



Eating Out after WLS

PLUS an in-home workout for all fitness levels
with our Bariatric Fitness Specialist, Coach Dezi!


Tuesday, March 15th at 6pm



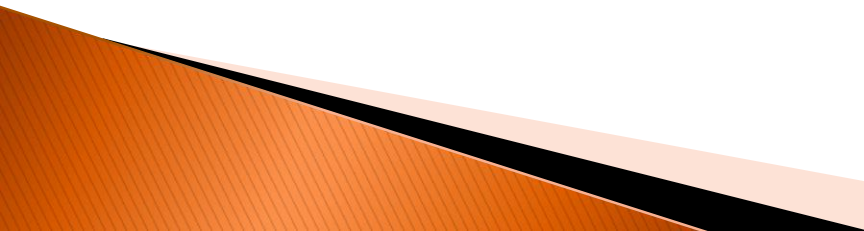
Strategize

- ▶ Your healthy lifestyle **can** include eating out...it just requires a little planning in advance
- ▶ The strategy:
 - Preparation
 - Ordering
 - Substitute
 - Portions
 - Pace of Eating

Preparation

- A healthy lifestyle always begins with a plan
 - Look up the menu in advance and decide before you arrive what you will order
 - Most restaurants are required by law to have all nutrients available online
 - Resist the urge to “save up your calories” for the restaurant
 - This can easily trigger the restrict/binge cycle
 - Resist the “all or nothing” mentality
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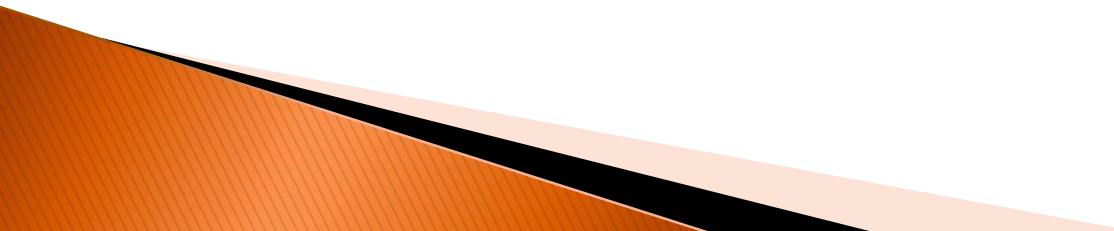
Preparation

- Look at the menu with a new lens
 - ✓ Resist the urge to order what you always order
 - ✓ Consider ALL of the options before making your decision
 - If the menu is not online, you can likely assume that there will be a lean protein option and veggies available
 - What are the lean protein options...?
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Lean cuts of beef

- Top Round
 - Eye of Round
 - Tip
 - Full Cut Round
 - Brisket, Point Portion
 - Sirloin
 - Top Loin
 - Tenderloin
 - Bottom Round
 - Chuck Arm
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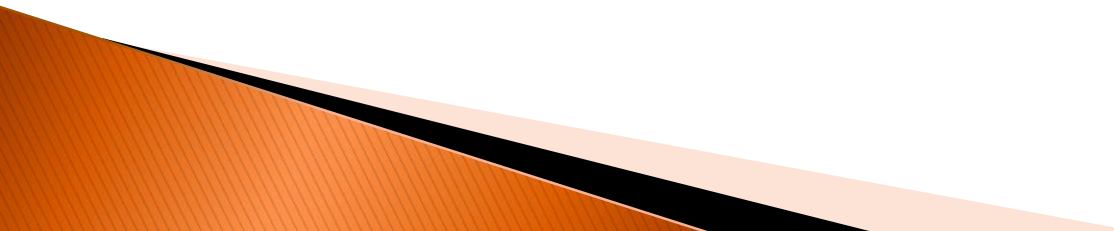
Lean cuts of pork

- Tenderloin
 - Canadian Bacon
 - Boneless Ham, 90–95% lean
 - Center Loin Roast or Chop
 - Leg, Shank & Rump Half
 - Whole Leg
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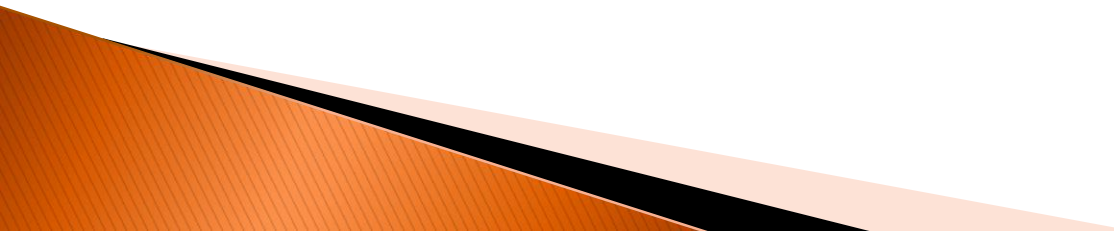
Lean cuts of veal

- Arm Steak
 - Cutlet
 - Blade Steak
 - Sirloin Chop
 - Rib Roast
 - Loin Chop
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Poultry and fish

- ▶ Skinless chicken and turkey
 - ▶ Fish is a great protein source, but be aware of the cooking method
 - ▶ Grilled vs. fried
 - ▶ Always look at the food label if there is one available
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Ordering

- Consider the timing of your fluid intake and your food intake
 - It's recommended to not drink 30 minutes prior to eating and not drinking again until 30 minutes after eating
 - Be deliberate when ordering. **Ask questions!**
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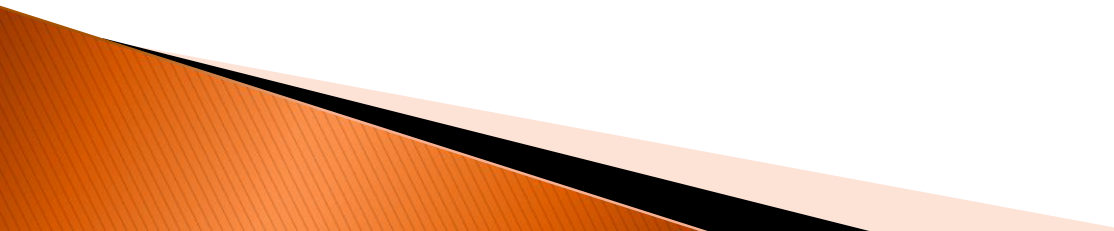
Ordering

- Ask for dressing and sauces on the side
- Clarify the cooking method
- Ask for a box in advance
- Pay attention to the descriptions
 - Lookout for these words: fried, breaded, crispy, scalloped, au gratin, smothered

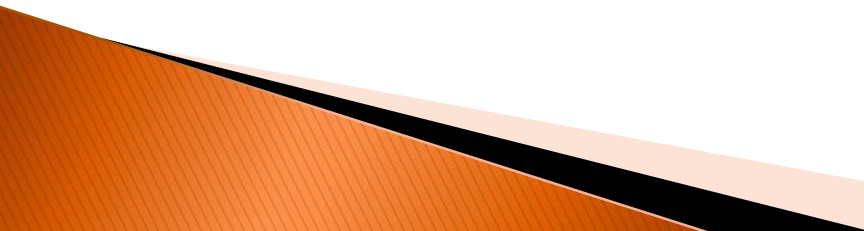
Examples

- ▶ BJ's Enlightened Entrees
 - <https://www.bjsrestaurants.com/menu/enlightened-entrees>
- ▶ Wawa
 - <https://www.wawa.com/fresh-food/nutrition-quality-food/nutrition>
- ▶ Chipotle
 - <https://www.chipotle.ca/nutrition-calculator>
- ▶ Fast food meal calculator
 - <https://fastfoodnutrition.org/fast-food-meal-calculator>

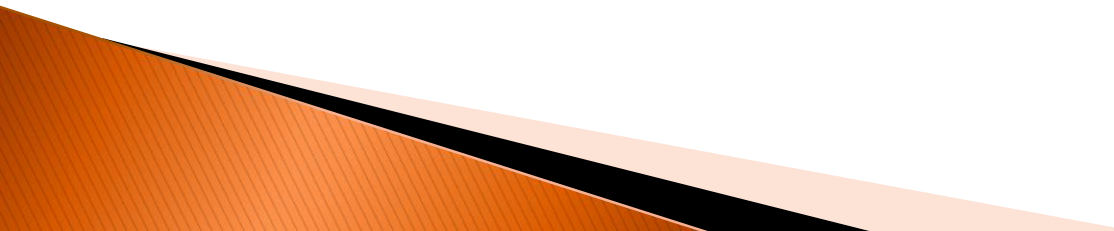
Substitute

- Ask for a side salad with dressing on the side to replace fries in a combo meal
 - Most restaurants honor requests, so don't be afraid to be assertive!
 - Ask menu questions and make special requests to meet your nutritional needs
 - These requests can prevent feeling sick after eating
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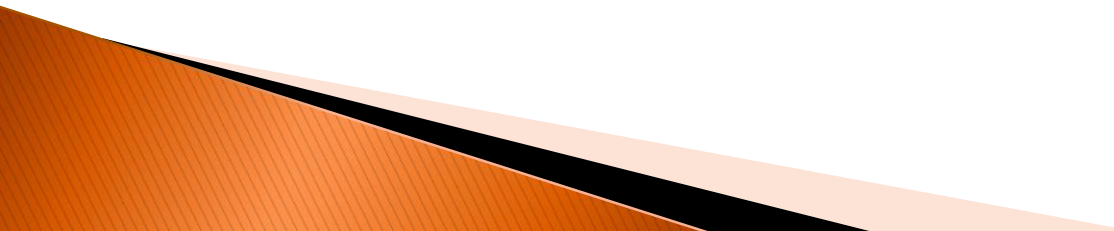
Portions

- ▶ Many restaurants serve huge portions and they are definitely not catered to a post-op patient
 - ▶ You can expect to eat 3–4 different meals when you order one restaurant meal
 - ▶ Eye-balling the appropriate portion after surgery takes practice
 - ▶ Determine the appropriate amount that you will feel comfortable attempting to eat, and scoop the rest into a to-go box for the following days
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Pace

- ▶ Focus on your pace of eating
 - ▶ Don't show up to the restaurant overly hungry
 - ▶ It's easy to become distracted when you're out to eat
 - ▶ Distracted eating can quickly lead to overeating
 - ▶ As always – choose protein first
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Pace

- ▶ It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry
 - ▶ Research has proven that fast eaters have a higher risk of weight gain compared to slow eaters
 - ▶ Create intentional stopping points to bring awareness to your pace and level of hunger/fullness.
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Research states...

- ▶ Highly successful patients = >80% of excess body weight lost and maintained for 5 years at least
 - ▶ 67% of those who **were successful** reported they ate protein first
 - ▶ 64% of those who **were NOT successful** reported eating fast food at least weekly
 - ▶ 54% of those who **were successful** reported they ate at a sit-down restaurant at least weekly
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Preventing Post-op Weight Regain

- ▶ A fully self-paced online program that to help you either PREVENT, MANAGE or REVERSE post-op weight gain.



▶ <http://cassandragolden.com/Post-op-Programs.php>

Gulf Coast Bariatrics Presents,

Free Support Group



EVERY 3RD TUESDAY
6PM TO 7PM

With Registered Dietitian & Licensed Dietitian Nutritionist
Cassandra Golden Sampson MS, RD, LDN, MIEP

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