

## Avoiding Burnout After Bariatric Surgery

- Avoid “All or Nothing” Mentality
  - Having an “all or nothing” mindset can quickly lead to burnout when you make drastic changes and cuts to your diet. It’s important to not label foods as “good” or “bad”. This mindset can lead to binge cycles of restricted foods rather than allowing yourself to enjoy in moderation.
  - Allow yourself at least one “off limits” food per week in effort to not feel deprived. Remember the 80/20 rule for balance.
- Track Progress in Other Ways
  - Pay attention to losing inches in the waist (something the scale cannot measure). You may notice your clothes fitting looser when you lose inches.
  - Avoid weighing yourself daily, once a week is plenty.

- Try Some New Recipes!

- People often hit burnout when they are tired of eating the same foods day in and day out. Be sure to seek out new recipes to try to ensure excitement with new foods that still align with your health goals.



- Bariatric friendly cookbooks:

- The Complete Bariatric Cookbook and Meal Plan
    - Best Fork Forward: Everyday Dinners After Weight Loss Surgery
    - The Easy 5-Ingredient Bariatric Cookbook
    - Fresh Start Bariatric Cookbook

<https://bariatricmealprep.com/category/bariatric-recipes/recipes-regular-food/>  
<https://www.bariatricfoodie.com/recipe-index/>

- Consider Not Tracking Calories Long Term

- Tracking calories can be time consuming and give a misguided view of what’s really important, balance of food groups. Taking a break from counting calories can alleviate some of that burnout. Rather, focus on filling ½ your plate with protein, the rest non starchy vegetables and a small amount of complex carbohydrates.

1. Identify a lean protein source
2. Add Vegetables/fruit to your plate
3. Add a complex carbohydrate

(Ask your dietitian for help balancing your plate if you feel stuck)

