

Healthy Eating and Weight Management

Eating a diet with a variety of foods, balancing carbohydrate, protein and fat intake, and eating in moderation is the easiest way to help your body get the nutrients it needs and lower the chance of problems after surgery.

Making healthy food choices means starting with small, lasting changes. We recommend you:

- Hydrate! Aim for 6-8 cups of water daily
- Focus on increasing protein-rich foods, like
 - ▷ Chicken breast
 - ▷ Nonfat Greek yogurt
 - ▷ Cottage cheese
 - ▷ Tuna
 - ▷ Tofu
 - ▷ Quinoa
 - ▷ Ground beef/ground turkey
- Make half your plate fruits and vegetables
- Limit sugar, artificial additives, and saturated fat
- Plan ahead! Cook at home instead of eating out

Maintaining a healthy weight has many benefits, especially before and after surgery. A Body Mass Index (BMI) of over 30 is associated with increased complications after surgery. You can prevent infection, heart problems, and blood clots by staying at a healthy weight.

We recommend you:

- Exercise regularly
 - ▷ Add daily low-impact activity, such as walking or swimming
 - ▷ Make a weekly workout routine
 - ▷ Attend workout classes
 - ▷ Schedule exercise in your calendar, then stick to it!
- Focus on healthy lifestyle changes vs “quick-fixes”
 - ▷ A healthy weight and healthy eating habits will develop over time; have patience!
- Focus on the balance, variety, and moderation method of eating
- Involve family and friends!
 - ▷ You are more likely to stick to a healthy lifestyle if you are surrounded by people with similar goals

A **balanced** diet contains the recommended number of servings from each food group on most days. The 5 food groups are: fruits, vegetables, grains, proteins, and dairy.

Variety means eating different foods within each food group to ensure you get all the nutrients you need.

Moderation means eating nothing in excess; focus on whole foods and enjoy treats less often.