
How to Navigate Dining Out after Bariatric Surgery

When am I allowed to go out to eat after bariatric surgery?

It may be best to wait until you are able to eat all different textures of food, around month 2 post-op at the earliest.



What am I allowed to order at the restaurant?

We recommend ordering a protein focused meal with a colorful vegetable and fibrous starch to keep you the most satisfied.

Should I order a carb at the restaurant?

Some patients after bariatric surgery struggle with certain starchier carbs taking up too much room in their smaller stomach, such as rice, potatoes, pasta, or bread. Avoid any items that make you feel overly full and uncomfortable. With the carbohydrate sources that sit well, be mindful in choosing options that are fiber-packed, which leads to less post-meal spikes in blood sugar and increased satiety. Examples of high fiber sides include beans, peas, lentils, quinoa, whole wheat pasta, and sweet potatoes.

How much of the meal should I take home?

Many post-bariatric surgery patients are able to comfortably eat about ½-⅓ of a restaurant meal, depending on the size of the dish. Some opt to split with a family member or friend, or order off of the appetizer or sides menu depending on what is available. Ask for a to-go box when you order your meal, which will help to prevent mindless eating if you plan to spend a while at the restaurant.

Other tips:

- Be mindful of sauces/dressing/gravies - order on the side
 - Skip any pre-meal appetizers - you will not have enough room for appetizers and a meal
 - Preview the menu before you arrive - planning ahead often leads to more mindful choices
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Recipe Corner: Banana Protein Pancakes w/ Chia Jam

Protein Pancakes:

2 large eggs
2 large bananas, ripe
 $\frac{2}{3}$ cup dry oats
 $\frac{1}{2}$ cup protein powder, vanilla or unflavored
1 tsp baking powder
Splash of vanilla extract
Sprinkle of cinnamon
Optional: $\frac{1}{2}$ cup cottage cheese

Steps: Blend all pancake ingredients until smooth. Let the batter rest for 5 minutes. Heat skillet over medium heat, pour batter into skillet and flip when pancakes are done.

Nutrition information for pancakes ($\frac{1}{4}$ recipe):
200 kcal, 25g carbs, 13g protein, 4.5g fat

Chia Jam:

1 cup frozen berries of choice
 $\frac{1}{2}$ tsp lemon juice, fresh
1 tbsp chia seeds
Optional: 1 tbsp honey/maple syrup

Steps: Simmer berries and juice on low heat for 15 minutes. Turn off heat. Mash mixture with fork/potato masher. Add chia seeds, let sit for 15 minutes. Store covered in the fridge.



Pancake recipe adapted from: <https://thebigmansworld.com/banana-protein-pancakes/>