

Medically Supervised Weight Loss Program (MSWLP)

Eating out and social eating environments

This section includes:

- Dining Out After Weight Loss Surgery
- Examples of popular meal selections at various restaurants
- Social nutrition eating profile
- Support systems for weight loss

ASSIGNMENT

Answer the questions below:

1. Write down what you want your eating environment to be like. Be specific and include setting, kind of conversation and other descriptions.
2. What are foods to focus on while eating out for weight loss?
3. What are foods to focus on while eating out after bariatric surgery?
4. What is the recommended maximum frequency of eating out per week that supports weight loss?