

Pre-Op Goals

Food and Drink Related Goals

- Track calories to achieve pre-op weight loss requirement.
- Eat 3 distinct meals a day
- Avoid grazing on processed foods. Snacks should be vegetables, fruits, and/or lean protein
- Take small bites, eat slowly and use the hunger/fullness scale. When reach a level 5, take one more bite and call it a meal. Food may be left on your plate
- Practice the Plate Method at lunch and dinner: Fill half your plate with nonstarchy veggies; include 4-6 oz. of lean protein; add 1/3-1/2 cup healthy carb (starch or fruit).
- Reduce carbonated, sweetened, caffeinated and alcoholic beverages with the goal of eliminating; increase water
- Reduce eating out (restaurants, fast food places, cafeterias) to once or twice a week.

Activity Related Goals

- Begin some sort of exercise each day even if just for 5 minutes (purposeful walking, swimming, exercise videos, etc.)
- Reduce your total sitting time by planning activity breaks. Activity breaks decrease stress and can decrease stress eating.
- Park your car farther than usual from your destination
- Take the stairs instead of the elevator.
- Keep an exercise journal.
- Start taking a daily multivitamin (no gummies) and a daily calcium with vitamin D

Behavior Modification Goals

- Eat at the table with no distractions such as TV, computer, phone.
- Pre-plan your meals and practice meal prepping. Use smaller plates and bowls.
- Make a shopping list and don't go to the grocery store hungry.
- Organize pantry, cabinets and refrigerator so that healthy foods are seen first and less healthy foods are not immediately visible.
- Practice sipping beverages-not gulping)
- Practice no liquids 30 minutes before meals, during meals and 30 minutes after meals.
- If you have eating linked to stress, boredom or habit, unlink them and relink with another activity.
- Avoid eating while standing, while in a car or while in front of a screen.
- Practice delayed gratification. When reaching for an unhealthy food, snap your fingers and set a timer for 10 minutes. When the timer goes off, ask yourself if you still want the food.

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