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## Am I Hungry?® Mindful Eating for Bariatric Surgery Facilitator Training Objectives

The Am I Hungry? Mindful Eating for Bariatric Surgery Training is for health professionals who work with pre- and post-bariatric surgery patients.

Am I Hungry? Mindful Eating for Bariatric Surgery Facilitator Training is an online, self-paced program that includes recorded webinars by Michelle May, M.D., a detailed Facilitator Guide, PPTs, supplemental reading, and support tools. For details, see

<http://amihungry.com/train-with-us/mindful-eating-for-bariatric-surgery-facilitator-training/>

### **Upon completion of this activity, participants will be able to:**

1. Define mindful eating and explain how it may help improve outcomes after bariatric surgery.
2. Explain how the Mindful Eating Cycle can help prevent, identify, and resolve common challenges after bariatric surgery.
3. Describe the role of Am I Hungry? Mindful Eating for Bariatric Surgery Program in the context of the multidisciplinary bariatric team for pre- and post-surgical patients.
4. Explain the basic anatomical changes characteristic of the Roux-en-Y gastric bypass procedure
5. Explain the possible alterations to hunger and satiety related to gastric bypass, band, and sleeve and etiology of these changes and how the Hunger and Fullness Scale may differ after bariatric surgery.
6. Explain the general mechanism by which the adjustable gastric band procedure may help with hunger and satiety, and understand how awareness of the yellow, green, and red zones can help optimize the effectiveness of the band.
7. Explain the anatomical change resulting from a vertical sleeve gastrectomy procedure and the potential changes in hunger/satiety and vitamin/mineral absorption.
8. Describe the benefits and potential barriers to physical activity following bariatric surgery.
9. Recognize eating behaviors and symptoms that may not be normal after bariatric surgery such as vomiting and sialorrhea, as well as possible etiologies and management.
10. State three maladaptive behaviors that individuals who have had bariatric surgery may develop to respond to their unresolved eating triggers and the potential consequences of those behaviors.
11. Explain the common fluid guidelines following bariatric surgery and the rationale, including specific recommendations about the types and timing of fluid intake.
12. Explain the role of carbohydrates and guidelines for ensuring adequate intake of nutrient-rich carbs following bariatric surgery.
13. Describe the symptoms, cause, and prevention of dumping syndrome.

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14. Discuss common expectations following bariatric surgery and mindfulness strategies for returning the focus to present moment decisions.
  15. Discuss the importance of eating to nourish and fuel the body after bariatric surgery, while maintaining an internal locus of control for sustainable habits and increased self-efficacy.
  16. Explain the role of dietary fat following bariatric surgery and guidelines for consuming healthy fats.
  17. State the specific nutritional considerations following bariatric surgery and assist individuals to design a personalized plan to meet those needs.
  18. Describe how mindful eating techniques enhance enjoyment of eating and decrease maladaptive eating and potentially dangerous complications after bariatric surgery.
  19. Explain how and why protein requirements in the diet may change after bariatric surgery and discuss strategies for ensuring adequate protein intake.
  20. List the benefits of strength training after bariatric surgery.
  21. Explain how symptoms of fullness may differ after bariatric surgery and how to use mindfulness to decrease overeating.
  22. Explain how vitamin and mineral needs differ after bariatric surgery, including risk for deficiencies, and refer to guidelines for micronutrient supplementation following gastric bypass, sleeve, and band.
  23. Explain how to use the Mindful Eating Cycle to “deconstruct” an episode of overeating in order to develop strategies for prevention and get back to instinctive eating when one has gone off track.
  24. Identify strategies for self-care to optimize overall success and a healthy lifestyle after bariatric surgery.

For questions or additional information, please contact us at [Training@AmIHungry.com](mailto:Training@AmIHungry.com) or 480 704-7811.

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## Am I Hungry?® Mindful Eating for Bariatric Surgery Training Continuing Education

Updated 06/01/2020. For updates and additional information, see <http://www.amihungry.com/train-with-us/mindful-eating-for-bariatric-surgery-facilitator-training/>.

### Credits

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 32 Continuing Professional Education (CPEs) for completion of this activity.

Wellcoaches has approved this activity for 32 continuing education credit hours (CEH).



### Disclosures

Instructor Michelle May, M.D. as owner of Am I Hungry?, P.L.L.C., has a financial relationship with this activity.

There is no provision of commercial support for this program and there is no discussion of off-label usage of products during this activity.

### Michelle May, M.D.

Michelle May, M.D. is a recovered yoyo dieter and the founder of the Am I Hungry?® Mindful Eating Programs and Training ([www.AmIHungry.com](http://www.AmIHungry.com)). She is the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle* that guides readers to eat fearlessly and mindfully. She is also the author of the *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*, *Eat What You Love, Love What You Eat with Diabetes*, and *Eat What You Love, Love What You Eat for Binge Eating*, and *Eat What You Love, Love What You Eat for Students*.

### Margaret Furtado, M.S., R.D.

Margaret Furtado, M.S., R.D. the co-author of *Am I Hungry? Mindful Eating for Bariatric Surgery Workbook and Awareness Journal*, specialized in bariatric surgery at bariatric surgery centers of excellence for over a decade, including Tufts Medical Center, Massachusetts General Hospital, and the Johns Hopkins Center for Bariatric Surgery, and the University of Maryland Medical Center. Margaret has co-authored 3 patient-centered books on bariatric surgery and nutrition, including *Recipes for Life After Weight Loss Surgery* and *The Complete Idiot's Guide to Eating Well After Weight Loss Surgery*. She was one of the authors of the 2008 bariatric nutrition guidelines published by the American Society of Metabolic and Bariatric Surgery. Margaret has spoken internationally on bariatric surgery and nutrition. She is currently attending medical school.