

TIPS FOR THE SUMMER AFTER SURGERY

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Our favourite motto when it comes to celebrations involving food is “moderation not deprivation”. Your goal may be to lose weight but this doesn’t mean that you should miss out on socialising, especially in summertime! Read on for our five simple tips on how to exercise ‘damage limitation’ when it comes to picnics, BBQ’s and other outdoor celebrations.

NB We advise avoiding alcohol for three months following weight loss surgery and advocate a diet of nutritious liquids for three weeks followed by pureed foods and then the introduction of soft and crispy textures. This allows your stomach to heal and gets you used to eating with a new, much smaller, stomach. Please speak to your dietitian for more information.

Tip 1) Bring a dish or two! Nobody likes a guest who comes empty handed, so why not turn up with a couple of dishes you know that a) you can tolerate and b) won’t break the calorie balance. A couple of our favourites are; hummus and crudité’s such as carrot batons, pepper sticks and cucumber pieces, as well as a giant couscous salad; couscous is often easier to eat than pasta and rice following weight loss surgery.

Tip 2) Don’t drink (too many of) your calories. Alcohol is unfortunately a source of empty calories, which means it provides a lot of sugar and energy, but no nutrition. Alcohol can also lower inhibitions leaving you more likely to indulge on high calorie foods such as crisps. Plan in advance what and how much you would like to drink, or even better stick to non-alcoholic and sugar-free beverages such as diet lemonade; just remember to add lots of ice and knock the fizz out first, to avoid sickness and so that your new stomach doesn’t stretch.

Tip 3) Use a small plate; so it looks fuller with less food. Eating starts with the eyes and using a small plate can help to trick your brain into thinking that you’re about to eat a ‘normal’ sized meal as it’s full. Following weight loss surgery we encourage using a tea-plate at meals for life.

Tip 4) Position yourself at least 10 feet away from the picnic or BBQ food. And even better face away from the food table, this way having seconds will be less on your mind! If you do have seconds, make a rule that half of your plate must be loaded with vegetables or salad and make sure not to overeat; just one extra mouthful could cause you to be sick which is not how you want to want your night to end!

Tip 5) Pace yourself with a slow eater. Our brain takes around 20 minutes to recognise that we’re eating, so by slowing down eating and putting our knives and forks down between mouthfuls, we are more likely to feel satisfied with a smaller amount of food. Chewing each mouthful of food twenty times before swallowing is another must following weight loss surgery as your new smaller stomach can’t digest food as well.

We hope you have a lovely summer and enjoy every celebration whilst achieving your short and long-term weight loss goals.