



# Pre-Surgery Nutrition Information

Patient Education

**Every patient will complete a 7 day food log on Baritastic. A written food log is acceptable, if preferred.**

## Baritastic App Instructions

Calorie, Protein, Carbohydrate and Fat Goals

Calories: \_\_\_\_\_ calories/day OR LESS

Protein: \_\_\_\_\_ grams/day OR MORE

Carbohydrates: \_\_\_\_\_ grams/day OR LESS

Fat: \_\_\_\_\_ grams/day OR LESS

### Set Up Baritastic

#### **1. Customize your Goals:**

- Go to “≡” at the top of the screen
- Click “Set Your Goals”
- Enter the calories, protein, carbohydrates, and fats recommended by your provider, click “Save”

#### **2. Send Your Food Log:**

Track your intake for 7 days.

- Go to “≡” at the top of the screen
- Click “My Reports”
- Click “Food Logs”
- Choose “7 days” or “Custom” if your food log is older than 1 week
- Enter your dietitian’s email and select “Submit”

**IN PERSON VISITS:** Be prepared to show your 7 day food log on your phone or present your written food log.

**VIRTUAL VISITS:** You must email your food log to your dietitian using the steps above. You may use other phone apps such as MyFitnessPal and Lose It, if preferred.

If using an alternative app, please refer to the settings to share your diary, email a report, or email screenshots to your dietitian. A handwritten food log is also acceptable.

**NOTE:** Your surgery may be delayed if you do not have your food log prepared.



**My Fitness Pal Instructions ([www.myfitnesspal.com](http://www.myfitnesspal.com))**

Calorie, Protein, Carbohydrate and Fat Goals

Calories: \_\_\_\_\_calories/day OR LESS  
 Protein: \_\_\_\_\_grams/day OR MORE  
 Carbohydrates: \_\_\_\_\_grams/day OR LESS  
 Fat: \_\_\_\_\_grams/day OR LESS

Phone Instructions	Desktop or Laptop Instructions
<p><b><u>1. Customize your Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Go to “ooo More” (bottom right) or ☰ (top left)</li> <li>• Click Goals</li> <li>• Click Calorie &amp; Macronutrient Goals</li> <li>• Click Calories, change to amount recommended by your provider, click √.</li> <li>• Change carbohydrate to 40%, fat to 30-35%, and protein to 25-30%, click √.</li> </ul>	<p><b><u>1. Customize your Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Go to My Home</li> <li>• Click Goals</li> <li>• Go to Daily Nutrition Goals and click Edit</li> <li>• Change calories to amount recommended by your health care provider</li> <li>• Change carbohydrate to 40%, fat to 30-35%, and protein to 25-30%</li> <li>• Click Save Changes</li> </ul>
<p><b><u>2. Add GHP as a “Friend”:</u></b></p> <ul style="list-style-type: none"> <li>• Go to “ooo More” (bottom right) or ☰ (top left)</li> <li>• Click Friends</li> <li>• Click “Add” or “+” (top right)</li> <li>• Choose: Email or MyFitnessPal Username</li> <li>• Type “ghpweightloss” and provide your first and last name.</li> </ul>	<p><b><u>2. Add GHP as a “Friend”:</u></b></p> <ul style="list-style-type: none"> <li>• Click Community</li> <li>• Click Find Members</li> <li>• Type “ghpweightloss”</li> <li>• Click Add Friend</li> </ul>
<p><b><u>3. Allow GHP to view your Diary</u></b></p> <ul style="list-style-type: none"> <li>• Go to “ooo More” (bottom right) or ☰ (top left)</li> <li>• Click Settings</li> <li>• Click Sharing and Privacy</li> <li>• Click Diary Sharing</li> <li>• Choose “Friends Only”</li> </ul>	<p><b><u>3. Allow GHP to view your Diary</u></b></p> <ul style="list-style-type: none"> <li>• Click Settings</li> <li>• Click Diary Settings</li> <li>• Scroll down to Diary Sharing</li> <li>• Choose “Friends Only”</li> <li>• Click Save Changes</li> </ul>

**NOTE:** Being “friends” with GHP on MyFitnessPal is not considered a private form of communication. If you have nutrition questions, please be sure to reach out to your dietitian directly, **NOT** through the messaging capabilities on the app.