low fat gravy. Cooking with a crock pot can also help.
6. T / F : Sources of protein like eggs, fish, Greek yogurt and cheese are easier to eat.
7. Meats may be difficult to handle in the earlier stages specially if \_\_\_\_\_.
8. Replace one meal with a \_\_\_\_\_ . This will make it easier to track your protein intake and get enough protein daily.

## Fat

1. One serving of fat is \_\_\_\_\_ grams and has 45 calories.
2. One serving of fat is equal to \_\_\_\_\_ slice of bacon, or \_\_\_\_\_ almonds.
3. T / F : Select foods that contain monounsaturated and polyunsaturated fats.
4. Avoid foods with \_\_\_\_\_ and transfats.



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## Carbohydrates

1. Three examples of carbohydrates are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
2. One serving of fruit contains \_\_\_\_\_ grams of carbohydrates and \_\_\_\_\_ calories.
3. One serving of fruit is \_\_\_\_\_ grapes, small apple or orange.
4. One service or starch is \_\_\_\_\_ of whole grain bread or \_\_\_\_\_ to \_\_\_\_\_ whole grain crackers, or half a cup of sweet potato.
5. Sweetening food with sugar will \_\_\_\_\_ carbohydrates.
6. Avoid eating foods that are sweetened with \_\_\_\_\_ and focus on eating \_\_\_\_\_ carbohydrates.
7. When eating fruits and vegetables avoid \_\_\_\_\_ and \_\_\_\_\_.
8. Refined sugar found in \_\_\_\_\_, table sugar or \_\_\_\_\_ can cause \_\_\_\_\_. It is best to limit or avoid these foods.

## Notes