

PRACTICAL ITEMS AFTER BARIATRIC SURGERY

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Although you don't need to buy anything new after bariatric surgery, there are a few items which our patients rave about and that help them with their weight loss journey.

FOOD

Bariatric Portion Plate - Since the 1950s plate sizes have been getting bigger, meaning it's easier than ever to portion out more than what you need for your evening meal. Using a smaller plate, on a daily basis, is a great way to not only portion out the ideal amount of food that you need, but to trick your brain into thinking that you're eating more than what you are. Remember to fill 1/2 of it with your protein source e.g. chicken, meat or vegetarian alternative, 1/4 with your vegetables and a 1/4 with your carb source e.g. rice or couscous.

Smaller Cutlery - If you're eating from a smaller plate or bowl then it may be worth trying out some smaller cutlery too. An easy way to start is to use a teaspoon for your morning cereal/porridge or yoghurt/dessert. This will help to slow down your eating, allowing your brain to register the food in front of you being consumed.

Bento Packed Lunch Box - If you're needing motivation to make your lunch for work then you should definitely invest in a lunch box (and a cool bag with ice pack too if you don't have any fridge space to store it). Bento boxes are unique as they have a little compartment for sauces and dressings meaning your salad won't go soggy and it's easy to portion out. I personally recommend choosing the 'light' versions of salad dressings; when it comes to mayonnaise for example you could save almost 90 calories per tablespoon (by switching from regular to extra light).

Recipe Books - There's nothing like a new recipe book to keep your healthy eating journey interesting and your diet varied. There are several bariatric recipe books on the market however most lower calorie recipe books should be suitable once you're more than 3 months post-surgery; you just may want to serve yourself a slightly smaller portion.

Visible Meal Planner - Having a meal planner that you can see easily in the kitchen helps to hold you accountable as to what you're going to have to eat that day. Have a go at planning out your meals for the week ahead on a Sunday, remembering to factor in if you're going to be back late one evening (can you make extras the night before?).

ACTIVITY

Decent Trainers - If you're keen to start walking or even jogging then having good foot and ankle support is a must to not only make you feel comfortable but to prevent injury too. Did you know that trainers should be replaced every 300 miles?

Workout Outfit - It doesn't matter if you're working out at home or in the gym, or just walking; wearing something that you feel comfortable and confident in can make the world of difference to how you feel and can help with motivation for future workouts and walks too. Treat yourself to some new workout clothing that fits (and don't forget a waterproof jacket so the weather doesn't turn into an excuse not to venture out.. we live in the UK after all!).

Headphones - There's nothing like a good podcast or upbeat music to help keep you motivated during a walk or workout. And if you prefer watching TV then why not workout during your favourite programme? I often advise patients to move their workout equipment (usually a bike being used as a clothes horse!) to a room which has a TV in it. You could even use the ad breaks as a water stop!

We really hope these tangible items help in your weight loss pursuit!