

TIPS FOR HEALTHY DINING AFTER WEIGHT LOSS SURGERY

Fast food is a multimillion-dollar industry, and there is competition among the chains for your dollar. We live in a high-stress world today, and you can always count on food to be there. So how do we modify our meal choices after surgery and continue to socialize with our friends and family in that situation?

BEFORE YOU GO: Choose your restaurant wisely.

- Avoid those that emphasize fried foods.
- Go to restaurants with low-fat and/or vegetarian options.
- Do not choose all-you-can-eat or buffet restaurants.

WHEN YOU ARRIVE: Avoid high-calorie appetizers and drinks.

- To reduce temptation, eat a light snack before you go (fruit or fat-free yogurt).
- Never arrive to the restaurant starving!
- Make sure you stop drinking your beverage one half-hour prior to your meal served.

BEFORE YOU ORDER: Look for items which are prepared with less fat.

Key terms for lower fat items:

Steamed	Mesquite grilled	Round or loin cuts of meat
Broiled (dry, in lemon juice, or wine)	Poached	In its own juice
Charbroiled	Roasted	Tomato sauce
Barbecued	Stir fried	Marinara or Marsala sauce

Key terms for higher fat items:

Fried/crispy	Creamy/creamed	In its own gravy
Pan fried/hash	Buttery/buttered	Hollandaise or Alfredo sauce
Sautéed	Au gratin	Cheese or meat sauce
Breaded	Pot pie	
Escalloped	Prime cuts of meat	

WHEN YOU ORDER: Ask questions, and make low-fat requests.

- Ask whether or not the food is prepared in oil or with butter/margarine.
- Ask if they have vinegar, lemon juice, or other low-fat salad dressing.
- Request sauces, gravies, and salad dressings on the side or leave them off.
- Request that butter, margarine, and sauces be left off vegetables.
- Order sandwiches and burgers without mayonnaise or special sauces.
- Ask for low-fat foods to replace high-fat foods, for example, a baked potato instead of French fries.
- Ask for steamed vegetables, green salads, or fresh fruit instead of creamy vegetables or salads.
- Request broiled, poached, or steamed rather than fried.

- Order from the low-fat or low-carb menu. You may try the children's menu if it contains low-fat food items.
- Be assertive! Most servers are trained to honor your preferences.

BEFORE AND DURING THE MEAL: Control how much food you eat.

- Order small servings.
- Create a meal by ordering an appetizer, soup and salad, or a few side dishes instead of a large entrée.
- Share the meal with your friend or family.
- Ask for a take home box or bag if a whole entrée is purchased for a later meal. Put away 2/3 of the meal before you start eating.
- For a dessert, try some fresh fruit.
- Eat slowly and chew your food thoroughly. Enjoy the convenience, company, and other aspects of dining out besides the food.

DURING THE MEAL: Make your own modifications.

- Trim all visible fat off meat.
- Take the skin off the chicken.
- Do not add butter or margarine.
- Dip your fork into the salad dressing before each bite instead of pouring it all on at once. You will get just enough dressing for flavor but less fat.
- Eat the protein food first.
- Avoid high caloric, carbonated, and sweetened beverages.