

# Optimising Diet Quality & Eating Behaviours in Preparation for Metabolic Bariatric Surgery

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Conflicts of interest:

None to disclose



**Health New Zealand**  
Te Whatu Ora



Address Diet  
Mentality



Address Disordered  
Eating



Ensure  
Nutrition Safety



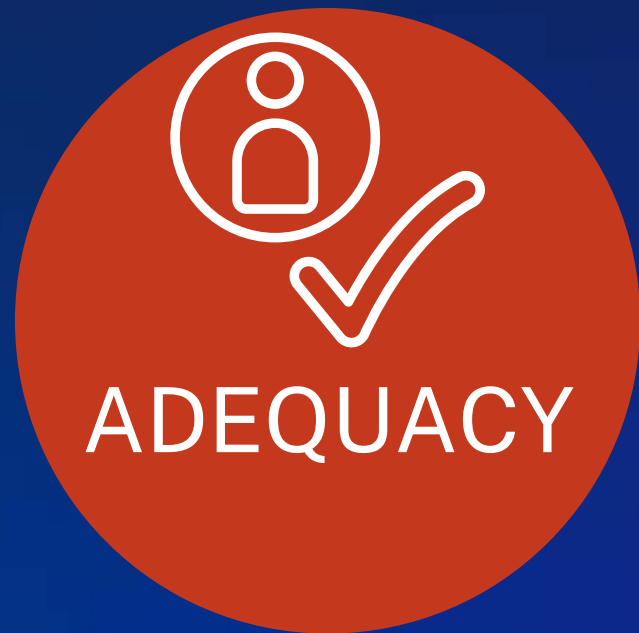
Enable eating in  
different situations



# RAVES Model



**R**



**A**



**V**



**E**



**S**





MEAL ROUTINE



SHIFT  
WORKERS

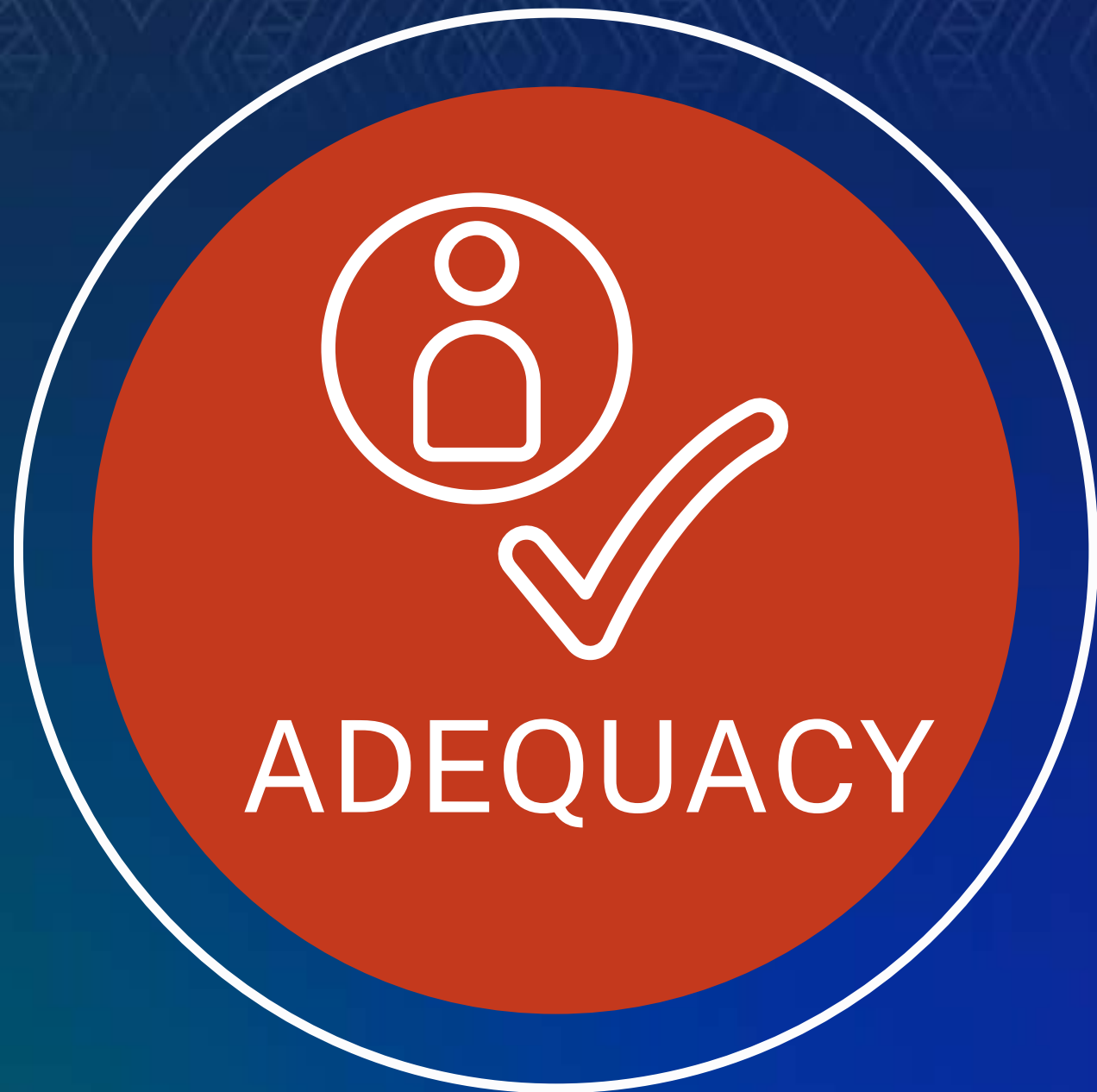


BEING  
PREPARED



MULTIVITAMIN  
MEDICATION





MACRO  
NUTRIENTS



MICRO  
NUTRIENTS



FLUID



SPECIAL  
CONSIDERATIONS





ADDRESS  
GUILT



NO  
'FORBIDDEN' FOODS



ENJOYMENT  
OF FOOD







CULTURAL  
EATING



EATING  
OUT



ALCOHOL



WORK  
EATING





DIET  
FREEDOM



LIVING



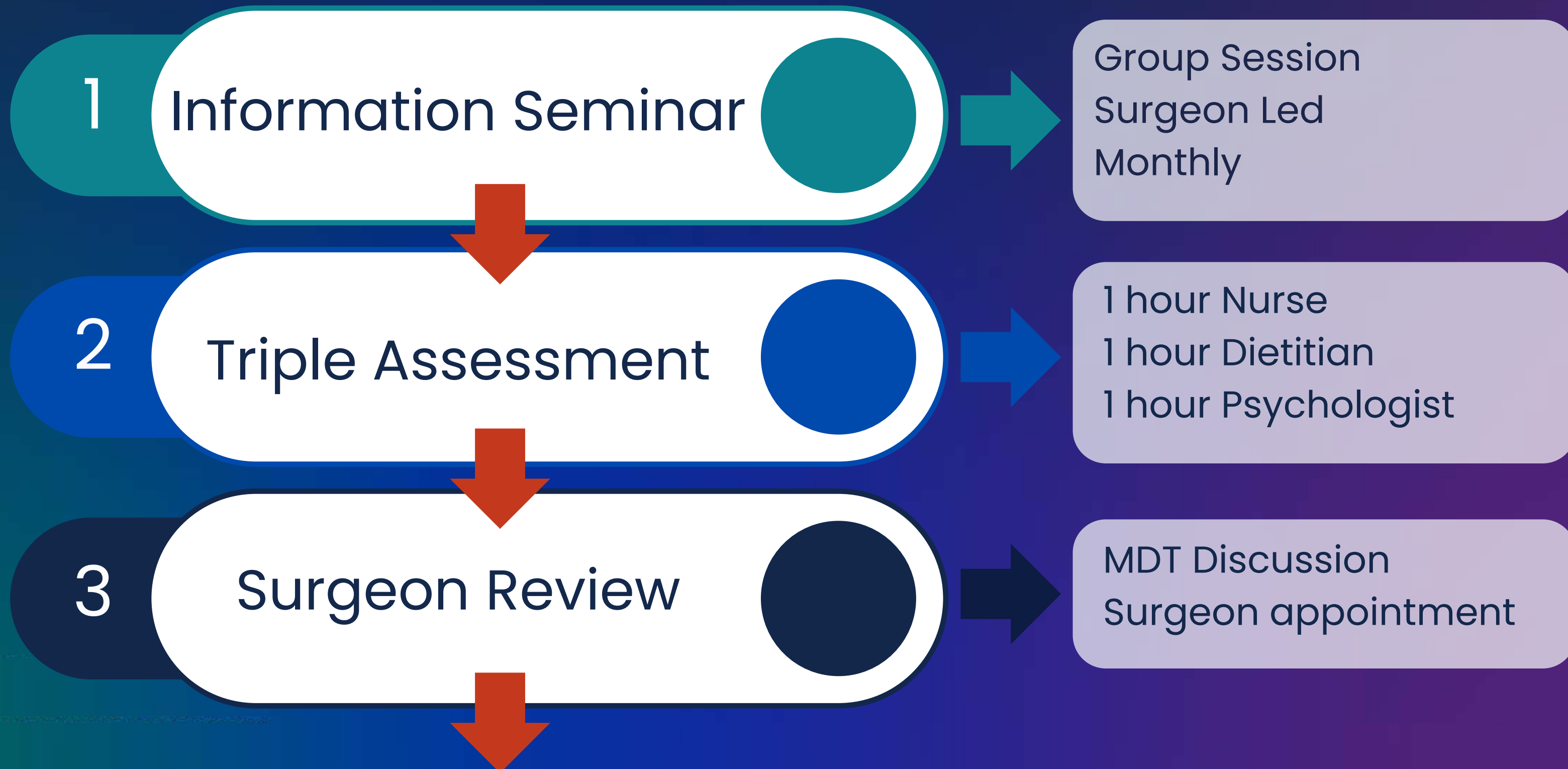
NO STRICT  
RULES



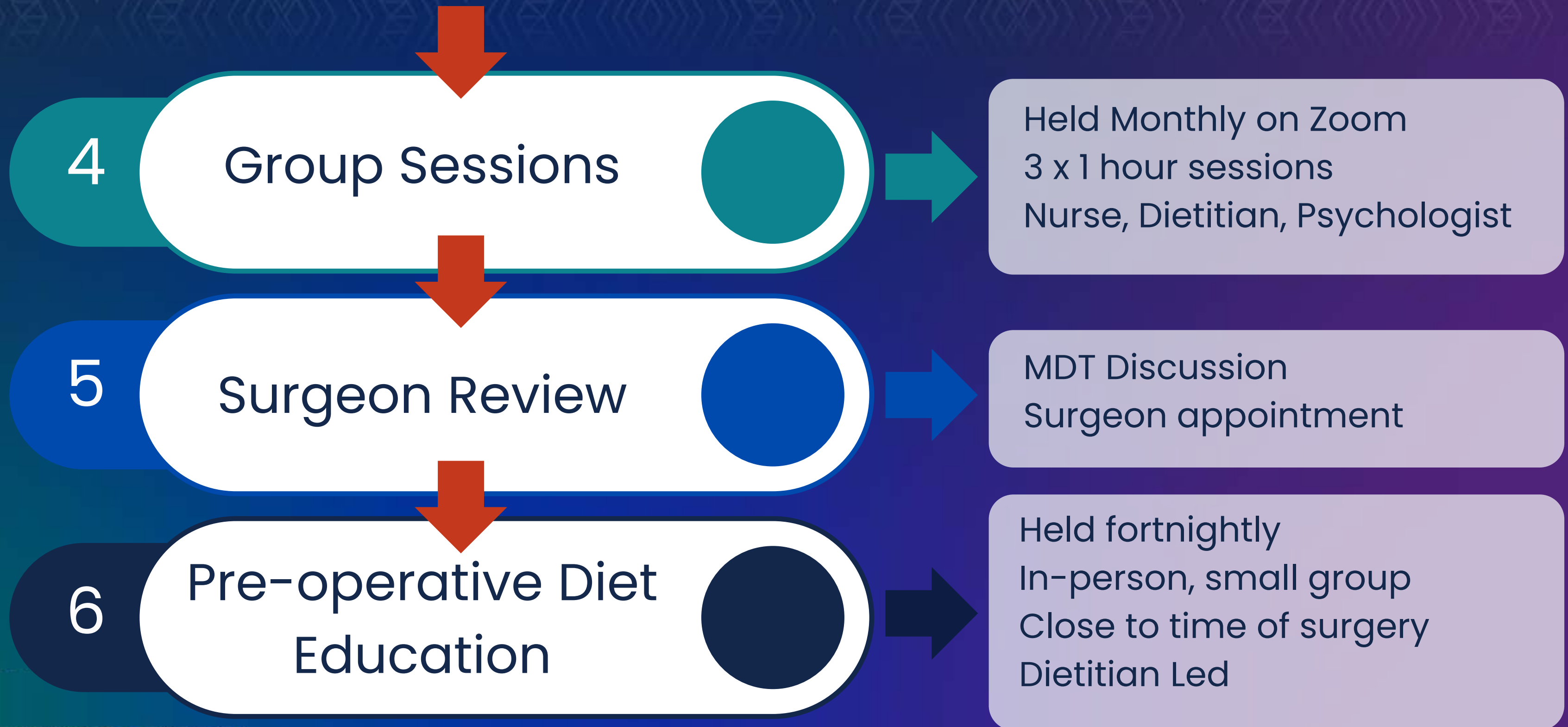
INTUITIVE  
EATING



# Auckland City Hospital Pre-Operative Programme



# Auckland City Hospital Pre-Operative Programme



# Summary



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