Complete Counseling Kit for Weight Loss Surgery: Contents

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Appendix 1: Preoperative Very-Low-Calorie and Low-Calorie (800 to 1,000 kcal) Diets
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Tools and Handouts:
Basics Training: Pre-Weight-Loss-Surgery Behavior Change Goal Sheet: One-page worksheet for patients to identify their behavior change goals before weight-loss surgery.

Behavior Chains: Describes how behaviors are linked and how to break the chain of negative behaviors.

Behavior Chains Worksheet: One-page chart patients can use to record the steps that lead up to their problem behaviors and possible solutions to these problems.

Bloating and Gas: This two-page handout discusses what causes bloating and gas after weight-loss surgery and how to prevent it.

Common Food Intolerances: One-page list of foods that should commonly be avoided in the first 6 to 12 weeks after weight-loss surgery.

Constipation: How to prevent constipation after weight-loss surgery and when it may be necessary to seek medical attention.

Cost-Benefit Analysis Worksheet: One-page worksheet for considering the costs and benefits of changing behavior that leads to weight gain.

Decision to Change: Assessing the Costs and Benefits of Change: Four-page handout that offers tips on identifying the costs and benefits of changing behavior before weight-loss surgery, questions to consider during a cost-benefit analysis, and a completed sample of a cost-benefit analysis worksheet.

Diarrhea: How to prevent diarrhea after weight-loss surgery and when it may be necessary to seek medical attention.

Diet Stages After Weight-Loss Surgery: Three-page chart that outlines four diet stages patients follow after weight-loss surgery, including types of food, duration, important tips, and goals for each stage.

Dumping Syndrome: How to recognize the different types of dumping syndrome and what foods to avoid.

Eating Self-Assessment: One-page worksheet to help weight-loss surgery patients identify and improve on their eating habits by considering food choices, portion sizes, eating patterns, hunger awareness, emotional and social eating, and environmental cues.
Fiber in Foods: One-page handout that explains the difference between insoluble and soluble fiber and discusses how patients can safely incorporate supplements and fiber-rich foods into their diets to prevent constipation after weight-loss surgery.

Fluid and Protein Checklist for Weeks 1 and 2 After Weight-Loss Surgery: Two-page worksheet.

Food Records: Two-page chart for recording food intake, calorie and protein goals, hunger level, triggers, and duration of meal.

Food Symptom Records: Worksheet for patients to record what their eating to determine what foods may be causing adverse effects such as nausea, vomiting, light-headedness, pain, fatigue, and diarrhea after weight-loss surgery.

The “F” Word: Reducing Dietary Fat: Discusses the importance of cutting dietary fat and ways to do so.

Goal Contract: One-page handout for patients to sign after deciding on their long-term weight-loss goals and identifying ways to achieve that goal.

Goal Setting Worksheet: Teaches patients how to achieve their weight-loss goals through shaping behavior and using rewards and how to handle setbacks in the process.

Gout: One-page chart of foods to avoid and limit to prevent gout after weight-loss surgery.

Healthy Cooking Tips: One-page list.

Iron Deficiency: Five-page handout of prevention tips.

Kidney Stones After Weight-Loss Surgery: Two-page handout of prevention tips.

Lactose Intolerance: Two-page handout of prevention tips.

Let’s Get Physical: Fitness 101: Six-page handout offering information about the benefits of physical activity, tips on how to start exercising safely, and options for common obstacles to becoming physically active.

Liver-Shrinking Diet: Four-page summary of a strict diet for patients to follow two weeks before weight-loss surgery.

Meal Patterns: Six-page handout that provides low-fat, low-sugar meal patterns for six different calorie and protein goals, along with a sample menu for a 1,000-calorie meal pattern and a blank menu template for patients.

Mindful Eating: Two pages of tips for eating mindfully.
Mindful Eating Worksheet: Three-page patient questionnaire.

A New Beginning: Three-page handout of questions for patients to consider while preparing for weight-loss surgery.

Patient History 1 to 3 Months After Weight-Loss Surgery: Three-page patient form.

Patient History After Adjustable Gastric Banding (AGB): Three-page patient form.

Patient History Presurgery: Four-page patient questionnaire.

Perfect Protein: A four-page handout that describes the importance of getting enough protein after weight-loss surgery.

Plugging and Indigestion: Two-page handout of prevention tips.

Poorly Tolerated Foods: One-page list of foods to avoid in the first 6 to 12 weeks after weight-loss surgery.


Preparing to Return to Work or School: Tips for successfully returning to work or school after weight-loss surgery.

Presurgery Shopping List: One-page list of items to have on hand in the weeks and days leading up to weight-loss surgery.

Pre-Weight-Loss-Surgery Behavior Change Goal Worksheet: One-page chart.

Quick Tips for Common Complaints: Three pages of tips for easing common adverse effects of weight-loss surgery such as nausea, dumping syndrome, diarrhea, constipation, dizziness or headache, plugging, gas, and bad breath.

Ready or Not?: Five-page handout that includes questions to help patients determine whether they are ready for weight-loss surgery and to commit to the lifestyle changes necessary to maintain weight loss after surgery.

Rebounding from Relapse: Helps patients recognize when they relapse after weight-loss surgery and tips for getting back on track.

Recommended Reading: Books and Web sites for patients about weight-loss surgery and healthy living.

The Recording Studio: A five-page handout explaining how to keep detailed food records and the information to include.
Resources (Professional): Books and Web sites about weight-loss surgery and healthy living.

Sample Menu Plans for 800-Calorie to 1,800-Calorie Diets: Sample menu plans for six different calorie and protein goals, and tips for eating after weight-loss surgery.

Savvy Shopping: How to Read a Food Label: Three-page handout.

Scaling Back: How to Manage your Portion Sizes: One-page list, including tips for measuring and estimating portion sizes.

Stage I Clear Liquid Diet (No Sugar): The “See-Through” Diet: Instructions for patients following a clear liquid diet in the days immediately after weight-loss surgery.

Stage II Diet Tracking Record: Two-page worksheet for patients to record their protein, fluid, and supplement intake while following a stage II liquid protein diet.

Stage II Liquid Protein Diet: Four-page handout of instructions for patients following a liquid protein diet in the weeks after weight-loss surgery.

Stage III Blenderized Diet: Four-page handout of instructions for patients following a blenderized diet in the weeks after weight-loss surgery.

Stage III Blenderized Diet Tracking Record: Adjustable Gastric Banding (AGB): One-page worksheet for AGB patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

Stage III Blenderized Diet Tracking Record: Biliopancreatic Diversion (BPD): One-page worksheet for BPD patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

Stage III Blenderized Diet Tracking Record: Roux-en-Y Gastric Bypass (GBP) and Sleeve Gastrectomy (SG): One-page worksheet for GBP and SG patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

Stage IV Soft Diet: Instructions for patients following a soft diet in the weeks following weight-loss surgery.

Stage IV Soft Diet Tracking Record: Two-page worksheet for patients to record their protein, fluid, and supplement intake while following a stage IV soft diet.

Tips for Emotional Eating: One-page chart.


Types of Weight-Loss Surgery: Describes how the different types of weight-loss surgery work.
Vitamin and Mineral Supplements After Adjustable Gastric Banding (AGB): Three-page handout.

Vitamin and Mineral Supplements After Biliopancreatic Diversion with Duodenal Switch (BPD/DS): Three-page handout.

Vitamin and Mineral Supplements After Roux-en-Y Gastric Bypass (GBP) or Sleeve Gastrectomy (SG): Three-page handout.

Weight-Loss 101: Basic Principles of Weight Loss: Explains what kinds of foods should be limited and what foods should be included in a healthy diet and the importance of burning more calories than are consumed.


Weight-Loss Surgery: Separating Myths from Reality: Three-page handout that debunks myths about weight-loss surgery and how it works.

Weight-Proofing Your Home: Ways to make a home more health-friendly and shopping list suggestions including kitchen items, physical activity aids, self-nurturing and motivational materials, and tools for monitoring weight-loss progress.

What’s Your Nutrition Condition? Two-page quiz for patients.