

SNACKING

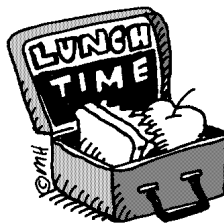
BYPASSING SURGERY

Surgery helps you to lose weight because it restricts how much food it takes for you to feel full. But if you snack, pick, nibble, graze or do 'kitchen drive by' (where you are looking for food every time you walk in the kitchen), you will eat around the surgery by constantly drizzling in calories versus getting full on a small, mini-meal.



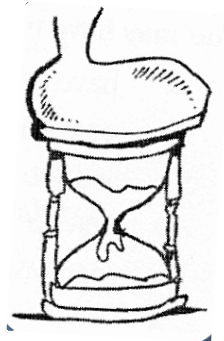
ARE YOU HUNGRY?

Hunger isn't the only reason we eat. We also eat because we are happy, sad, angry, bored, stressed, or tired. We eat because 'it is time' or 'we deserve it', or 'it's there'. We eat to participate – in a celebration or social event – or to be polite. We eat because we aren't paying attention or we're busy or our finances limit other choices. We also eat because food feels good, smells good and tastes good!



FEEL FULLER LONGER

Think of every eating occasion as a 'meal' since meals are designed to fill up your anatomy, creating a sense of fullness. Solid foods with **protein** and **fiber** sit and keep you feeling fuller longer. Look for the cues that trigger you to eat when you aren't hungry. Then, take control by planning meals at regular intervals to minimize grazing out of hunger and create an environment free of triggers.



Watch Out!

What do you think of when you say SNACK?

- Food from a gas station or vending machine
 - Food that can be eaten with your fingers
- Food that can be eaten while standing, walking, driving or sitting at the desk or computer
 - Junk food

Using the word MEAL instead of snack will help you make better choices.



Get Out of Grazing

Start off with a plan

- Eat breakfast within 2 hours of waking
- Have a meal (protein + fiber) every 3-5 hours to prevent getting too hungry
- Use small silverware and plates, eat slowly, pause often
- Start each meal by first assessing how hungry you are
- Keep a food journal and record every bite

Turn off external triggers

- Sit at a designated eating place for meals – NOT in front of the TV or computer or in the bedroom or at your desk
- Grocery shop only from a list or online and when you aren't hungry
 - Keep trigger foods out of the house
- Don't keep foods on counters or where you can see them and promptly wrap up leftovers
 - Brush your teeth or chew gum while preparing meals and/or right after eating

Avoid eating your emotions

Most people eat out of stress, boredom or sadness. To cope with these emotions, try:

- Deep breathing, meditation or prayer
 - Journal writing
 - Yoga, stretching or exercise
- Talking or 'venting' to a friend or record a conversation with yourself – most of the time you will arrive at an epiphany or constructive plan

Seek Support

- Bariatric surgery support group meetings or post-op classes
- Behavior medicine group therapy
 - Individual counseling
 - Church or spiritual groups