

# 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

### ASSIGNMENTS | Answer the questions below:

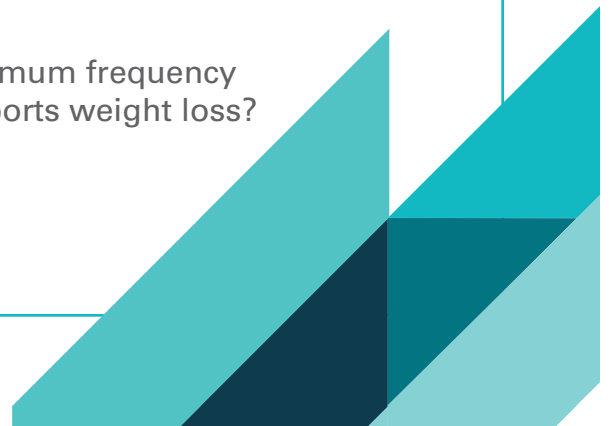
1. Write down what you want your eating environment to be like. Be specific and include setting, kind of conversation and other descriptions.

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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?



# Dining Out After Weight Loss Surgery

Dining out is often difficult after weight loss surgery. Restaurants, fast-food establishments and parties often serve large portions of fatty, salty, and sugary foods. You have less control of the food preparation. An item could be healthy, but the chef that day could use more oil, butter, salt or sugar than the usual recipe. This doesn't mean that you can never dine out. Here are a few tips for dining out:

- Limit fast food to less than once a week. People that lose most of their excess weight after surgery don't eat fast food more than once a week.
- Plan ahead! Look at the menu online and choose places that can accommodate your needs.
- Look at the nutrition facts. Large chains must post calorie info on the menu. Additional nutrient info is usually available upon request.
- Skip the bread basket and other free appetizers
- Don't come hungry! You are more likely to eat quickly and make poor food choices when hungry.
- Look for simply prepared protein entrees and veggie sides. Avoid fried food, cream sauces, and sugary sauces when possible.
- Don't be afraid to make special requests. Ask for changes in food preparation, sauces or side-dishes. You can also request items "on the side."
- Share a dish or box half your plate before you start eating. Request a box when ordering your food. Place the box in a bag and put it out of sight
- Drink plenty of water or calorie free beverages before or after your meal.
- Enjoy the conversation and eat slowly



# Dining Out After Weight Loss Surgery

## DISSECTING A MENU

<b>Names of high fat sauces:</b>	cream or cheese sauce, Alfredo, béarnaise, hollandaise, mayo, aioli
<b>Names of high sugar sauces:</b>	orange, sweet n sour, teriyaki, BBQ, honey
<b>Names of low fat sauces:</b>	tomato or marina sauce, salsa, hot sauce, soy sauce
<b>Other words indicating a high fat item:</b>	breaded, crispy, crunchy, crusted, prime, cheesy, bacon
<b>Words indicating lower fat food preparation:</b>	grilled, broiled, baked, poached, roasted, steamed



# What Can I Eat?

Take a look at popular meal selections at different types of restaurants.  
What could you order instead?

## **Standard American Restaurant**

Popular meal: Cheeseburger, French fries, medium coke, slice of apple pie

Bariatric Friendly meal: \_\_\_\_\_

## **Mexican Restaurant**

Popular meal: carne asada burrito, chips and salsa, medium horchata

Bariatric Friendly meal: \_\_\_\_\_

## **Italian Restaurant**

Popular meal: Spaghetti with meatballs, garlic bread, glass of wine

Bariatric Friendly meal: \_\_\_\_\_

## **Chinese Restaurant**

Popular meal: Orange chicken with fried rice & chow-main

Bariatric Friendly meal: \_\_\_\_\_

## **Thai Restaurant**

Popular meal: PadThai, Thai iced tea

Bariatric Friendly meal: \_\_\_\_\_

## **Indian Restaurant**

Popular meal: Chicken tikka masala (creamy curry), garlic naan, biryani (basmati rice), mango lassi (mango smoothie)

Bariatric Friendly meal: \_\_\_\_\_

# Social Nutrition Eating Profile

(The Healing Secrets of Food: A Practical Guide for Nourishing Body, Mind, and Soul, by Deborah Kesten, 2001)

For each question, check every box in the column that best represents your food-related social dynamic.

## 1. I EAT WITH:

	Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
Coworkers						
Friends						
Family						

## 2. I EAT AT HOME AT THE DINING TABLE.

Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
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## 3. THE SOCIAL ATMOSPHERE IN WHICH I PREPARE FOOD IS:

	Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
Serene						
Pleasing						
Fun						

## 4. WHILE DINING, I CONSIDER MY SURROUNDINGS.

Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
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## 5. I EAT HOMEMADE MEALS.

Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
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SUBTOTAL + \_\_\_\_\_

# Social Nutrition Eating Profile

## 6. I EAT MEALS FROM:

	Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
Fastfood outlets						
Delis/takeout						

## 7. I EAT BY MYSELF

Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
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## 8. WHEN I EAT, I AM:

	Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
Walking, rushing						
At my desk at work						
In my car						
At my computer						
Watching TV						
Reading						
Talking on phone						
Driving						

## 9. THE SOCIAL ATMOSPHERE IN WHICH I PREPARE FOOD IS:

	Never 0	Rarely +1	Sometimes +2	Usually +3	Almost Always +4	Always +5
Hectic						
Tense						
Bland/boring						

SUBTOTAL + \_\_\_\_\_



# Support Systems for Weight Loss

A support system is vital to assist in a successful weight loss journey. According to research, having friends and family members who are supportive of your health, nutrition and exercise behaviors and goals are important for long term success.

## TYPES OF SUPPORT:

**EMOTIONAL:** someone you can talk to when feeling discouraged, accomplished or other emotions that are attached to the journey of weight loss surgery. It is vital to leave space to communicate what you are feeling throughout this process. It might be necessary to have a formal emotional support system through a therapist or group support group that meets regularly.

**PRACTICAL:** examples of practical support include a method to provide childcare while you exercise, a ride to the grocery store to assist in meal preparation, someone to eat with you at the table while you try to limit grazing and/or snacking.

**INSPIRING:** a person that reminds you of your larger goals on your weight loss journey when watching TV or drinking your soda seems like the better option. Finding someone that encourages you to exercise when sitting on the couch is the more appealing option.

Write down examples of types of support you can put in your life for your weight loss journey:

Emotional: \_\_\_\_\_

\_\_\_\_\_

Practical: \_\_\_\_\_

\_\_\_\_\_

Inspiring: \_\_\_\_\_

\_\_\_\_\_