

Empower Weight Management Class 2

Kerry Johnson, RDN
Cheryl Engle, RDN
Ashley Larsen, RDN





Presentation Overview

- Physical Activity
- Dumping Syndrome
- Sugars/Sugar Substitutes
- Reading Food Labels & Ingredient lists



Physical Activity

- ✓ Exercise may be the most important factor that can help you achieve long-term, and successful weight loss !
- ✓ Use exercise in combination with surgery to maximize your results
- ✓ Exercise helps to prevent muscle loss, and increases loss of fat
- ✓ Exercise *alone* is unlikely to result in weight loss, BUT exercise is critical for weight maintenance !





Benefits of Exercise

Medical

T2 Diabetes
Heart Disease
Colon & breast cancer
Hypertension
Bone Loss
Fall Prevention

Psychological

Depression
Anxiety
Cognitive Function
Sleep
Creativity
Food Cravings
Body Image



How Much is Enough?



The Physical Activity Guidelines for Americans (2018) recommend:

150 minutes of moderate intensity aerobic activity, such as swimming, biking, yardwork, dancing, brisk walking (2.5 miles/hr)

AND....

2 days of strength training, such as wall push-ups, light weights/bands, step-ups, chair squats, heel raises

* Remember, if this sound like a lot, you can spread it out over the week, and even break up your daily goals into smaller chunks or “exercise snacks” as your schedule allows. Remind yourself that some exercise is always better than none !



What Counts?

MODERATE ACTIVITIES

(I can talk, but I can't sing)

- Biking on level ground
- Gardening (raking, trimming)
- “Catch and Throw” Sports (baseball, softball)
- Walking briskly
- Water Aerobics
- Using a manual wheelchair

VIGOROUS ACTIVITIES

(I can only say a few words)

- Aerobic Dance
- Heavy Gardening (digging)
- Hiking uphill
- Jumping Rope
- Karate
- Jogging/Running
- Basketball
- Lap Swimming
- Biking faster than 10 miles/hour





Dumping Syndrome: a possible complication after GBP surgery



Dumping Syndrome: Key Points

- Stomach contents move rapidly through the small intestine.
- Body compensates by sending fluids from bloodstream to dilute the food causing a rapid decrease in volume of circulating blood and rapid increase of fluid in the intestine.
- Sleeve gastrectomy patients are less likely to experience dumping syndrome.



Dumping Syndrome: Symptoms

- Dizziness
- Sweating
- Weakness
- Rapid pulse
- Nausea
- Diarrhea
- Cramps
- Anxiety

“Early Dumping” - symptoms occur 10-30 minutes after eating

“Late Dumping” – symptoms occur 1-3 hours after eating,
usually accompanied by low blood sugar

Potential Dumping Foods

- Sugar
- Honey
- Agave nectar
- Syrup
- Jam/Jelly
- Candy
- Chocolate
- Pudding
- Soda
- Fruit juice

- Pie
- Cookies
- Doughnuts
- Cake
- Fruit yogurt
- Frozen yogurt
- Ice cream / sherbet
- Milkshakes
- Creamy salad dressings
(Ranch, etc.)





To prevent Dumping Syndrome...

1. Avoid consuming foods high in sugar
2. Avoid high fat, fried food
3. Avoid sugary/high fat beverages
4. Eat slowly
5. Do not drink with meals, and resume liquids 30 minutes following meals.



Ingredient Lists

- Ingredients are listed in order of weight, so the ingredient that weighs the most is listed first and the one that weighs the least is listed last.
- Patients should review ingredient lists for carbohydrates, proteins and fats.



Hidden Sugars

Tip: Sugars often end in “ose”.



Common names:

- Lactose
- Dextrose
- Fructose
- Glucose
- Sucrose
- Brown sugar
- Agave nectar
- Corn Sweetener
- Malt syrup
- Molasses
- Fruit juice concentrate
- Raw sugar
- High-fructose corn syrup
- Syrup
- Honey

Sugar Substitutes

- Sugar substitutes such as **Splenda**®, **Equal**®, **Sweet-n-Low**®, or **Truvia**® (a natural sweetener from the stevia leaf) are calorie-free, and do not lead to dumping
- Foods labeled “sugar-free, keto, low-carb or diet” often contain sugar substitutes
- Note that excessive use of artificial sweeteners may create a preference for sweetness (they are 200-700x sweeter than sugar), and newer studies show they may not contribute to weight loss.
- Work to reduce the “sweetness” of your diet, choosing naturally-occurring sugars that are found in fruits, vegetables and dairy





Sugar Alcohols/ Polyols

- These sugars are commercially produced from sugars & starch. Examples include **Sorbitol,*Mannitol, Xylitol, and Erythritol.**
- They are often used in combination with each other, or non-nutritive sweeteners.
- They contain some calories (2kcal/gm).
- They add texture and taste to foods such as SF gum, SF candies, mints, cough drops and SF/low-sugar baked goods.
- *Caution: the incomplete metabolism of sugar alcohols may lead to GI distress for certain individuals.

New Label

Protein: a good source provides **5-10gm**/svg

Fat: a low-fat food provides **3gm** fat/100kcal

Sugars: Keep ADDED sugars low. The American Heart Assoc. recommends no more than **6 tsp** (25gm) per day for women, and **9 tsp**/day (36gm) for men

Tip: to prevent dumping, keep total sugars to **< 20gm**/svg

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
5% is low. Use this for saturated fat, sugar and sodium. 20% is high, use this for Iron, Fiber & Vitamin D
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.



Goals for the Month:

- Exercise goal= Move more. Sit less.
- Avoid drinking liquids during meals.
- Eat slowly, chew well.
- Read labels, limit added sugars and fats.
- Option to join ALSA's online support group (see Fresnobariatric.org for schedule)





Exercising with Nick

6 Exercises to get you Moving !

1. Arm Circles
2. Wall Push-ups
3. Trunk-Twists or side-to-side reach
4. Side-bends
5. Good Mornings (reach low to high)
6. Chair Squats, or knee extensions

[*Nickbates3047@Yahoo.com.](mailto:Nickbates3047@Yahoo.com)

Business: BalanceFitness

