

Strategic Nutrition Education for Lifelong Success

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DISCLOSURE

No relevant financial disclosures.

LEARNING OBJECTIVES

Changing Landscape in Obesity Care

Recognize how declining surgical volume, reduced dietitian staffing, increased outsourcing, and redundancy impact nutrition care delivery and quality.

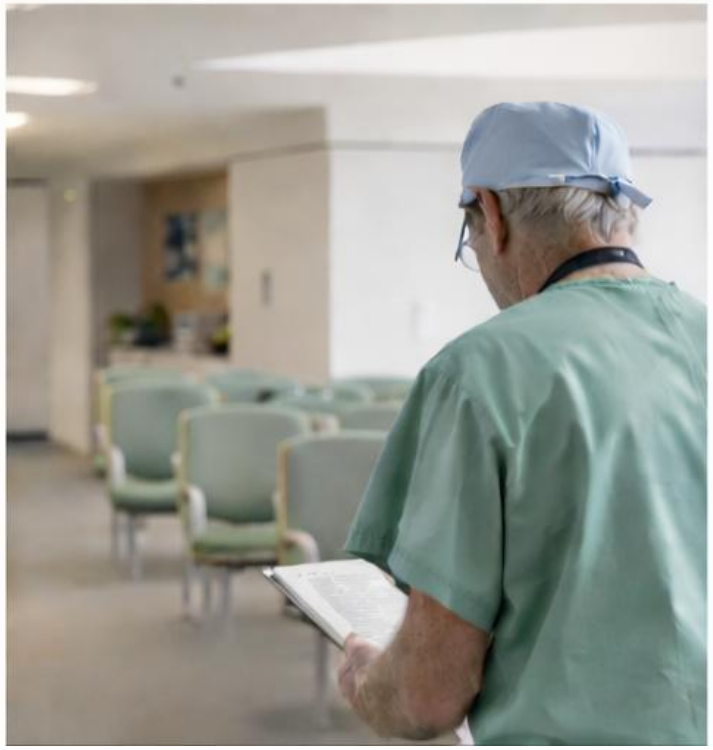
The Market Response & Cost of Confusion

Examine how conflicting nutrition messages contribute to confusion and gaps in understanding.

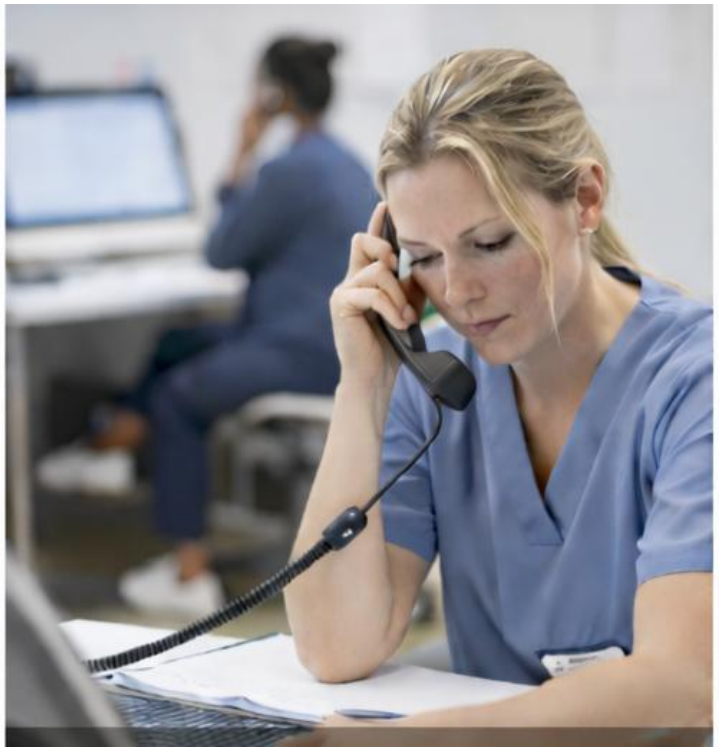
Ways to Integrate Strategic Nutrition Education for Lifelong Success

Identify strategies to deliver consistent, efficient education to reduce redundancy, optimize clinical time, create unified staff messaging, motivation and support to improve patients' lifelong success.

Changing Landscape in Obesity Care



- Increase in Obesity Medications
- Decrease in Surgical Volume



- Reducing RD's on Staff
- Outsourcing RD Services



- Limited Visit Duration
- Significant Redundancy

SRC SURGICAL REVIEW CORPORATION
CENTER OF EXCELLENCE

2005 BSCOE STANDARDS

ACS AMERICAN COLLEGE OF SURGEONS
METABOLIC AND BARIATRIC SURGERY

2026 ACS STANDARDS

REQUIRED INTEGRATED MULTIDISCIPLINARY TEAM



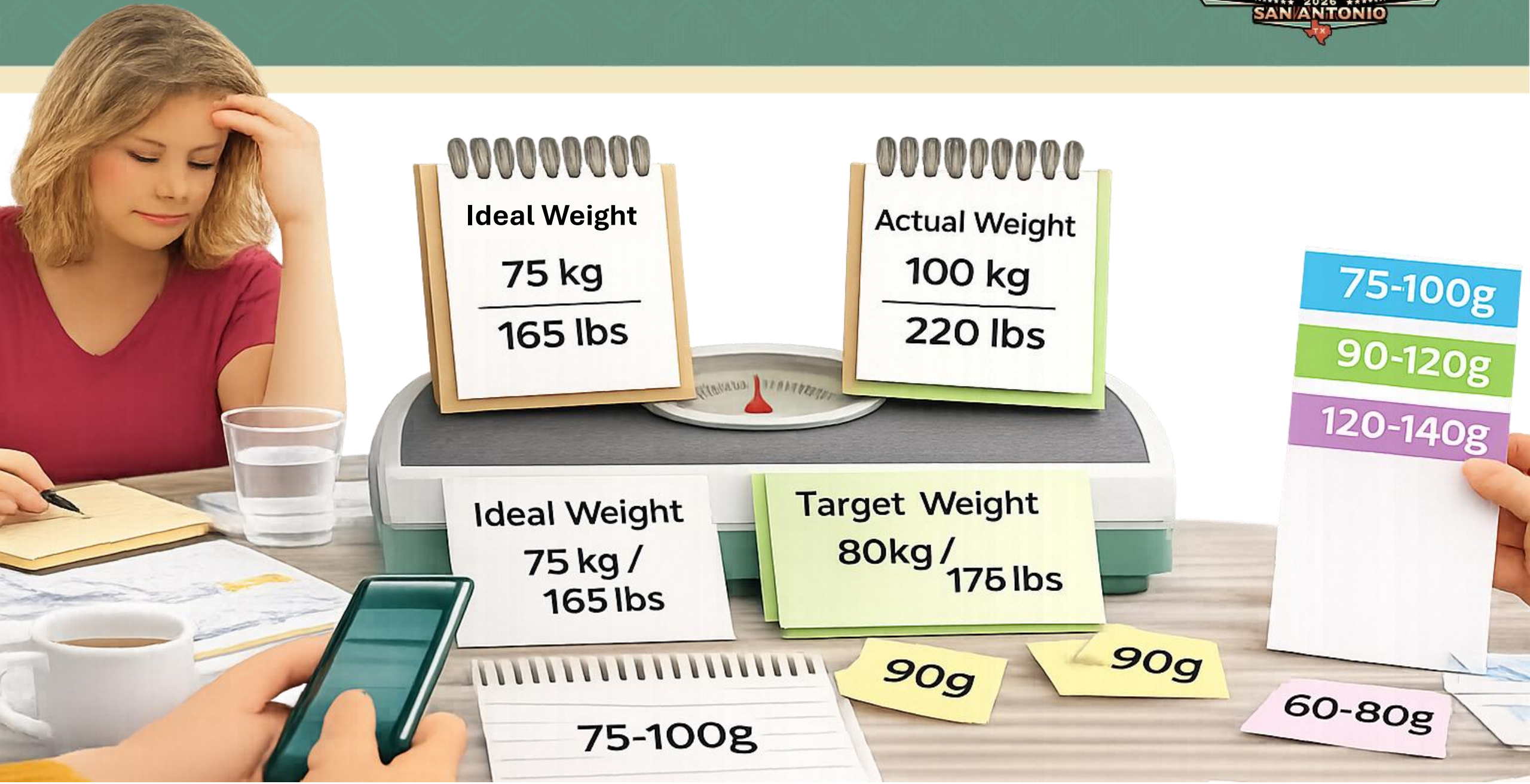
ACCESS / REFERRAL TO MULTIDISCIPLINARY TEAM



Market Response & Cost of Confusion

PROTEIN DEBATE




Ideal Weight
75 kg
165 lbs
Actual Weight
100 kg
220 lbs
75-100g
90-120g
120-140g
Ideal Weight
75 kg /
165 lbs
Target Weight
80kg /
175 lbs
90g
90g
60-80g
75-100g

1 OZ OF COOKED PROTEIN FOOD = ~ 7 GRAMS PROTEIN



PROTEIN SOURCES




NATURE VALLEY
GRANOLAA
PROTEIN
OATS & HONEY
AMERICA'S FAVORITE GRANOLA
QUAKER
PROTEIN
RICE CRISPS
6G
TANGY BARBECUE
NEW!
IDAHOAN
+PROTEIN
Buttery Homestyle
MASHED POTATOES
6g
NEW
QUAKER
10G PROTEIN
PROTEIN
GRANOLA BARS
COOKIES & CREAM
khloud
PROTEIN
SWEET&SALTY
HEY I'M
KETTLE CORN
7G PROTEIN
GF

FIBER SOURCES




GLP-1 FRIENDLY
soft
MISSION
CARB BALANCE
FLOUR
KETO
MISSION
CARB BALANCE
FLOUR
SOFT TACO
KETO
VALUE PACK 10 BARS
Chewy Bars
FIBER One
9g
FIBER
OATS & CHOCOLATE
FIBER One
70
CALORIES
WW
5g
2g
Brownies CHOCOLATE FUDGE
CATALINA CRUNCH
PROTEIN CEREAL
Cinnamon Toast
Love Every Bite
Smartfood
FIBER POP
90
NO
6g
10g
TOFFEE
& SEA SALT
FLAVORED
COATED POPCORN
NET WT. 5 OZ (142g)

COFFEE CONFUSION

29g* PROTEIN



PROTEIN-BOOSTED MILK

SIGNATURE ESPRESSO

29g Protein | **270** Calories | **4g** Total Fat | **3** | **19g** Added Sugar | **29g** Total Sugar

*Our recipes are handcrafted; protein grams may vary. Assumes grande size. Visit the Starbucks app for full nutrition info.

27g* PROTEIN



PROTEIN-BOOSTED MILK

SIGNATURE ESPRESSO

27g Protein | **310** Calories | **6g** Total Fat | **3** | **19g** Added Sugar | **34g** Total Sugar

*Our recipes are handcrafted; protein grams may vary. Assumes grande size. Visit the Starbucks app for full nutrition info.

GLP-1 FRIENDLY



Nutrition Facts

1 serving per container

Serving size 1 Bowl (269g)

Amount per serving

Calories 430

	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 12g	**60%**
Trans Fat 1g	
Cholesterol 75mg	**25%**
Sodium 680mg	**30%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 22g	**42%**

Vit. D 0.3mcg 0% • Calcium 330mg 25%
Iron 3mg 15% • Potas. 470mg 10%
Vit. A 180mcg 20% • Vit. C 58mg 60%

*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.

PLEASE REFER TO THE PRODUCT LABEL FOR THE MOST ACCURATE NUTRITION, INGREDIENT, AND ALLERGEN INFORMATION



Nutrition Facts

1 serving per container

Serving size 1 meal (269g)

Amount per serving

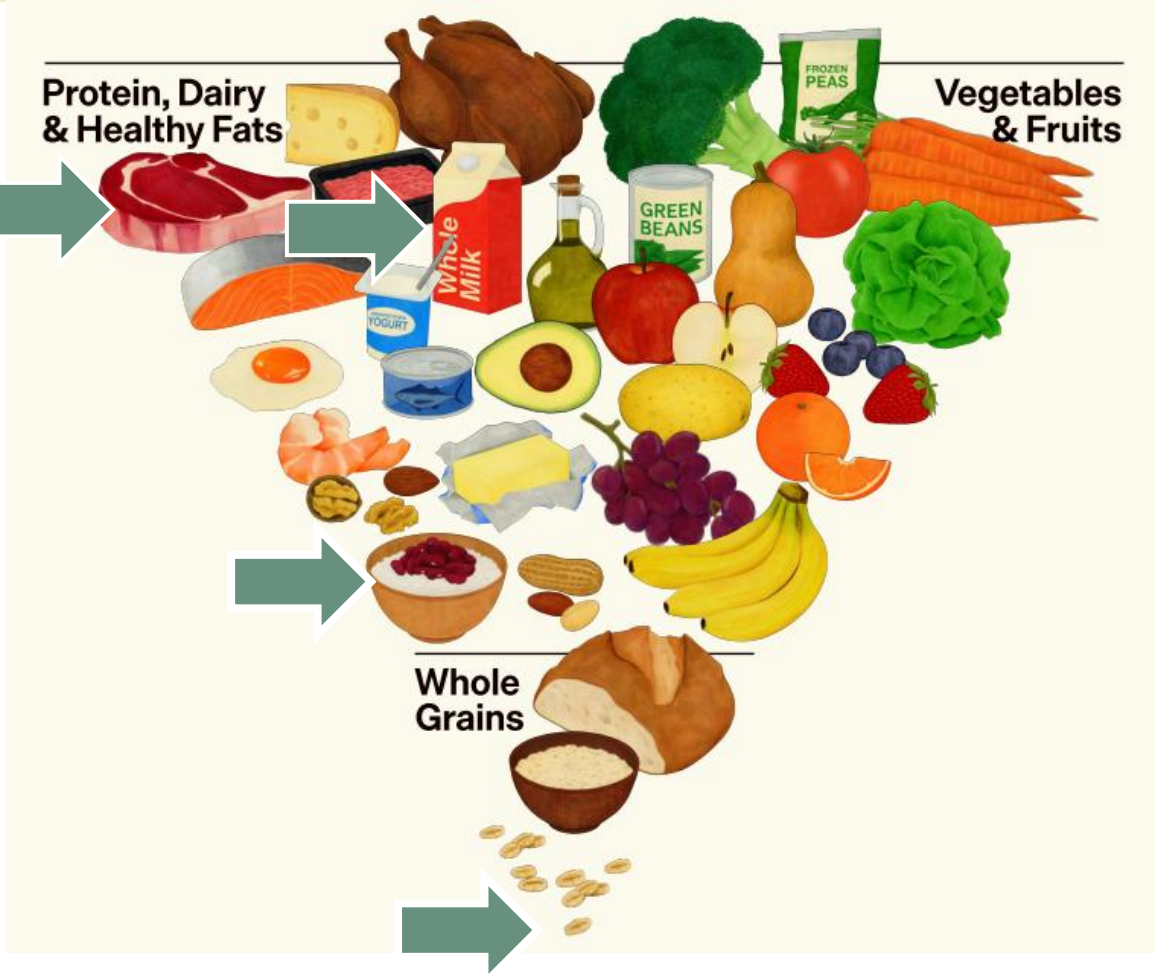
Calories 280

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 40mg	**13%**
Sodium 550mg	**24%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 20g	**28%**
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.2mg	10%
Potassium 700mg	15%
Vitamin A	2%
Vitamin C	10%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FOOD GUIDE PYRAMID



U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2025–2030*. 10th ed. 2026. https://www.dietaryguidelines.gov/.

THE COST OF CONFUSION

ANNUAL MEETING 2026 SAN ANTONIO

Educational Gaps



Workflow Burden



Compromised Outcomes



Health Impact



CONFUSION → COST → FRUSTRATION → PREVENTABLE RISK

Quality care can NEVER be compromised

TAKE-AWAY

These are **not noncompliant** patients.

These are **undereducated & confused** patients.

Strategic Education is the Answer

Now...
How Can You Integrate Strategic Nutrition Education for Lifelong Success

CARE DELIVERY

INDIVIDUAL VISITS



SHARED MEDICAL OFFICE VISITS



SUPPORT GROUPS



VIDEO-BASED LEARNING



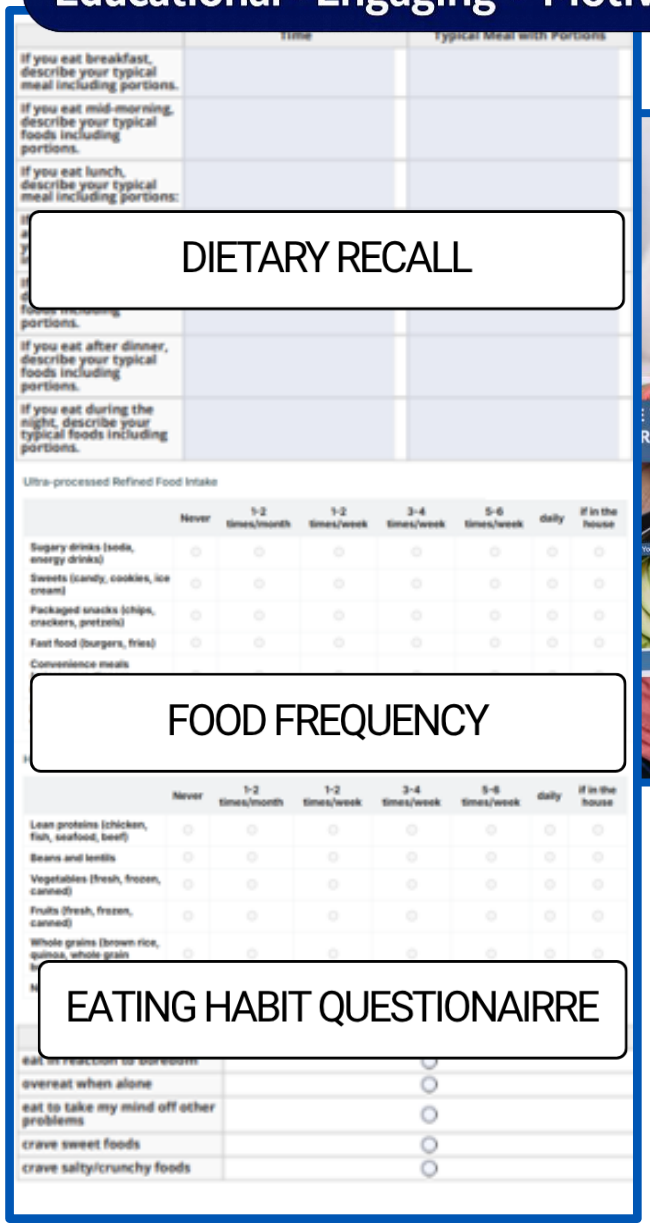
Strategic Nutrition Education Across the Continuum of Care

Educational • Engaging • Motivating • Best-Practice

1 Get Started



- Video-based learning
- Workbook & foundational education
- Intake form completed before evaluation



If you eat breakfast, describe your typical meal including portions.

If you eat mid-morning, describe your typical foods including portions.

If you eat lunch, describe your typical meal including portions:

If you eat after dinner, describe your typical foods including portions.

If you eat during the night, describe your typical foods including portions.

DIETARY RECALL

Ultra-processed Refined Food Intake

	Never	1-2 times/month	1-2 times/week	3-4 times/week	5-6 times/week	daily	if in the house
Sugary drinks (soda, energy drinks)							
Sweets (candy, cookies, ice cream)							
Packaged snacks (chips, crackers, pretzels)							
Fast food (burgers, fries)							
Convenience meals							

FOOD FREQUENCY

	Never	1-2 times/month	1-2 times/week	3-4 times/week	5-6 times/week	daily	if in the house
Lean proteins (chicken, fish, seafood, beef)							
Beans and lentils							
Vegetables (fresh, frozen, canned)							
Fruits (fresh, frozen, canned)							
Whole grains (brown rice, quinoa, whole grain							

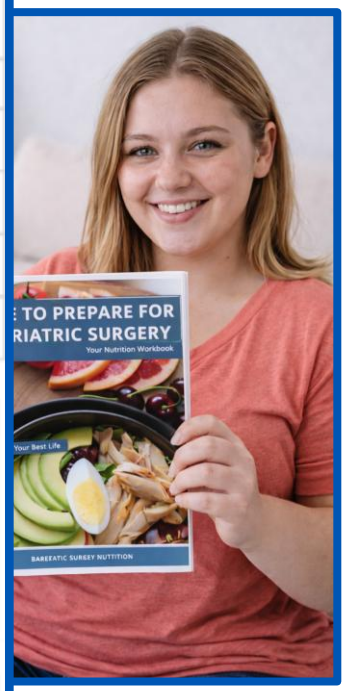
EATING HABIT QUESTIONAIRRE

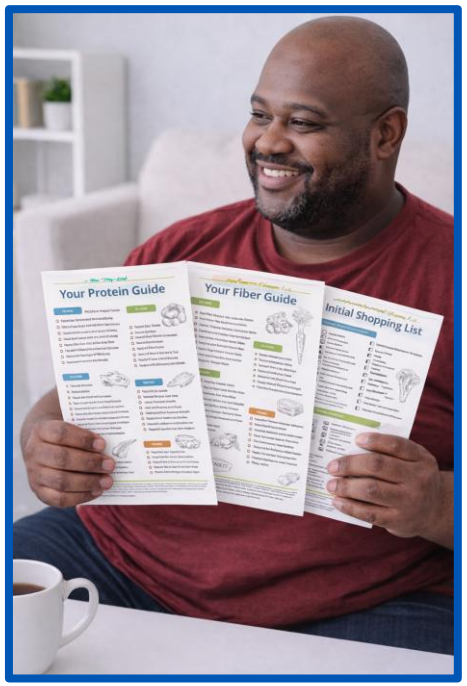
overeat when alone

eat to take my mind off other problems

crave sweet foods

crave salty/crunchy foods

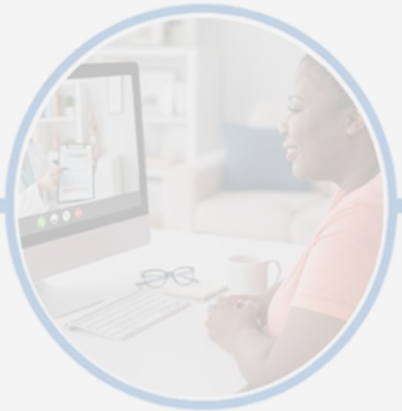




Strategic Nutrition Education Across the Continuum of Care

1

Get Started



- Video-based learning
- Workbook & foundational education
- Intake form completed before evaluation

2

Nutrition Evaluation



- Individualized assessment
- Curiosity vs shame driven refinement
- Identify personalized priorities and goals

Dietary Intake

- ☑ food & nutrient intake
- ☑ beverage intakes
- ☑ macronutrient breakdown
- ☑ meals away from home
- ☑ eating patterns/timing/ night eating

Gastrointestinal Health

- ☑ GI symptoms
- ☑ bowel habits

Eating Behaviors & Lifestyle

- ☑ eating location
- ☑ stress, emotional, mindless & maladaptive eating behaviors
- ☑ activity
- ☑ body image

Micronutrient Health

- ☑ supplement intake
- ☑ labwork
- ☑ nutrition focused exam

Individual Nutrition Evaluation

INITIAL PATIENT REPORT

What the patient told me

CURRENT REPORTED TYPICAL INTAKE

Time	Meal
7–11 am	wakes up ranges based on work day or not
8:30 or 9 am	soda, on my way to work
12:00 pm	soda, sandwich
3:30 pm	soda
5:30 pm	soda
7:30 pm	soda, meal



DEEPER ASSESSMENT REVEALS

What the dietitian uncovered

CURRENT REPORTED TYPICAL INTAKE

Time	Meal
7–11 am	wakes up ranges based on work day or not
8:30 or 9 am	24 ounce Mountain Dew or Pepsi, if work on the way
12:00 pm	24 ounce Mountain Dew or Pepsi 2 slices white bread with 1 slice ham and 1 slice cheese
3:30 pm	24 ounce Mountain Dew or Pepsi
5:30 pm	24 ounce Mountain Dew or Pepsi
7:30 pm	24 ounce Mountain Dew or Pepsi 2 days a week: pizza pepperoni 1 slice OR 2 days a week: chicken breast, deep fried or baked in the oven and 1 cup rice OR 1 day a week: fish, deep fried with mac & cheese OR 2 days a week: spaghetti with tomato beef sauce made with brown sugar
8:30 pm until bedtime in living room	ice cream (1 cup) AND/OR candy bar (regular size bar) AND/OR potato chips (2–3 cups)
in the night	every night: full size Hershey chocolate bar without nuts

Excessive sugar intake

Low protein

Low fiber

High fat

Stress eating

Night eating syndrome

Do You Know What's in That Soda?



Nutrition Facts

2 servings per container

Serving Size 12 fl oz (36[illegible] mL)

	Per Serving		Per Container	
Calories	**150**		**300**	
		% DV*		% DV*
Total Fat	0g	0%	0g	0%
Sodium	30mg	1%	65mg	3%
Total Carb.	41g	15%	83g	30%
Total Sugars	41g		83g	
Incl. Added Sugars	41g		[illegible]	
Protein	0g		0g	

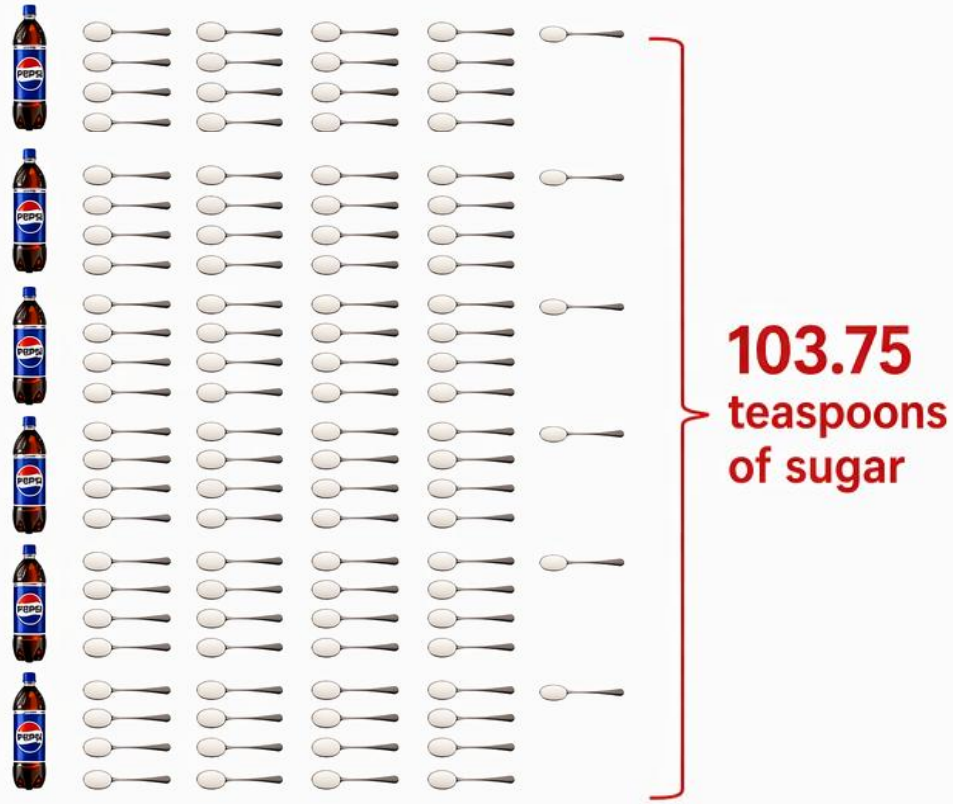
Not a significant source of other nutrients.

*%DV = % Daily Value

If you see the grams of sugar on a food label, do you know how many teaspoons of sugar that would be?

ANSWER: 1 teaspoon of sugar = 4 grams

Simply divide the grams of sugar by 4 to get the teaspoons of sugar.



Micronutrient Nutrition Focused Exam & Lab Work



CLINICAL TRIAGE FOR
INDIVIDUALIZED CARE

Strategic Nutrition Education Across the Continuum of Care



Video-based learning begins

Individualized assessment

Workbook & foundational education

Curiosity vs shame driven refinement

Intake form completed before evaluation

Identify personalized priorities and goals

3

Preoperative Shared Medical Office Visits



- Nutritional FUNdamentals
- Progress check & peer learning
- Preop & postop diet advancement & micronutrients



CLINICAL TRIAGE FOR INDIVIDUALIZED CARE

Strategic Nutrition Education Across the Continuum of Care



4

Postoperative Shared Medical Office Visits



- Diet advancement & supplement check-In
- Tolerance & hydration check-in
- Weight & body comp check-in
- Activity & lifestyle check-in

Intake form completed before evaluation

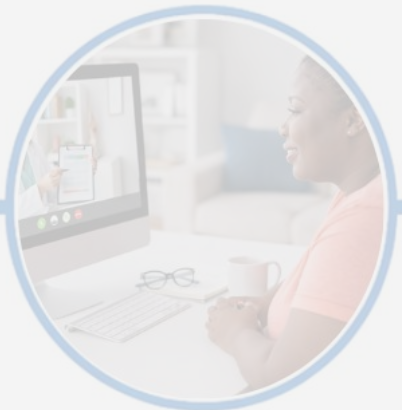
Identify personalized priorities and goals

Preop & postop diet advancement & micronutrients

CLINICAL TRIAGE FOR INDIVIDUALIZED CARE

Strategic Nutrition Education Across the Continuum of Care

1 Get Started



- Video-based learning begins
- Workbook & foundational education
- Intake form completed before evaluation

2 Nutrition Evaluation



- Individualized assessment
- Curiosity vs sh… driven refinem…
- Identify person… priorities and g…

micronutrients

check-in

LIVING LIFE AFTER SURGERY

Calendar of Events



You don't have to do this alone,

We're here for you—every step of the way.

5 Living Life After Surgery



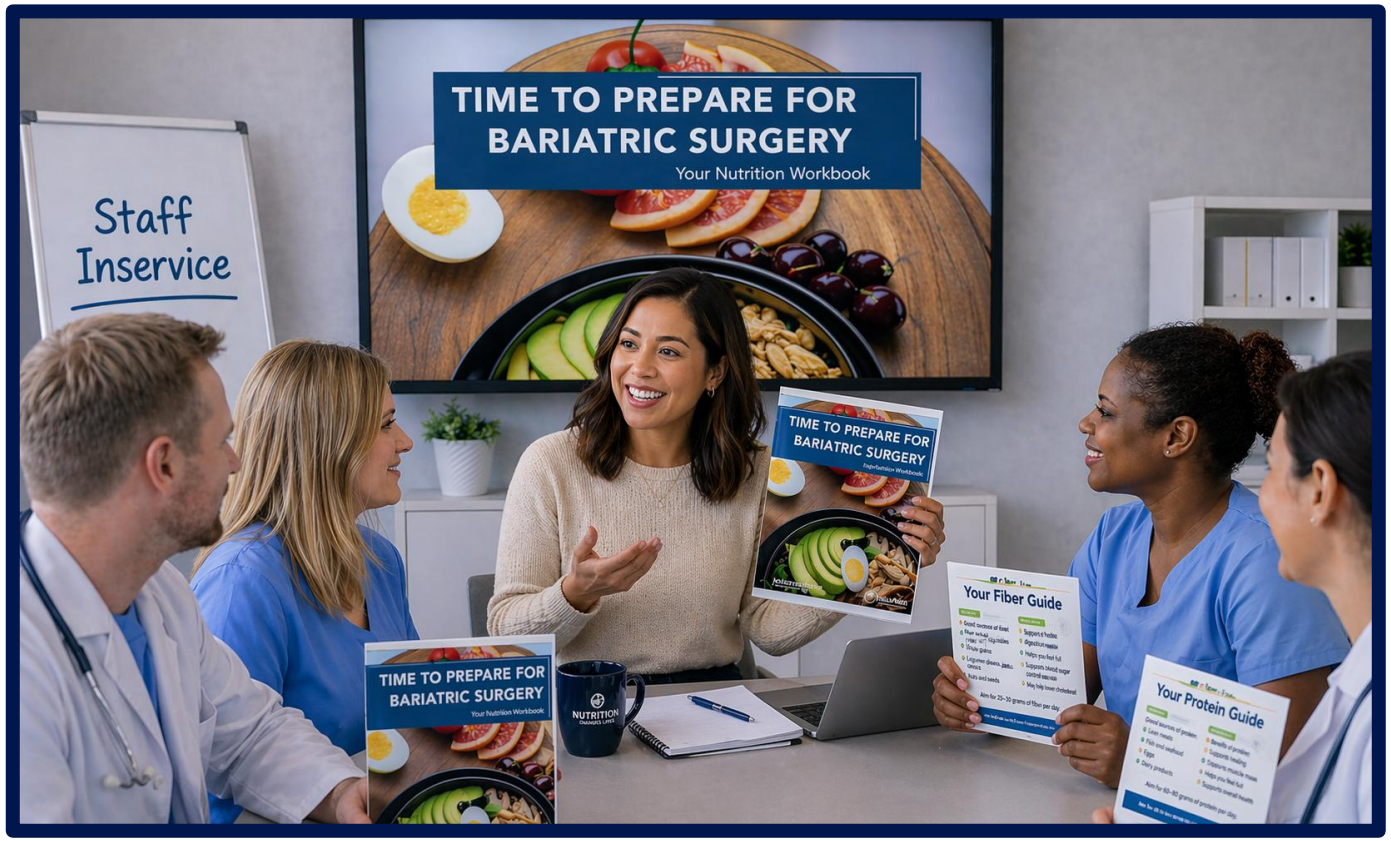
- Follow up visits, macro/micronutrient assessment & labwork
- Long-term integration & wellness
- Lifelong chronic disease management

ONGOING SUPPORT GROUP SESSIONS

CLINICAL TRIAGE FOR INDIVIDUALIZED CARE

Strategic Nutrition Education Across the Continuum of Care

Educational • Engaging • Motivating • Best-Practice



unified staff messaging

ONGOING SUPPORT GROUP SESSIONS →

CLINICAL TRIAGE FOR INDIVIDUALIZED CARE →

Strategic Nutrition Education Across the Continuum of Care

Educational • Engaging • Motivating • Best-Practice

1. **Get Started**



2. **Nutrition Evaluation**



3. **Preoperative Shared Medical Office Visits**



4. **Postoperative Shared Medical Office Visits**



5. **Living Life After Surgery**



ONGOING SUPPORT GROUP SESSIONS

CLINICAL TRIAGE FOR INDIVIDUALIZED CARE

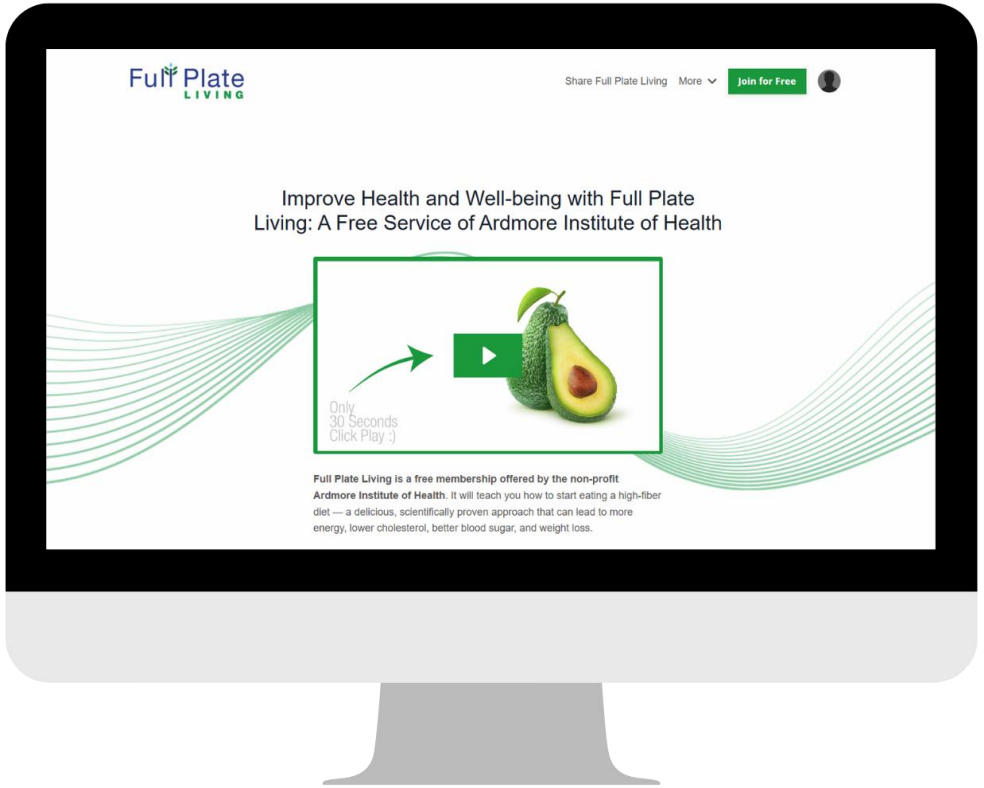
Strategic Nutrition Education Across the Continuum of Care

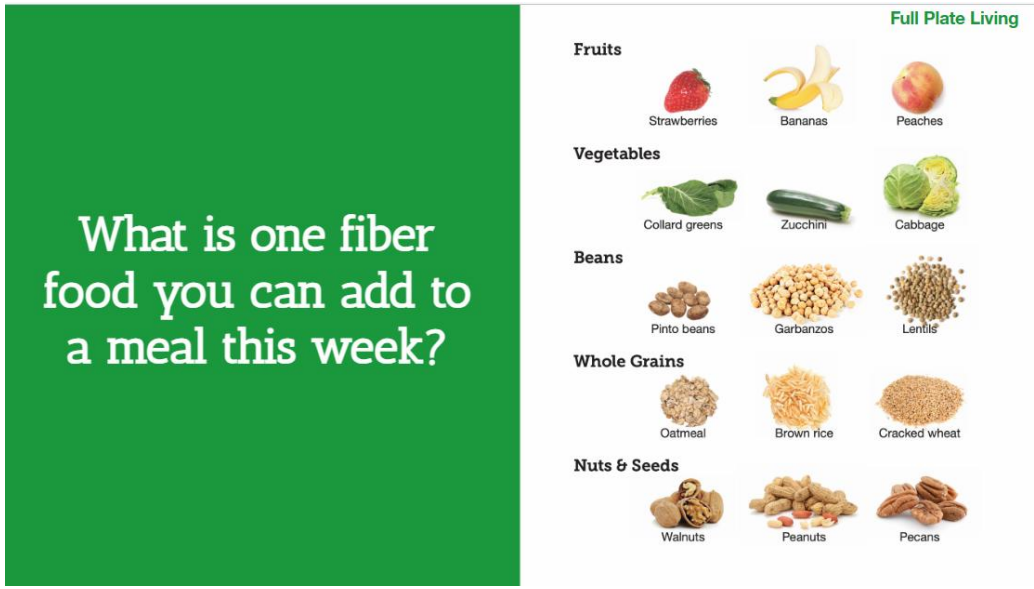
Education • Engagement • Motivation • Lifelong Success



ADDITIONAL HELPFUL RESOURCES

NUTRITION RESOURCES



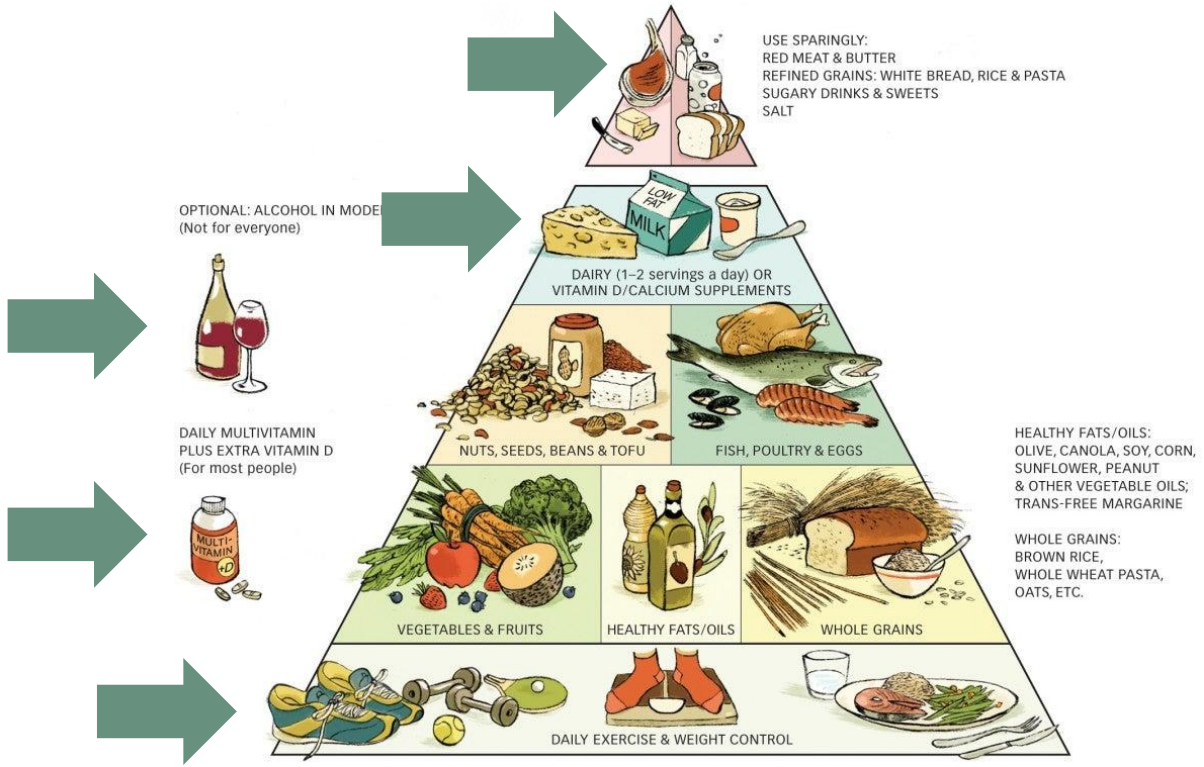


https://www.fullplateliving.org/

FOOD GUIDE PYRAMID RESOURCE

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



Copyright © 2008. For more information about The Healthy Eating Pyramid, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Eat, Drink, and Be Healthy, by Walter C. Willett, M.D., and Patrick J. Skerrett (2005), Free Press/Simon & Schuster Inc."

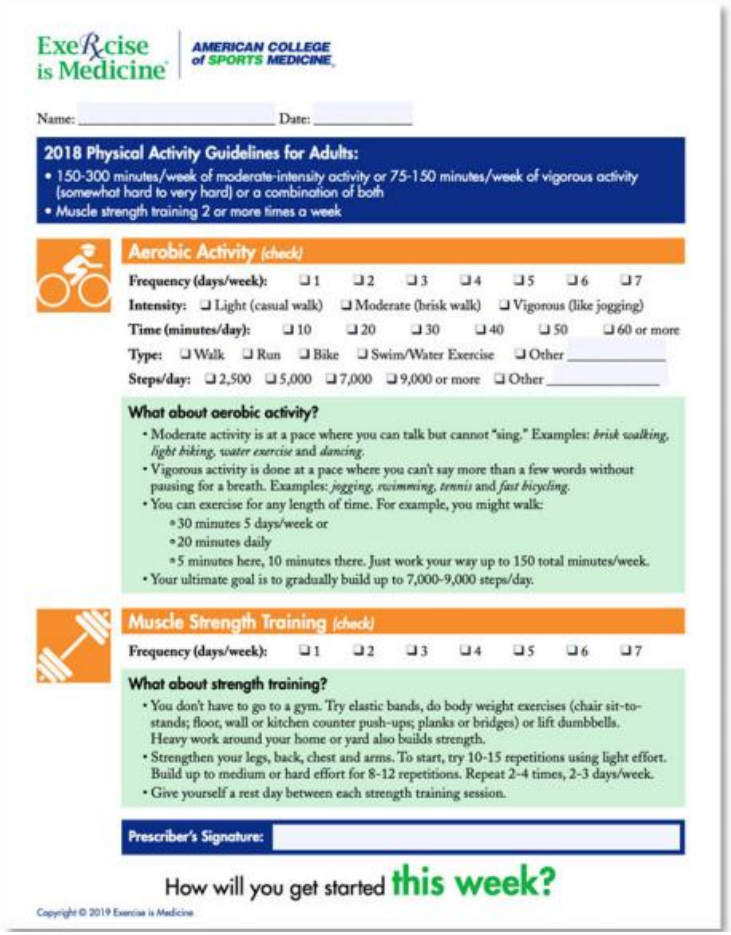
FITNESS RESOURCES



Start where you are.
Use what you have.
Do what you can.

https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

FITNESS RESOURCES



Exercise is Medicine® | AMERICAN COLLEGE of SPORTS MEDICINE

Name: _____ Date: _____

2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week

Aerobic Activity *(check)*

Frequency (days/week): ❑1 ❑2 ❑3 ❑4 ❑5 ❑6 ❑7

Intensity: ❑ Light (casual walk) ❑ Moderate (brisk walk) ❑ Vigorous (like jogging)

Time (minutes/day): ❑10 ❑20 ❑30 ❑40 ❑50 ❑60 or more

Type: ❑ Walk ❑ Run ❑ Bike ❑ Swim/Water Exercise ❑ Other _____

Steps/day: ❑2,500 ❑5,000 ❑7,000 ❑9,000 or more ❑ Other _____

What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot "sing." Examples: *brisk walking, light biking, water exercise* and *dancing*.
- Vigorous activity is done at a pace where you can't say more than a few words without pausing for a breath. Examples: *jogging, swimming, tennis* and *fast bicycling*.
- You can exercise for any length of time. For example, you might walk:
  - 30 minutes 5 days/week or
  - 20 minutes daily
  - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Your ultimate goal is to gradually build up to 7,000-9,000 steps/day.

Muscle Strength Training *(check)*

Frequency (days/week): ❑1 ❑2 ❑3 ❑4 ❑5 ❑6 ❑7

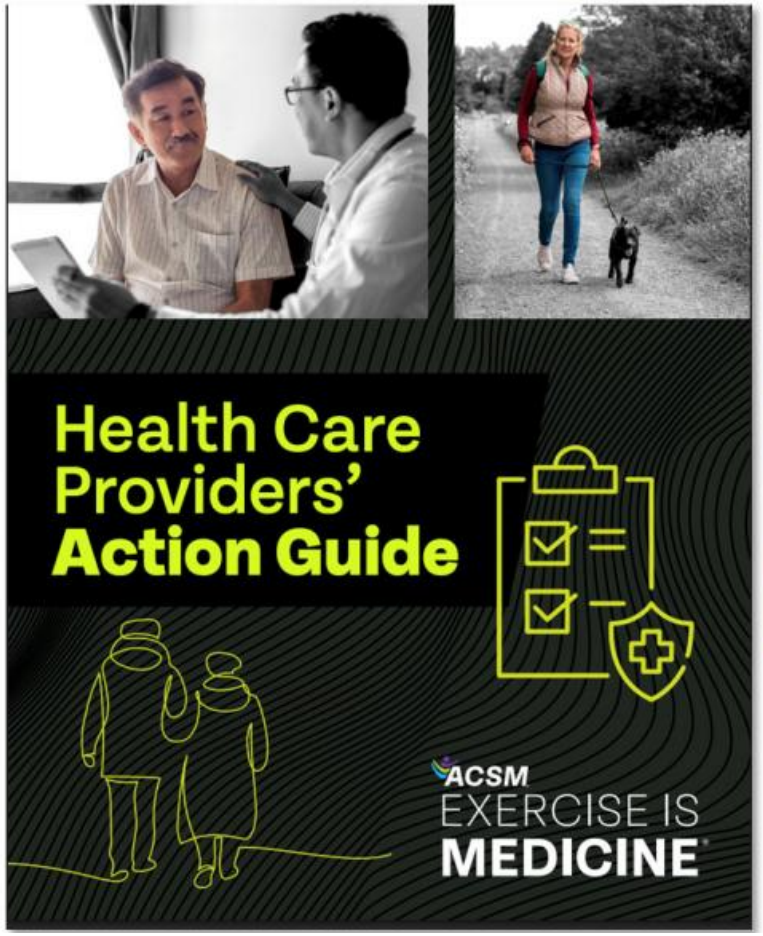
What about strength training?

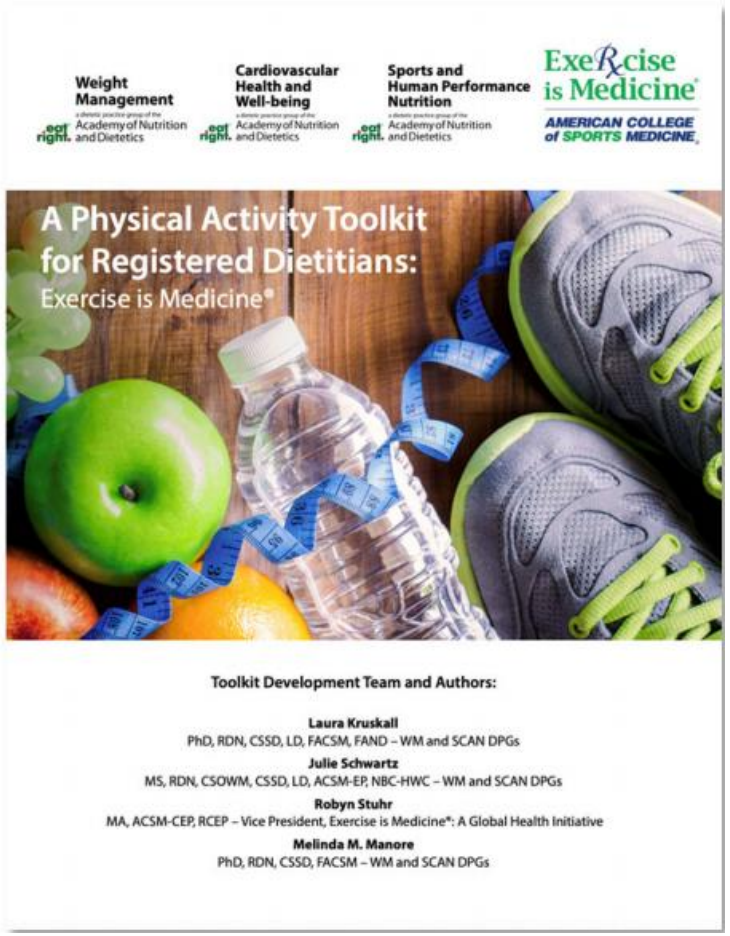
- You don't have to go to a gym. Try elastic bands, do body weight exercises (chair sit-to-stands; floor, wall or kitchen counter push-ups; planks or bridges) or lift dumbbells. Heavy work around your home or yard also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

Prescriber's Signature: _____

How will you get started **this week?**

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https://www.exerciseismedicine.org/eim-in-action/health-care/resources/

KEY TAKEAWAYS

We Have a Changing Landscape in Obesity Care

The Market Response & Cost of Confusion is Significant

It is Critically Important to Integrate Strategic Nutrition Education for Lifelong Success



THANK YOU!

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