

JUMP START YOUR WEIGHT LOSS

A HEALTHY GUIDE TO KIDNEY TRANSPLANT



University Health System | UT Health Science Center
San Antonio

OVERVIEW

University Transplant Center is dedicated to the success of your kidney transplant surgery. In order to decrease your chances of a poor outcome, please eliminate some of the extra weight in your lower abdomen. Patients with a high Body Mass Index (BMI) have an increased risk for harmful infections and/or kidney loss after surgery.

This booklet was created to help you reach a healthy weight for transplant. Once your goal is met, please have your doctor submit a new referral. Weight loss can positively impact your life by reducing your chances of heart disease, stroke, diabetes, high blood pressure, high cholesterol, pain and depression. Patients who are committed, motivated, and who set realistic goals have a better chance of success.

Let's get started. Please fill out the boxes below:


MY GOAL WEIGHT

A light blue illustration of a platform scale with a circular dial on top and a flat platform at the bottom. The dial has a needle and several tick marks. The entire illustration is contained within a white rectangular box with a dark blue border.

MY HEALTH GOALS

A white rectangular box with a dark blue border and a dark blue header containing the text "MY HEALTH GOALS". The main body of the box is empty, intended for handwritten notes.

MY LIFE PURPOSE

A white rectangular box with a dark blue border and a dark blue header containing the text "MY LIFE PURPOSE". The main body of the box is empty, intended for handwritten notes.

BODY MASS INDEX

Body Mass Index, or BMI, is calculated from your height and weight. It is an indicator of body fat for most adults, with the exception of athletes and the elderly.

You can calculate your BMI with this formula:

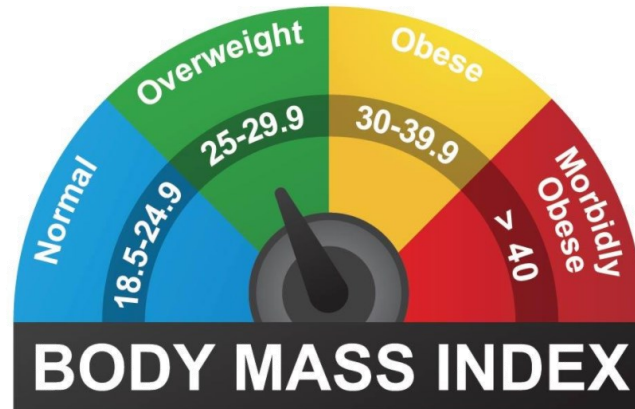
MY BMI

$$\frac{\text{_____} \times 703}{\text{_____}^2} = \frac{\boxed{}}{\boxed{}}$$

(your weight in pounds) (your height in inches)

The Centers for Disease Control and Prevention use BMI to define terms like overweight and obese:

- Underweight: BMI below 18.5
- Normal weight: 18.5 to 24.9
- Overweight: 25.0 to 29.9
- Obese: 30.0 and above



HOW DOES MY BMI AFFECT MY ABILITY TO GET A KIDNEY TRANSPLANT?

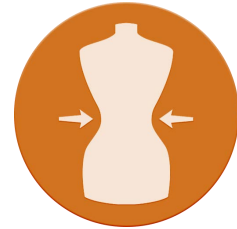
To be an acceptable candidate for a kidney transplant, your standard BMI limit is between 19 and 40.

People with a BMI greater than 35 at the time of transplant have a 40% increased loss of a kidney transplant and a 30% increased risk of death after kidney transplant compared to those with a lower BMI.

Patients who carry a lot of extra weight in the lower abdomen are at risk of having surgical wounds that don't heal well or become severely infected. If your BMI is above the standard limit of 40 you may have to work on a healthier lifestyle to lose weight and achieve a BMI that meets the standard limit of 19-40 for transplant.

MY WEIGHT LOSS PLAN

Speak to your doctor or dietitian before starting any diet or weight loss program. If you are on dialysis, consult with your dialysis dietitian for the best plan for you.



JUMP STARTING YOUR WEIGHT LOSS TIPS

- ⇒ Eat at least three times per day. Pay attention to your body. When you feel like you have had enough to eat, stop. Stop before you feel full or stuffed from eating. You can have more only if you are really hungry.
- ⇒ If you still feel hungry or unsatisfied after a meal or snack, wait at least 10 minutes before you have more food. Often, the craving will go away.
- ⇒ Pick lean meats, low-fat or nonfat cheese, and fat-free or low-fat milk instead of higher-fat/higher-calorie choices.
- ⇒ Get plenty of fiber. Vegetables, fruits and whole grains are good sources. Have a high fiber cereal every day.
- ⇒ Cut back on sugar. Do not drink alcohol.
- ⇒ Keep all food in the kitchen. Eat only in a chosen place, such as at the table. Do not eat in the car or the bedroom or in front of the TV.

FOOD PREPARATION

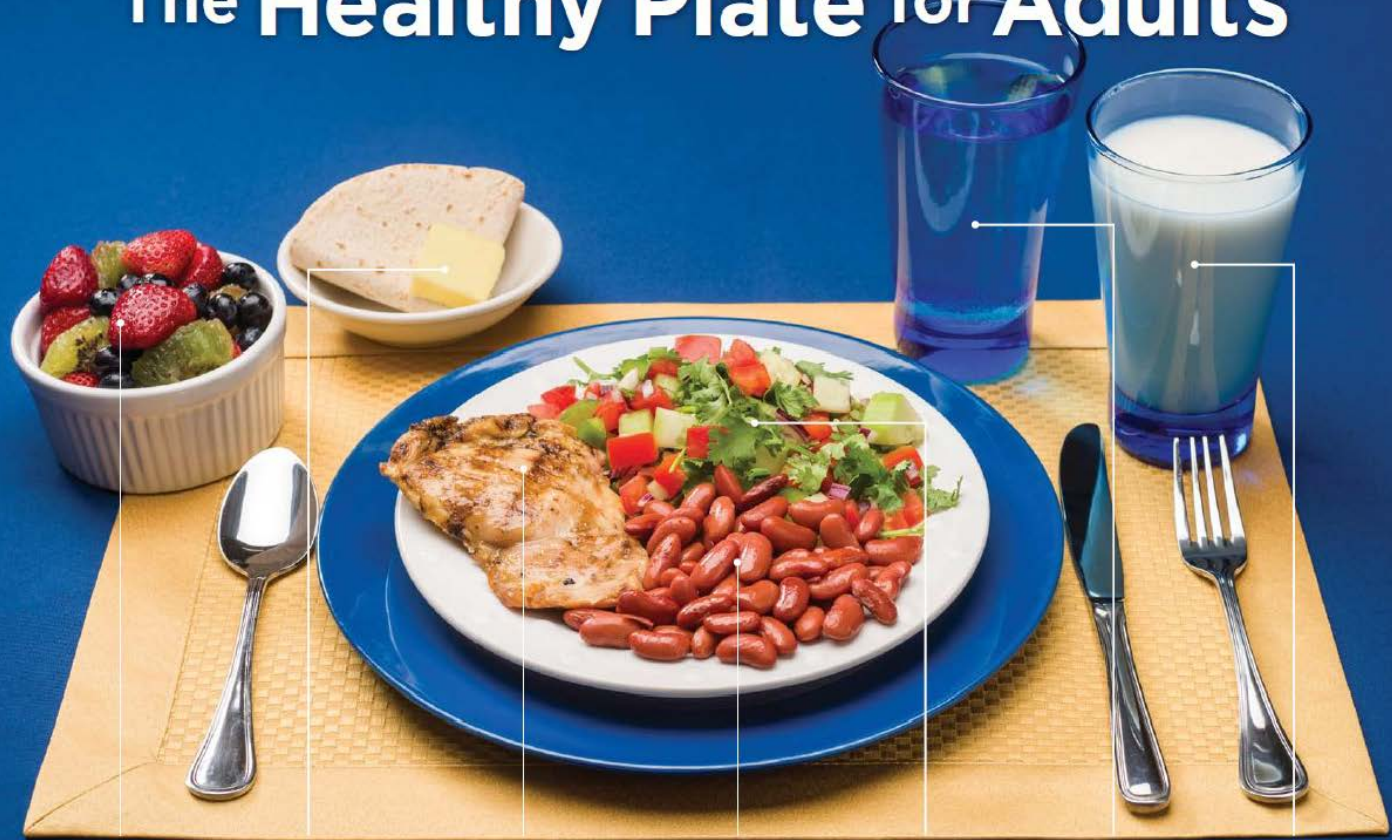
- ⇒ Plan your meals ahead of time.
- ⇒ Use cooking methods that cut calories.
- ⇒ Cook without adding fat (i.e. bake, broil, roast, boil).
- ⇒ Use nonstick cooking sprays instead of butter or oil. You can use broth or fruit juice instead of oil when cooking.
- ⇒ Use low-calorie foods instead of high-calorie ones when possible.
- ⇒ Cook only what you need for one meal.
- ⇒ If you do make extra portions, put them away as soon as they are ready so you can save them for other meals.
- ⇒ Cook when you are not hungry. For example, cook and refrigerate tomorrow's dinner after you have finished eating.
- ⇒ Make fruits, vegetables and other low-calorie foods part of each meal.

PLAN. PREP. EAT. REPEAT.



Visit healthfocussa.net/category/living-well/ for delicious recipes.

The Healthy Plate for Adults



Fruit

One serving per meal

Fat

One serving per meal

Protein

1 to 2 ounces at breakfast
2 to 3 ounces at lunch
and dinner

Starch

Two to three servings
per meal

Vegetables

One to three servings
per meal

Water

Six to eight 8-ounce
glasses per day

Fat-Free Milk

One 8-ounce glass
per meal

MEALTIMES

⇒ FOLLOW THE HEALTHY PLATE FOR ADULT GUIDELINES

- ⇒ Divide your plate into four equal parts. Use one part for meat, one for starch (such as whole wheat pasta, brown rice, potatoes or whole wheat bread), and two for non-starchy vegetables.
- ⇒ Enjoy fruit for dessert instead of cake, pie or other sweets. (If you are on dialysis, ask your dietitian what you can eat and how much.)
- ⇒ If able, drink a glass of water before you eat. (If you are on dialysis, ask your dietitian what you can drink and how much.)
- ⇒ Use smaller plates (i.e. 9 inch sized plate), bowls, glasses and serving spoons.
- ⇒ Do not put serving dishes on the table. This will make it harder to take a second portion.
- ⇒ Serve salad dressing on the side instead of mixing it or pouring onto your salad. Dip your fork into the dressing before you take a bite of your salad.
- ⇒ Eat slowly. Take 1-minute breaks while eating meals. Put your fork down between bites.
- ⇒ Cut your food one bite at a time.
- ⇒ Remove your plate as soon as you have finished eating.



SNACKING

Snacking can be a part of your healthy weight loss. You can eat six times per day as long as you plan what to eat and don't eat too many calories.



MY FAVORITE HEALTHY SNACKS

- ⇒ Plan ahead. Be sure to have healthy snacks on hand.
- ⇒ Keep low-calorie snacks in a special part of the refrigerator.
- ⇒ Good choices include:

1. Reduced-fat string cheese, low-calorie yogurt and fat free milk.
2. Washed, bite-size pieces of raw vegetables, such as carrots, celery, pepper strips, cucumbers, broccoli and cauliflower. Serve with low-calorie dips.
3. Fresh fruit.

EATING AND EMOTIONS



HAPPY



SAD



ANGRY



WORRIED

Do you use eating to deal with feelings other than hunger, such as boredom, being tired or stressed? If you eat for these reasons, here are some other things you can try:

- ⇒ Call a friend for support.
- ⇒ Use inspirational quotes to help you avoid the temptation to eat.
- ⇒ Take a warm bath or shower.
- ⇒ Listen to music or a relaxation CD.
- ⇒ Take a walk.

I eat when I feel:

MY HAPPY PLAN

SHOPPING HEALTHY ON A BUDGET

- ⇒ Check for sales and coupons
- ⇒ Make sure that you go shopping when you are not hungry to avoid impulse buys.
- ⇒ Give yourself time to shop so you can compare prices and make informed decisions.
- ⇒ Stick to your list.
- ⇒ Look high and low for better deals, many expensive items are placed at eye level.
- ⇒ Stock up on brown rice, whole-wheat pasta, dried beans and lentils, frozen vegetables and proteins, like meat, poultry and fish, when items are on sale.
- ⇒ Buy fruits and vegetables canned or frozen that do not have added salt and sugar.
- ⇒ Buy fresh foods, because instant versions cost more. Buy these in small amounts so food is not thrown away when spoiled.
- ⇒ Consider less expensive store brands.

MY GROCERY LIST



FOOD GROUPS 101

- ⇒ **PRODUCE:** Seasonal produce usually offers the best value for your money. However, for produce that is not in season, canned or frozen fruits and vegetables that do not contain added sodium and sugar may be more economical.
- ⇒ **GRAINS:** Count on whole-grain breads, cereals, pastas and other grain products to add variety to your meals at a low cost. Buy in bulk when possible and cook them yourself rather than buying quick-cooking or pre-seasoned varieties.
- ⇒ **DAIRY:** Look for special sale promotions for milk, cheese and yogurt, but avoid purchasing more than you can use by the expiration date.
- ⇒ **PROTEIN:** Calculate cost per serving, not cost per pound, when buying meat, poultry, fish and eggs. Eggs, chicken and turkey are usually your most economical choices. Also consider vegetarian sources of protein like beans, peas, peanut butter and nuts.
- ⇒ **RECIPES:** For healthy recipes, visit healthinfo.universityhealthsystem.com/Library/Recipes/

PECAN WAFFLES



PORK MIGNONS



SAUTÉED APPLES



TIPS TO MOVE AROUND MORE AT HOME AND AT WORK...

- ⇒ Use a pedometer to track daily steps and aim for a goal such as 10,000 steps per day.
- ⇒ Park further from your destination or use public transportation.
- ⇒ Use a standing or walking desk.
- ⇒ Have walking meetings, instead of sitting in a conference room.
- ⇒ Take a brisk walk after lunch.
- ⇒ Rather than send an email, walk to your co-worker.
- ⇒ Stand during phone calls.
- ⇒ Take a walk or play lawn games instead of watching TV.



MY STARTER ACTIVITY LOG

My Goals: (i.e.) 10,000 steps/day _____

Monday: _____

Friday: _____

Tuesday: _____

Saturday: _____

Wednesday: _____

Sunday: _____

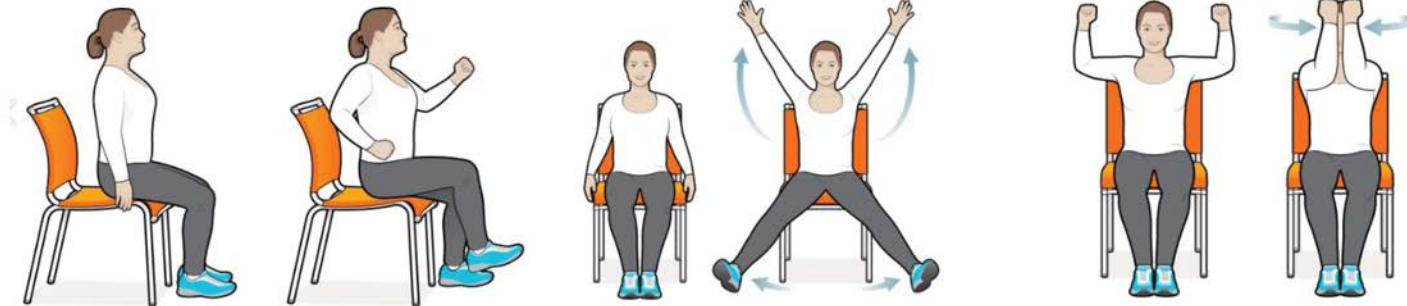
Thursday: _____

HAVE BAD FEET OR DIFFICULTY WALKING?

TRY THIS OPTION:  Sit and Be Fit™

“**Sit and Be Fit**” weekday mornings at 9:00am on your PBS station. Each chair exercise program is carefully researched and designed by Mary Ann Wilson, RN, and a team of physical therapists, doctors and exercise specialists. The series has earned a loyal following due to its effectiveness in profoundly improving the health and wellness of older adults, physically limited individuals and those managing chronic conditions and chronic pain. Visit sitandbefit.org for more information.

MY STARTER CHAIR WORKOUT



FITNESS IN THE PARK

Fitness in the Park is a city-wide program that offers a wide variety of FREE exercise and fitness classes all over San Antonio. Participate in activities at your local park, community center or library to help you achieve your fitness and weight management goals. Visit Fitness in the Park Program - sanantonio.gov for details and class schedules.

Residents outside of San Antonio may visit their city website for free fitness and health programs nearby. City websites are also useful when searching for local parks, healthy cooking classes, and more.



MY FITNESS WEBSITES & CHANNELS

MY PARKS & PROGRAMS



University Health System
Texas Diabetes Institute

The Texas Diabetes Institute offers a variety of services such as:

- ⇒ 1:1 w/Dietitian
- ⇒ Renal Cooking Class
- ⇒ Healthy Cooking Class
- ⇒ Exercise Programs – even for patients who have ambulation’s and are on dialysis.

The monthly healthy cooking classes are taught by registered dietitians in the Texas Diabetes Institute's teaching kitchen. When you sign up for just \$5, you'll receive:

- A cooking demonstration.
- Recipes to take home.
- Food samples.

Some classes are available in Spanish. The \$5 fee should be paid at the Texas Diabetes Institute cashier's office prior to the start of the class.

701 S. Zarzamora
San Antonio, TX 78207
210-358-7100

CONSIDERING WEIGHT LOSS SURGERY? HERE ARE SOME OPTIONS:

UT WEIGHT LOSS

OFFERS FREE INFORMATIONAL SEMINARS

Dr. Richard Peterson hosts free informational seminars at our main clinic at CHRISTUS Westover Hills. If you are interested in learning more about surgical weight loss and how bariatric surgery may help you to change your life, call today.

Westover Hills Medical Plaza I
11212 Highway 151, San Antonio, TX 78251
210-438-8446
<http://utweighloss.com/>

SOUTH TEXAS SURGEONS

OFFERS FREE INFORMATIONAL SEMINARS

Contact their office to RSVP for the seminars. Registering allows them to verify your insurance in advance and give you an accurate estimate of your coverage at the seminar.

414 Navarro, Ste 810
San Antonio, TX 78205
210-220-1726
<http://stxsurgeons.com/>



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