

Empower Weight Management Class 2

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Presentation Overview

- Physical Activity
- Dumping Syndrome & How to Avoid It
- Ingredient Lists
- Hidden Sugars/Sugar Substitutes
- Reading Food Labels



Physical Activity

- Exercise is a form of physical activity that is planned, structured, repetitive, and performed with the goal of improving health or fitness.



You know you need physical activity to stay healthy.
 But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

at least
2
days
a week



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity aerobic activity**, aim for at least **75 minutes** a week.



Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner





Dumping Syndrome: a possible complication after GBP surgery



Dumping Syndrome: Key Points

- Stomach contents move too quickly 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

- Feeling faint
- Sweating
- Weakness
- Rapid pulse
- Nausea
- Diarrhea
- Rumbling stomach
- Anxiety



Potential Dumping Foods

- Sugar
- Honey
- Syrup
- Jam/Preserves
- Candy
- Chocolate
- Pudding
- Soda
- Fruit juice
- Agave nectar
- Pie
- Cookies
- Doughnuts
- Cake
- Fruit yogurt
- Frozen yogurt
- Ice cream / sherbet
- Milkshakes
- Creamy salad dressings (Ranch, etc.)



Preventing Dumping Syndrome

- Avoid consuming foods with high sugar and fat content.
- Eat and drink more slowly.
- 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 proteins, carbohydrates, 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

- You may use sugar substitutes such as Splenda® , Equal® , Sweet-n-Low® , or Truvia® - a natural sweetener from the stevia leaf.
- Excessive use of artificial sweeteners is not recommended because repeated exposure may create a preference for sweetness.
- Remember sugar free does not mean calorie or carbohydrate free!



Sugar Alcohols/ Polyols

- Examples include Sorbitol, Mannitol*, Xylitol, and Erythritol.
- Often used in combination with each other or non-nutritive sweeteners.
- Contain some calories (2kcal/gm).
- Incomplete metabolism may lead to GI distress for certain individuals *.
- Found in SF gum, mints, cough drops.



Food Labels

- Nutrition Facts Panel is a requirement on most foods.
- Serving size is based on the amount that people typically eat. You will have a much smaller serving size so you will need to adjust nutrition information.
- Look for foods high in protein: >5 gm/serving
- Look for foods low in sugars: <15 gm/serving
- Quick Guide to %Daily Values:
 - 5% or Less = Low
 - 20% or More = High



Original Label vs. New Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories **230**

% DV*

12% **Total Fat** 8g

5% **Saturated Fat** 1g

Trans Fat 0g

0% **Cholesterol** 0mg

7% **Sodium** 160mg

12% **Total Carbs** 37g

14% **Dietary Fiber** 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10% **Vitamin D** 2mcg

20% **Calcium** 260mg

45% **Iron** 8mg

5% **Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.



Goals for the Month:

- Begin a routine exercise program.
- Avoid drinking liquids with meals.
- Eat slowly, chew well.
- Read labels, limiting added sugars and fats.
- Continue to keep a food record!

