

Nutrition After Weight Loss Surgery

Gastric Bypass • Sleeve Gastrectomy • Gastric Banding • Duodenal Switch



TIPS FOR DINING OUT AFTER WEIGHT LOSS SURGERY

SAGE BARIATRIC INSTITUTE

What We'll Cover Today



- Behavior changes for long term success
- Ordering Tips
- Suggestions to keep you going for long term success!



- Eating out is an important social activity for many. Focus on new strategies rather than avoiding the situations all together.
- Keep meals eaten out to a 1-2/week.
- Goal is to feel “light and satisfied” rather than “heavy and guilty” or getting the “best value”.

Behavior Modifications



- First and foremost, do not feel pressured to eat like everyone else. Other diners may order large portions or unhealthy options-don't let that deter you from making healthy choices and achieving your long term goals. They are worth it!
- Eat slowly and chew food to a paste-like consistency.
 - Put your utensils down between bites.
 - Enjoy the company that you are with and engage in conversation.
- Do NOT drink with your meals. Pushes food through more quickly allowing you to eat more. Avoid liquids 15 minutes before meals and about 1 hour after.

Ordering Tips



- Check the nutrition information prior to ordering. Most restaurants have their nutritional information available either online or onsite.
- Ask that bread and butter or chips and salsa not be placed on the table. If others this is not possible due to the other diners you are with, take only a small piece and put on a plate in front of you.
- Small portions...appetizer, kids meal, or al a cart

Ordering Tips



- Know how your food is prepared
 - Nothing fried, pan-fried or breaded
 - Choose grilled, baked, broiled, steamed, roasted, poached, stir fried
 - Choose lean cuts of meat...fish, white meat, loin cuts
 - Ask that your food be prepared without butter or oil
- Substitute side dishes
 - Instead of fries or potatoes request steamed vegetables or a salad
 - ✦ Make sure to request that they are prepared without butter or oil
 - ✦ Request all dressing and sauces on the side
 - ✦ Use oil and vinegar or fresh lemon as dressing

Ordering Tips



- Split a meal or ask for a to-go container at the beginning of the meal.
- Pre-portion out your food
 - 3 ounces (deck of cards size) portion of lean protein
 - 1/2 cup (tennis ball size) of non-starchy vegetable
 - 1/4 cup (large egg size) or less of complex carbohydrate
 - If this is too much then add to your to-go container
- On maintenance phase, avoid “soft” foods as you may end up eating larger portions.

BEWARE



- Salads are not always a healthy choice.
 - Avoid high fat and calorie toppings such as cheese croutons, bacon bits, etc
- Avoid ordering...
 - pasta dishes
 - casseroles
 - stews
 - cream or cheese based soups
 - breaded foods,
 - foods cooked in sauces, butter or gravy

BEWARE



- Chinese, Italian and Mexican can be more difficult to order healthy choices.
- Chinese
 - Ask to be prepared without fat
 - Lean non-breaded protein and vegetables
 - Avoid rice
- Mexican
 - Ceviche without chips/crackers
 - Small portion tortilla soup
 - Watch rice, beans, tortillas
- For other restaurant choice selections, visit our website www.sagebariatric.com
 - Password: fit4life

Tips for Long-Term Success



- **Eat solid food**
 - Runny and crunchy foods may slip through pouch more quickly and leave you feeling hungry.
 - Use protein shakes only on occasion if you feel you get hungry too quickly
- **Limit your carbs**
 - Habit forming and addicting. You may find the more you eat the more you want.

The Crave Man



- David Kessler MD... "Highly palatable" foods -- those containing fat, sugar and salt -- stimulate the brain to release dopamine, the neurotransmitter associated with the pleasure center, he found. In time, the brain gets wired so that dopamine pathways light up at the mere suggestion of the food, such as driving past a fast-food restaurant, and the urge to eat the food grows insistent. Once the food is eaten, the brain releases opioids, which bring emotional relief. Together, dopamine and opioids create a pathway that can activate every time a person is reminded about the particular food. This happens regardless of whether the person is hungry

Tips for Long-Term Success



- **Protein, protein, protein**
 - 60-80 grams per day meat by eating 3-4 ounces of lean protein at each meal
 - Keeps you full and satisfied
- **Limit your snacks**
 - Snacks are typically refined carbohydrates and habit forming
 - If you are going longer than 4-5 hours between meals than consider a protein based snack (low fat cottage cheese, greek yogurt, low fat cheese stick, small apple with 1 T. peanut butter)

Tips for Long-Term Success



- **Journal your foods**
 - I know it makes you cringe but it works!
 - Makes you mindful and accountable
- **Plan your meals**
 - More likely to revert to fast and convenience foods
 - 3500 calories=1 pound
 - ✦ This means consuming an extra 100 calories a day can lead to a 10 pound weight gain in a year.
- **Get your fluids**
 - 64 fluid ounces or 8 cups
 - Stick to calorie free, non carbonated, non caffeinated
- **Take your supplements and have your vitamin levels checked every year.**

Tips for Long-Term Success



- No one is perfect!
 - When you start slipping a little, adjust and get back on track!!
- We are here to support you!



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