Holiday Tips after Bariatric Surgery

"Mind Map" Your Holidays

Brainstorm your holidays including your calendar of events, the most tempting foods, what you're willing or not willing to give up and so on.

Holiday Parties

Consider having some protein before the party. Food is often later at a party than when you'd normally eat and its harder to make good choices overly hungry! Look for cheese trays, meatballs, veggie trays or deviled eggs.

Politely Declining Food

Practice how you'll deliver declining someone else's dish. Say a compliment, a decline and turn attention to something else. "It all smells so amazing! I'm not hungry at the moment but thank you. Do you have plans for New Years?" Avoid saying that you're on a diet or watching what you eat. This can make someone uncomfortable and keeps the attention on you.

Holiday Bakers

If you enjoy baking, consider if you can create in other ways that aren't food. Make homemade potpourri or bath salts. If you are okay with giving up baking but you don't want to upset family, do a 'pass the apron' ceremony and let them know you'll be hanging up yours!

Holiday Travel

If you're staying with someone, ask if they have room in the refrigerator. Pack a cooler of items or order a grocery pickup or delivery for when you arrive. InstaCart is a great way to have groceries delivered to you when you arrive into town. You can also offer your host to cook a dinner one night and ensure it's a recipe that fits your needs. Everyone wins!

Holiday Hosting

You are in the drivers seat! Let everyone know the menu items you will provide. You can give suggestions if they want to bring something or let them choose. You can pick the turkey and vegetables that best fit your needs such as green beans with toasted walnuts!

Prepare for Dark, Cold Nights

Aside from the actual holidays, often the in between days are challenging because of the Season. Plan for non-food activities (virtual game nights, holiday crafts) for your down time when you're inside more often.

For a full video course on Healthy Holidays after Surgery and a library of holiday friendly recipes, visit www.bariatricfoodcoach.com

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