



## Your Registered Dietician Team



Arianne Kirby RD, Shauna Rowe RD  
Not Pictured: Allison Maurer RD, Vincenza Garcia RD



## Program Locations

### Annapolis

2000 Medical Parkway Suite 600 Annapolis, MD 21401

### Lanham

8116 Good Luck Suite 210 Lanham, MD 20706

### Easton

28438 Marlboro Avenue Easton, MD 21601



## Contact Us

Phone: (443) 481-6699

Fax: (443) 481-6713

[www.luminishealth.org/weight-loss-surgery](http://www.luminishealth.org/weight-loss-surgery)



Weight Loss & Metabolic Surgery Program

## Diet Tips & Tricks





## Importance Of A Well-Balanced Diet

Diet is a major factor in weight control, before and after surgery. Diet, coupled with regular exercise, can lead to long-term weight loss success. While exercise helps strengthen our muscles, promotes balance, helps develop core strength, and improves cardiovascular health, diet is the primary driver for losing weight.



## What Type Of Diet Do You Recommend?

We encourage a diet that is heart healthy, meaning lots of lean proteins, fruits and vegetables, whole grains, and healthy fats.

### Diet In Detail

Fiber, a nutrient that helps promote feeling of fullness, also helps control blood glucose levels. It is recommended that we should strive to eat 25 grams of fiber per day. Fiber rich foods include nuts and seeds, beans and lentils, fruit and vegetables, and whole grains like barley, oatmeal, and whole wheat pasta.

Healthy fats like olive oil, flaxseed oil and flaxseeds, fish, avocados, olives, nuts and seeds, help us feel full, lowers disease risk and doesn't impact blood glucose levels. Healthy fats are good and should be consumed in our daily diet.

To the other extreme, foods and beverages with added sugar and refined starches should be limited as much as possible. Added sugar and refined carbohydrates, such as crackers and chips and desserts, can cause inflammation, insulin resistance, and make it difficult to lose weight. Added sugars, refined carbohydrates and highly processed foods should be limited as much as possible.



## Apart Of Your Care Team

There is so much nutrition information that is circulating it's hard to keep up with ever-changing fad diets. That's why registered dietitians (RD) are part of the bariatric team - to help each individual learn not only what to eat, but why, when, and even how.

Although portions are much smaller after having bariatric surgery, calorie quality is important. Not all calories are used the same way in the body. The RD will formulate a diet plan that will help meet the weight loss and diet goals for each person, calculating estimated protein, carbohydrate and fat needs. The RD explains the value of nutrient-dense foods, educates on proper portion control, explains how to interpret the food label, and provides macronutrient goals to meet nutrient needs. The diet classes offered teach many aspects of nutrition, including what to eat before and after surgery and supplement regimens. Registered Dietitians help make diet transitions easier so it's not so overwhelming. They will help you every step of the way.



## Is It Mandatory?

Diet classes are mandatory for each pre-operative patient. Once a surgery date is received, a one-on-one appointment with the RD will be scheduled. There a number of group classes offered that will meet both the program and your insurance requirement. After surgery, all diet appointments with the registered dietitian are one-on-one to address individual needs and dietary concerns.

