

Back On Track Checklist

NUTRITIONAL ISSUES

- Are you still engaged with your dietitian?

- Are you controlling your portion sizes?

It can be useful to check your portions – get out your measuring cups, small plates and scales if you need to.

- Are you eating beyond the point of feeling satisfied?

Try not to see how much you can fit, but rather how little you need to feel satisfied.

- Are you eating too quickly?

It can be hard to stop at 'satisfied' if you eat too quickly as you can miss the subtle cues your body gives you. Remember a small meal should take you at least 10 minutes.

- Are you taking too long to eat your meals?

Eating over an extended period of time can lead to eating larger portions. As food passes through into your intestine, this leaves room for more. Try not to 'graze' at a meal any longer than 20 minutes.

- Are you drinking with meals?

It is important to keep fluids at least 30 minutes away from meal times or it can 'wash' food into your intestine leading to poor satiety and potential over eating.

- Are you consuming adequate protein?

It is important to include a minimum of 60g of protein each day to support weight loss (your individual requirements may be higher than this). Use an app such as Easy Diet Diary or My Fitness Pal to check how much protein you have each day.

- Are you relying on soft, wet dishes (such as casseroles and stews) and liquid meals?

These foods pass through to your intestine faster, therefore are not as satisfying as more solid foods

- Are you including excess indulgences?

Little treats such as chocolates, lollies and crisps chew up easily, slide down easily, don't take up much room, but can easily provide excess calories. Take care to limit your intake.

- Are you including at least 1.5L of low energy fluid each day?

- Are you drinking your energy (calories or kilojoules)?

Try to limit all high energy fluids such as juice, cordial, sugary hot drinks and alcohol as these are quick to consume, don't leave you satisfied and can make weight loss a challenge.

- Are you grazing?

It is so important to avoid grazing following weight loss surgery. Energy quickly adds up in each of those small mouthfuls, but your body doesn't give you the cue to stop. Ensure all food is plated and you sit down to eat.

Back On Track Checklist

MENTAL HEALTH ISSUES

- Do you experience mental health concerns? Do you have professional support for these concerns?

If you don't have a psychologist in your support team to help with your journey, ask your GP whom they would recommend. Alternatively, head to www.psychology.org.au. Go to Find a Psychologist and then search for a psychologist under Weight Management.

- Are you eating to manage emotional challenges?

Remember, if the problem is not hunger, the answer isn't food. Food only masks the emotion short term. Try to use non food comforts when you are experiencing hard emotional times.

- Are you actively participating in a weight loss surgery support group or network?
- Are you seeking the support of friends and family to help you stay on track?

PHYSICAL ACTIVITY

- Are you including regular physical activity?

Regular meaning three to four times per week, for at least 30 minutes.

- Are you including moderate to high intensity activity?
- Do you need assistance to help formulate a plan to increase your activity?

Speak to an Accredited Exercise Physiologist (AEP) to have an exercise program tailored to your needs. An AEP is a university qualified allied health professional. They can provide advice on physical activity and behavioural change for people undergoing weight loss surgery, based on the latest scientific evidence and best practice guidelines for positive outcomes. Find your nearest AEP via Exercise and Sports Science Australia (ESSA): www.aess.com.au.

