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**TUMMY TEST**

1. Which vitamin and mineral supplements are required post-op day 16 after surgery?

**a)** complete multivitamin, calcium carbonate, biotin

**b)** gummy multivitamin, calcium citrate, biotin

**c)** complete multivitamin, calcium citrate, vitamin B12

1. When the diet advances to Stage #2 (SF clear liquids / protein shakes), what is the

recommended protein intake per day?

**a)** 100-120 grams **c)** 70-90 grams

**b)** 90-100 grams **d)** 60-70 grams

1. When the diet advances to Stage #2 (SF clear liquids / protein shakes), what is the

recommended fluid intake per day?

**a)** 2-4 cups **c)** 6-8 cups

**b)** 4-6 cups **d)** 8-10 cups

1. Which type of beverages must be avoided for 4-6 weeks after surgery?

**a)** caffeinated **c)** caffeinated and carbonated

**b)** carbonated **d)**  only liquids that contain sugar

1. You may have Ginger Ale, Sprite or 7-up after surgery since it is a clear liquid. **True or False**
2. What is the recommendation for how often you should eat when food is introduced?

**a)** only when I am hungry

**b)** every 2 to 3 hours

**c)** 3 meals per day

1. I will need to change my eating habits / behaviors after having bariatric surgery. **True or False**
2. For success to occur, eating habits / behaviors changes need to be permanent. **True or False**
3. What is more important when the diet advances to Bariatric Stage #2?

**a)** meeting both hydration and protein needs

**b)** meeting hydration needs

**c)** meeting protein needs

1. Drinking room temperature beverages is best, even if you cannot tolerate them. **True or False**
2. What do you look for on a nutrition label when limiting sugar?

**a)** added sugars **c)** sugar alcohols

**b)** total sugar **d)** all of the above

1. Why is it important to limit sugar alcohols after surgery?

**a)** they are not natural, so they are not good to consume

**b)** they can cause gas, abdominal pain and diarrhea if consumed in large quantities

**c)** alcohol needs to be avoided after surgery

1. When measuring portion sizes, it is only important to do so prior to surgery. **True or False**
2. When should you weigh cooked meat? **Before or** **After** it is cooked.

1. Once you have surgery, you do not need to worry about the food you eat because **True or False**

Bariatric surgery will cause you to lose weight regardless.

1. One month after surgery, there are no restrictions on alcohol consumption. **True or False**
2. Celery has a high-water content and is a good option once the Soft Diet begins. **True or False**
3. If your bite of food is too large and gets stuck going down, it is okay to take a  **True or False**

drink of water to wash it down.

1. You will be able to eat red meat within 4-6 weeks after Bariatric surgery.  **True or False**
2. After a meal, how many minutes should you wait before drinking?

**a)** 15 **b)** 30 **c)** 45 **d)** 60

1. Which of the following would be skills for your success? **Circle all that pertain.**

**a)** chew for 22! **c)** watch TV or do computer work

**b)** pause between bites **d)**  keep a food log

1. **Match** the Diet Texture with the Correct Diet Stage.

Stage #1: \_\_\_\_\_ Pureed

Stage #2: \_\_\_\_\_ Regular

Stage #3A: \_\_\_\_\_ Sugar Free Clear Liquid

Stage #3B: \_\_\_\_\_ Soft

Stage #4: \_\_\_\_\_ Sugar Free Clear Liquids and Protein Shakes

1. How many minutes of exercise is recommended for most days of the week.

**a)** 10-15 **b)** 30 **c)** 60 **d)** >60

1. Your medications should be discussed with your pharmacist or health care **True or False**

provider before starting or stopping any of them.

1. All of your health care providers should be notified that you are having or have had Bariatric surgery. Why is this important?