

Holiday Eating Survival for the Bariatric Patient



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The Reason for the Season

■ What's it all about?



But, what about...

- Family traditions and ethnic backgrounds related to food that have followed us through life.
- Trama, hardships or losses that make holiday cheer tough to enjoy or even tolerate on some level.
- Awareness that mental and emotional struggles may feel more acute this time of year
- Following a mindset the guidelines related to your nutrition and behavior guidelines for optimal health don't apply from October 31-January 2nd!

How is this year going to be different?

- Food is the “reward” or “treat”. The connection is to people and experiences NOT to the food itself.
- Food provides the immediate gratification for an instant but the stressors and issues return.

MAKE A PLAN NOW THAT WILL HELP WITH YOUR SUCCESS NO MATTER WHERE YOU ARE ON YOUR JOURNEY.

Emotional.

- Think of the season on your own terms. Rethink traditions that may be sabotaging your goals.
 - Replace those high carb treats with other recipes that stay within your guidelines.
 - www.foodcoach.me
 - www.skinnytaste.com
- Find ways to relax and refresh. Get restful sleep.
- Give yourself the gift of working with a counselor on these ongoing feelings or issues. Find a community or group to be a part of this holiday season.
- Be aware of situations that are out of the positive and productive mindset.
- Envision you have a healthy and enjoyable holiday.

Common Holiday-Themed Thoughts

The food looks and tastes so good, how can I resist?

- Imagine yourself overindulging, how would you feel?
- Is a smaller amount satisfying? How will you feel about yourself after?
- Is the taste really worth it? Remember to keep your motivation visible!

A dark blue rectangular box with white text that reads "WHAT IS YOUR MISSION?". The text is written in a simple, sans-serif font and is centered within the box.

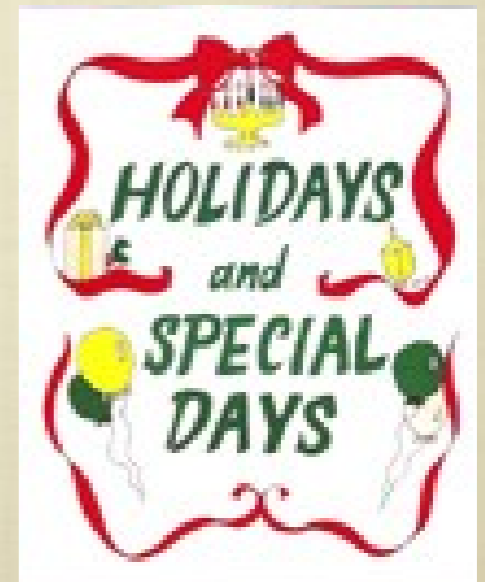
Be Prepared for the Mothers, Pals, and Cops.

- Mothers:
 - “Is that all you’re going to eat?!”
 - “You’re going to starve yourself.”
- Pals who may struggle with your success:
 - “I bet you’re wishing you hadn’t had that surgery about right now.”
 - “Come ON...It’s xxxx”
- Cops:
 - “Are you sure you should be eating that?!”

Common Holiday-Themed Thoughts

This special occasion **ONLY** comes once a year!

- Are you sure about that?!
 - New Year's Day
 - Valentine's Day
 - St. Patrick's Day
 - Easter
 - Memorial Day Cookouts/BBQ's
 - Birthdays
 - Back to school
 - Labor Day
 - Halloween...



Common Holiday-Themed Thoughts

I will return to my normal healthy eating plan tomorrow.

- Otherwise known as the Monday syndrome!
- A small splurge is going to happen but when meals turn into days or weeks, it will sabotage you!

Common Holiday-Themed Thoughts

The best offense is a good defense!!

- Throw out the Halloween candy and “detox” from the sugars! Stay on a lean and green for 3-5 day.
- Let’s get real. The holidays are **INSANELY HARD** for anyone but whether you are preparing for surgery, just had surgery or are years out...how is **THIS YEAR** going to be **DIFFERENT!**



**GAME
PLAN**

Recognize and Identify

- Get out your calendar and write down EVERY situation that may derail you from eating healthy the next few months.
 - Holiday baking...Come up with new traditions/gifts
 - Holiday shopping...Stay fueled by taking healthy options with you.
 - Travel...protein bars/shakes/lean jerky/sugar free drinks. Stay hydrated! Shop when you get there.
 - Holiday Party...can you bring a healthy vegetable dish to share. Eat before you go. Make a plan for your choices. Protein first, then vegetables.

Tips for Staying On Track During the Holidays

■ Dress Nicely

Wear more fitted clothes.

Builds confidence.



Tips for Staying On Track During the Holidays

■ Drink Water



Drink your water prior to arriving/as you're cooking.

Keep it within reach at all times.

Tips for Staying On Track During the Holidays

- **Exercise**
Stay on track.

Don't let holidays distract you from your goal.

“Today is no exception.”

Develop new traditions.



The Day of...

■ Don't "Save Up" Calories

Eat your regular meals during the day.

Arriving starving leads to overeating and creates an emotional snowball!

Can interfere with normal blood sugar levels.

Can be painful for those post surgery.

Tips for Staying On Track During the Holidays

■ Pick the small plate

The power of the mind is unbelievable.

Feeling of eating “normally.”

Doesn't look like an empty plate.



Tips for Staying On Track During the Holidays

■ Food Choices

- Start with the PROTEIN. White meat turkey/ham. “Earn” the rest of the meal by starting with your protein which fills you up, keeps portions controlled and preventing over carbing!
- Move on to healthy vegetables. Take a new dish to share. Modify your recipes.



Tips for Staying On Track During the Holidays

■ Food Choices

Avoid or pick you splurge of 2 Tbsp max:

Cream-based vegetable dishes.

Casseroles with cream/cheese.

Potatoes.

Stuffing/hOMEMADE gravy.

Bread/rolls.

Pie.

Tips for Staying On Track During the Holidays

■ Avoid the Buffet

Don't hang out near the buffet.

Get your plate of food and then leave... as fast as you can... and STAY gone.

Out of Sight... Out of Mind.

Set yourself up for success!

Tips for Staying On Track During the Holidays

■ What About Dessert?

Steer clear of that dessert table.

Go for the fruit.

Have 1 or 2 bites in lieu of other carbs at the end of the meal when you cannot eat as much.

Tips for Staying On Track During the Holidays

■ Alcohol



One alcoholic beverage per 24 hours.

Holidays are no exception.

Toxicity is higher after surgery.

Liquid calories. Even 1 drink per week can slow or halt weight loss!

Tips for Staying On Track During the Holidays

- **Enjoy your food**

SAVOR every bite.



Chew slowly and let your whole self really enjoy that bite.

Get more enjoyment out of one bite, so you don't need 10 bites.

Remember that mindful eating of small bites, chewing well, eating slowly (but keep the meal less than 30 minutes!

Tips for Staying On Track During the Holidays

■ Eating Time is Over

Pop in a sugar-free mint or brush your teeth and leave the food behind. You're finished. No grazing!



Catch up with friends and family.



Be the event photographer.

Offer to help clean up.



Sip decaffeinated hot tea.

Tips for Staying On Track During the Holidays

■ Game Plan:

1. Choose your small plate.
2. Choose your food wisely. Protein first then vegetables.
3. Leave the buffet.
4. Enjoy every bite. Eat slowly
5. Pop in a sugar-free mint.
6. Enjoy your loved ones. Reflect on what you are thankful for and make new traditions!





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