

Dining out after Bariatric Surgery

We all like Dining out! We enjoy the food, atmosphere and the companionship whether it is with family or friends! **If you have time: plan in advance** and look up the nutritional content before going out!

If not, most restaurants have the healthy entrees marked, either with a **heart, a star or in a separate** section. It's great to share with A friend or family member (great portion control and ½ the price)! Try to eat half, go ahead & ask for a to go box, order off kids menu, use your **bariatric surgery card** if they accept it

Try to remember some basic tips. Ask for the condiments to come on the side and not on top of your food. Do not ask for extra servings of condiments like sour cream, butter, white sauce, whip cream and ranch dressing. Be aware of your condiments, how the food is prepared, etc...Mustard, vinegar, pickle relish, and lemon add no extra calories. Salsa and ketchup only contain 10-20 calories per serving.

Choosing the regular version of condiments typically 1-2 Tablespoon has 100 calories or more.

Choosing the light, lower fat or fat free versions can save you tons of calories everyday!

Few examples: Item	Regular version	light version	fat-free version
Butter	100 calories	50 calories	N/A calories
Margarine	100	25-50	0-5
Sour cream	60 +	35	25
Mayo	100	50	10
Miracle whip	40	25	15
Salad dressing	150 +	45-70	10-15
Cream cheese	100	40	15
Syrup	200	100	30

Choose baked, grilled, broiled or steamed versus fried meats. As a fried food may contain 300-400 calories per serving but the baked or grilled version may only have 100-200 calories per serving. Choose a Marina sauce versus an Alfredo sauce. With most restaurants, one dish of Spaghetti with meat sauce may contain 500 calories but Chicken Alfredo Fettuccini can have anywhere from 1000-1500 calories!

Of course we cannot forget about our favorite coffee shops!

Flavored syrups, 1 pump has 20 calories and 4 pumps 80 calories.

Sugar free syrup has N0 calories.

Whipped cream can add an extra 70 calories per serving.

Whole milk 1 cup 150 calories versus non fat milk 1 cup is 50 calories.

Be careful with Starbucks and MacDonald's flavored coffees

The Café Au Lait, Grande with fat free milk and no sugar contains only 70 calories.

The Skinny Vanilla Latte is a winner with 130 calories versus the regular Vanilla Latte with whole milk and foam with 280 calories.

The Grande white chocolate mocha with whole milk and whip cream has over 500 calories.

Regular coffee with cream and sugar contains about 150 calories but if it was made with a sugar substitute and fat free milk, it may only contribute about 20 calories.

You can still have your favorite coffees without the extra calories if you use a sugar substitute versus sugar, fat free milk versus whole milk, sugar free syrup and no whip and choose decaf most of the time

Choose Items that are great for your taste buds and your waist line!

The healthiest choice is to avoid fast food venues in the first place: but if you go---
Recommended Choices

- **Burger or Chicken chains**
 - Regular, single-patty hamburger, no mayo, special sauce, or bacon
 - Grilled chicken sandwich (not fried), no mayo or see if have light mayo
 - Fresh garden salad with grilled chicken, low-calorie dressing.
 - Egg on muffin, or on a bun or plain..... but not in a biscuit.
 - Baked potato, no sour cream or butter or only use half of what is given (vs. French fries)
 - Fresh apple slices (no caramel dip)
 - Side garden salad with low-calorie dressing
 - Yogurt parfait (instead of a milkshake)
 - Order a small bowl of chili.
 - Mashed potatoes instead of french fries
 - Choose grilled chicken instead. Fried chicken contains a lot more calories and fat.
 - Ask for extra veggie toppings on your sandwich.
- **Mexican chains**
 - Grilled chicken soft taco (vs. crispy shell chicken taco)
 - Black beans (instead of refried beans)
 - Shrimp ensalada
- **Sub sandwich chains**
 - 1/2 of Six-inch sub or kids sub and don't eat all the bread
 - Lean meat (roast beef, chicken breast, turkey, ham); not high-fat meat
 - Lower-fat cheese (Swiss or mozzarella)
 - Low-fat dressing or mustard instead of mayo
 - Whole-grain bread (or take the top slice off your sub and eat it open-faced)
- **Asian chains**
 - Egg drop, miso, wonton, or hot & sour soup
 - Steamed, roasted or broiled entrées
 - Steamed or baked tofu (not deep-fried)
 - Lighter sauces (ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce) not sweet and sour sauce or regular soy sauce
 - Steamed brown rice
 - Edamame, cucumber salad, stir-fried veggies; no fried or crispy noodles

For additional information visit www.Livestrong.com or myfitnesspal.com or [pinterest](https://www.pinterest.com) etc....

EXTRA NOTES OR QUESTIONS????

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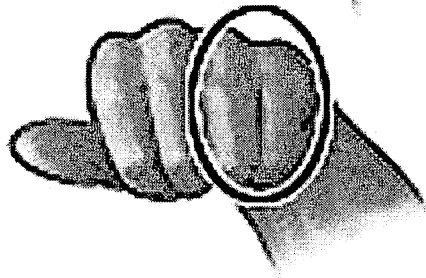
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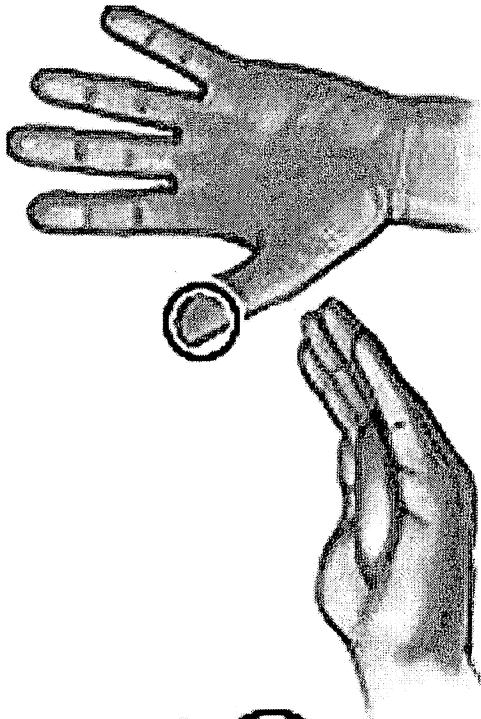
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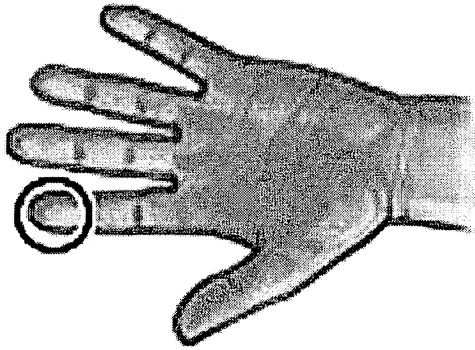
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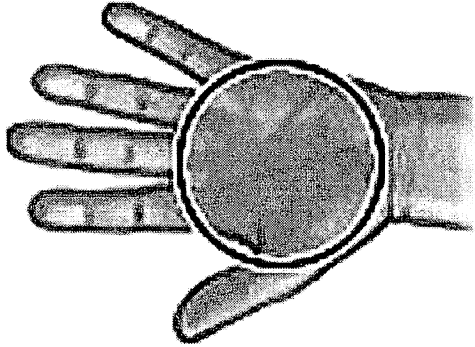
1/2 cup



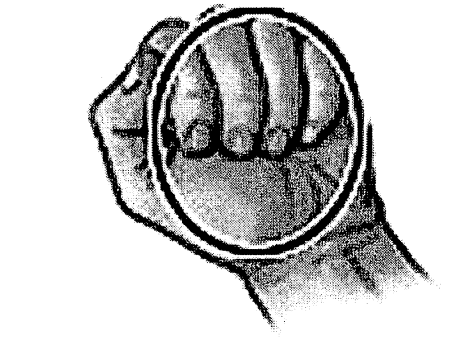
1 oz



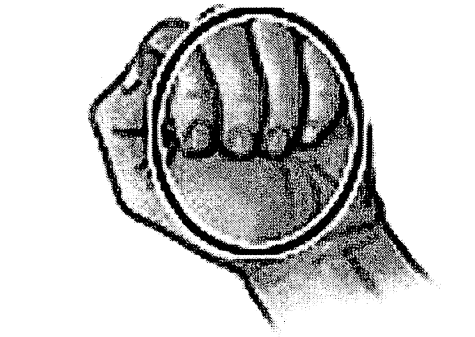
1 Tbsp



1 tsp



3 oz



1 cup