

# BACK TO THE BASICS WE ALL FORGET!

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**Weight loss surgery, unfortunately, isn't fool proof. Rather, it's a helping hand and a tool that you have to work with lifelong. If you do experience some weight re-gain, rather than turning to Dr. Google to discover the latest diet craze, you should go back to basics and trust the surgery and fundamental advice that you were given before your operation.**

*Going back to basics means making sure you're doing everything that your doctor or dietitian will have encouraged you to do straight after the surgery and below we have outlined the main points:*

**1) Don't Eat & Drink at the same Time** - Eating and drinking at the same time is one of the main causes of sickness, leading people to need that quick energy fix afterwards, which often results in overindulging on 'slider foods' i.e biscuits, chocolate and crisps. Eating and drinking at the same time can also cause food to pass through the digestive system quicker; leaving you feeling hungry faster. Try to leave a 20-30 minute gap between drinks and meals; sips with meals are fine, but get in to the habit of spacing out your liquids and food intake.

**2) Prioritise Protein** - Protein, which is found in meat, fish, lentils, eggs, tofu, beans, yoghurt, cheese and milk is essential to helping you to feel full and you should include it at every meal and most snacks. Foods rich in protein, in general, also take longer to eat than foods rich in carbohydrate; think how many chicken breasts you could eat in two minutes vs. biscuits.

**3) Feast on Greens** - Green foods such as lettuce, broccoli, peas and spinach are rich in fibre and low in calories, meaning they help to fill you up without adding to your waist line. Make sure that at least a quarter of your plate is filled with greens or vegetables (as per the bariatric healthy portion plate!).

**4) Prioritise Sleep** - Tiredness is one of the reasons why people reach for the cookie jar; they're after a quick energy boost! But did you know that getting an adequate amount of sleep helps to decrease your hunger hormones and increase your fullness hormones? Getting 7 to 8 hours of sleep a night is essential to weight loss (aim for a bedtime before midnight on most nights!)

**5) Take your Vitamins as Recommended** - Vitamins don't help you to lose weight but they do help you to feel at your best by preventing deficiencies. Feeling well in yourself is essential when it comes to having the physiological and psychological strength to make healthy choices regarding your food intake and activity levels.

## **FIND OUT MORE**

On Healthy Sleep: [NHS One You Website](#)

On Bariatric Vitamins: [BOMSS Website](#) (page 24 - ask your dietitian for more information)

On B12 Injections during Lockdown: [BDA Website](#)