

# MEDICAL AND SURGICAL WEIGHT MANAGEMENT PROGRAM

## BEVERAGE TRACKING

Focus on your drinking habits for four weeks to provide information on your current drinking patterns and to build new healthy habits. Fill in a circle in the *Water* column for every 8-ounce glass of water you consume. In the *Other Beverages* column, record other liquids you drink as well as how much (i.e., 2 cups of coffee). Record *Calories Per Serving* and *Total Calories* in the appropriate columns. After four weeks, turn in this form to receive a UW Health Medical and Surgical Weight Management Program water bottle.

WEEK 1

	S	M	T	W	TH	F	S
WATER	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○
OTHER BEVERAGES/ # OF SERVINGS							
CALORIES PER SERVING							
TOTAL CALORIES							

WEEK 3

	S	M	T	W	TH	F	S
WATER	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○
OTHER BEVERAGES/ # OF SERVINGS							
CALORIES PER SERVING							
TOTAL CALORIES							

WEEK 2

	S	M	T	W	TH	F	S
WATER	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○
OTHER BEVERAGES/ # OF SERVINGS							
CALORIES PER SERVING							
TOTAL CALORIES							

WEEK 4

	S	M	T	W	TH	F	S
WATER	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○
OTHER BEVERAGES/ # OF SERVINGS							
CALORIES PER SERVING							
TOTAL CALORIES							

## FOR ALL PATIENTS

### *Caffeine Free*

Caffeine is a gastrointestinal stimulant and can promote dehydration. Absorption of some nutrients is also reduced by caffeine and can put you at higher risk for developing ulcers.

### *Carbonation Free*

Carbonation can bloat the stomach and pouch, and result in trapped gas traveling through the intestinal tract which can be very uncomfortable and contribute to constipation.

### *Calorie Free*

Liquid calories enter into the blood stream very quickly, which will raise your blood sugar and make it difficult to control your weight.

### *Alcohol Free*

After bariatric surgery or during rapid weight loss, alcohol enters the bloodstream VERY quickly, resulting in impairment on very little intake. Consuming alcohol causes dehydration, damages your liver and slows weight loss due to the empty calories.

### *Approved Beverages*

Water, Fruit 2-O, PowerAde Zero and non-calorie brands, Diet V-8 Splash, Crystal Light or other brands, Sugar-free Jello, Diet Snapple (caffeine free), Sugar-free popsicles.

## FOR BARIATRIC SURGERY PATIENTS

### *Separate Liquids*

Practice not drinking liquids with meals and then work up to separating them 30 minutes before and after your meals. If you drink with your meals after surgery, you will risk overfilling your pouch, flushing out food and/or vomiting.

### *Drink Slowly*

Practice drinking slowly. The pouch will be sensitive to being rapidly filled and drinking quickly may result in vomiting.

### *Sip, Sip, Sip*

After surgery it might take you 30 minutes to drink 4 ounces of fluids. It will be easier after surgery if you practice this now.

### *Straw Free*

Do not use a straw as you may drink too fast and take in too much air. It is hard for your new pouch to get rid of the air, which can create a lot of pain and pressure.

*Every 3,500 extra calories consumed in a week could add up to 50 pounds in a year.*