

*Just in Case*



# 12 Strategies for Ordering or Eating Out After Weight Loss Surgery

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PROMOTING LIFE BALANCE AND WELL-BEING



# Welcome to the Support Group!

## 12 Strategies for Ordering or Eating Out

### During this Support Group, we will:

- ▶ Share 12 Strategies for Ordering or Eating Out After WLS

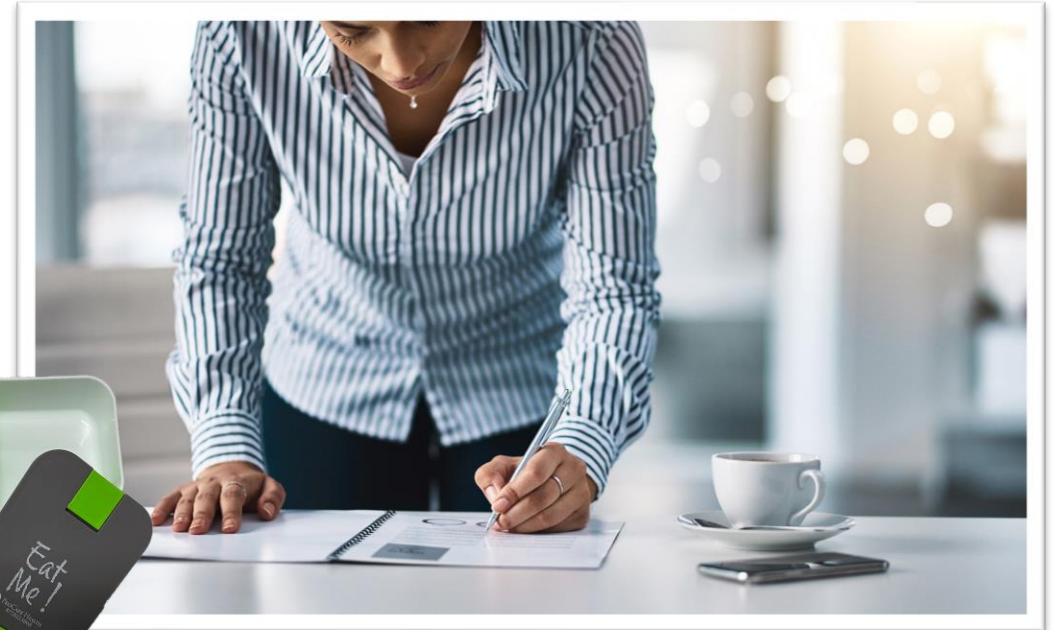


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## 12 Strategies for Ordering or Eating Out

### Plan Ahead

- ▶ **Don't be afraid to speak up**
  - ▶ Add suggestions
- ▶ **Decide what to order ahead**
  - ▶ Look at the online menu or do a pre-visit
  - ▶ Stay away from any regrettable decisions
- ▶ **Don't be afraid to bring something from home**
- ▶ **No need to “fast” before going to the restaurant**
  - ▶ Keep your diet balanced (don't go hungry)
- ▶ **Ask to hold the complimentary appetizers (chips, bread)**
- ▶ **Ask for a to-go box**



## 2 Be Familiar with Menu Descriptions

- ▶ **Breaded, fried, creamed, scalloped, au gratin, and rich** – means extra calories and fat
- ▶ **Poached, roasted, boiled, steamed, or stir-fried** – are usually lower in fat
- ▶ **Feel free to give extra direction on preparation of food**
  - ▶ Place salad dressings on the side
  - ▶ Substitutions (vegetable instead of potatoes, beans instead of rice)
- ▶ **Pay attention to the menu highlights**
  - ▶ Lower calorie or healthier items
  - ▶ Calorie content



### 3 Prioritize Your Protein

- ▶ **Make at least  $\frac{1}{4}$  -  $\frac{1}{2}$  your plate protein**– to keep your meal balanced and to keep you from feeling satisfied, but not over hungry
- ▶ **Choose options that are lean and high in protein**
  - ▶ **Appetizers** (like shrimp) can be made into an entrée
  - ▶ **Entrees** – Can include things like eggs, chicken, fish, beans, or tofu



## 4 Serving Size

- ▶ **Request ½ portions**
- ▶ **Request child's portion** – some bariatric programs offer “restaurant cards” identifying you’ve had WLS
- ▶ **Split an entrée with someone else**
- ▶ **Save a portion and have placed in a to-go container** (+ you can do the same for your drink)



## 5 Ask About Ingredients and Preparation

- ▶ **Ask how the vegetables and meat are cooked**  
– ask if they contain fats such as cream, butter, or sauce
- ▶ **Request that sauces or dressings** be omitted or served on the side
- ▶ **Aim for condiments that are lower in calories**  
– like mustard, pickle relish, balsamic vinegar, or salsa, when applicable



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**Don't Be Afraid to Ask for Substitutes**

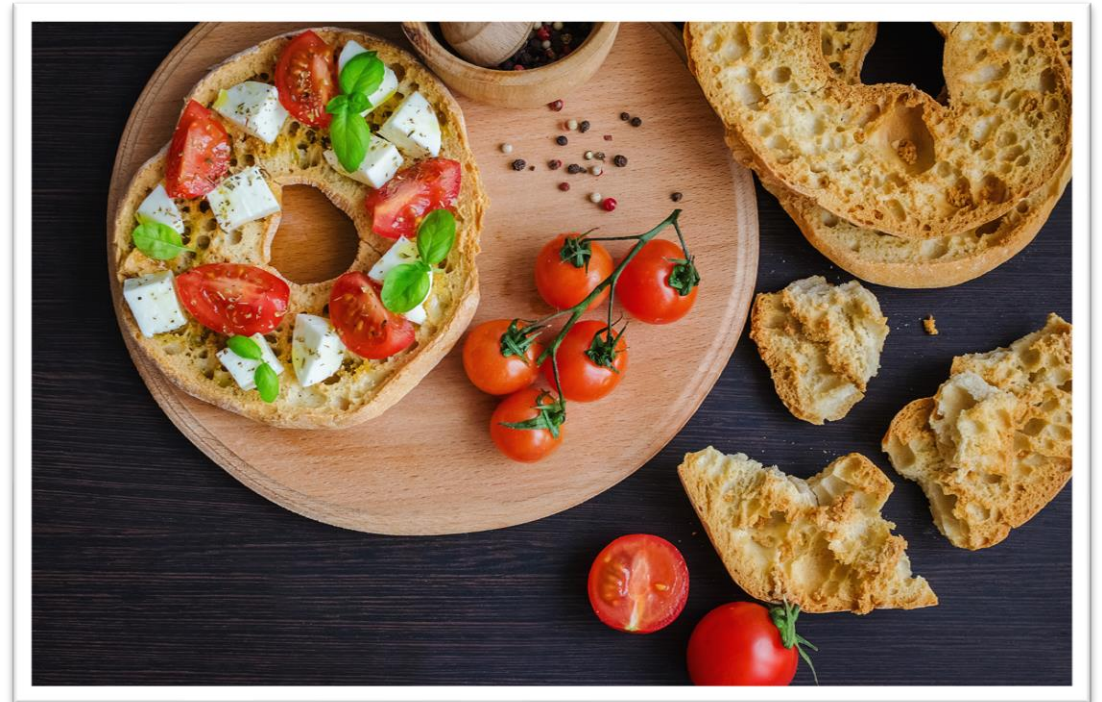
- ▶ **Ask if you can substitute fresh or steamed veggies** in place of rice, pasta, or french fries, or side salad
- ▶ **Light, broth-based soups** – instead of creamy soups
- ▶ **Low-fat milk or non-fat milk** – instead of whole milk
- ▶ **Olive oil** - instead of butter





## 7 Skip Surplus Calories

- ▶ **Eat toppings only** – for example: toppings on appetizers or pizza
- ▶ **Instead of eating breads or chips** – eat saltine crackers or low-fat crackers
- ▶ **Or just practice unnecessary snacking** – skip appetizers and dessert all together



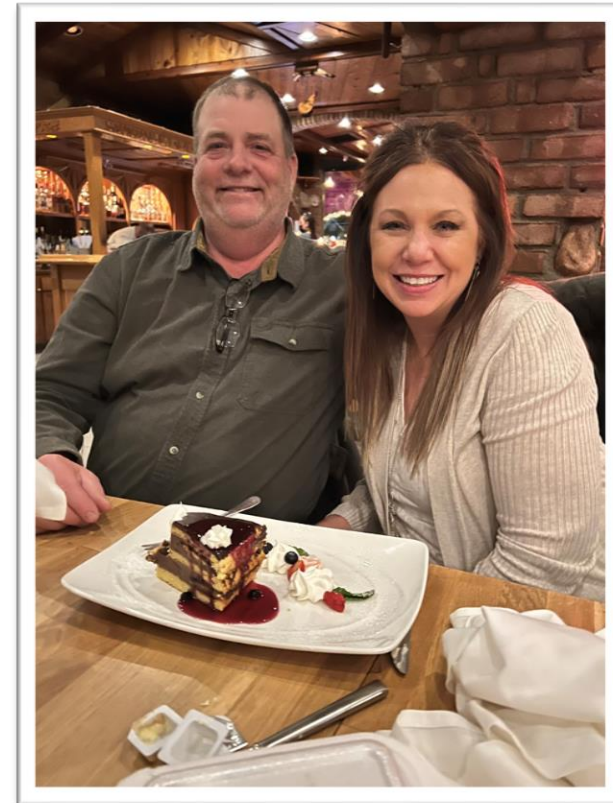
## 8 Caution at the Salad Bar

- ▶ **Salad dressings, toppings, and creamy salads (potato, macaroni, and coleslaw)** – be aware of extra hidden calories and those high in fat – use sparingly, if at all. (May dip salad pieces into dressing instead of pouring it over salad)
- ▶ **Make sure you find quality proteins** to add onto your salad



## 9 Be Intentional With Eating Desserts

- ▶ **Choose if you want dessert...**
  - ▶ **If not-** focus on your entree
  - ▶ **If so** - eat what you most want, either:
    - ▶ Leave the regret, save space and make the taste count (only a few bites may be enough – so share with your partner)
    - ▶ Eat what makes you feel good –something that cures your sweet tooth (puddings, fruit, or applesauce)



## 10 Be Intentional With Your Drinks

- ▶ **Drinking at the same time as eating may overfill your stomach**, making it near impossible to eat your food. So be **deliberate** in your choice...
  - ▶ **If no to drinking** – focus your calories on your entrée
  - ▶ **If yes to drinking** - be purposeful- balancing out food / drink. **(continued)**



## 10 Be Intentional With Your Drinks (continued)

Almost all restaurants serve water.

You choose if you want to drink!

- ▶ **Non-alcoholic drinks** – Drink/sip drinks like water, sugar-free tea, black coffee, and mock-tails (could even include water infused with fruit)
- ▶ **Alcoholic drinks**– After you’ve gone through the initial healing period and you / your bariatric program feel comfortable, some suggestions for drinking might be:
  - ▶ **Be aware that a little goes a long way** – alcohol may affect you differently than before surgery (hitting and spiking blood alcohol levels more quickly)
  - ▶ **Sip** as opposed to slugging
  - ▶ **Lighter versions** may include light beers (if carbonation is tolerated), hard liquor (vodka, gin, or whiskey) mixed with water, lemon, or lime, and/or dryer wines (less sugar content)



# Empowerment

## 11 Make Conversation the focal point

- ▶ Put your focus on the people around you – choose to engage in conversation, laughter, and in developing meaningful relationships



# Empowerment

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## When You Are Done

- ▶ **“EXCELLENT”** - Set your food and drink aside –just enjoy the vibe!
  - ▶ Ask for food to be removed from the table
  - ▶ Stop the grazing
  - ▶ Avoid 2<sup>nd</sup> helpings



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**END OF PRESENTATION**

