

# HEALTHFUL TIPS

## Grazing Busters

*Enjoy these simple activities to redirect your grazing habits!*

**G**razing and mindless munching are common pre-surgery habits that can creep back in if you're not alert. The pouch and sleeve are unfortunately quite accommodating to this type of eating, but eating this way can add a substantial number of calories and derail your weight loss efforts.

Take physical hunger out of the picture by making sure you're eating six small protein-rich meals that are ¼ cup to 1 cup in size throughout the day—about every 2.5 to 3 hours. Then sip on calorie-free beverages between meals. If nighttime grazing is challenge for you, be sure to plan a more substantial meal for that time. It's okay to eat after 7:00 PM.

Feelings of boredom, frustrations, stress, loneliness and depression often trigger grazing.

When you feel the urge to eat and it's not mealtime, pause for 5 – 10 minutes and often the feeling will pass. Asking yourself a couple of questions during this pause may help you to identify your feelings and begin to develop new, healthier coping mechanisms. What am I feeling now? What do I need?

There are a lot of activities that can distract you from grazing. When you get the urge, try one of these and see if you can't break the habit.

## Do This, Not That!

**TURN OFF THE TV** ♪ **GO FOR A WALK** ♪ **READ A BOOK** ♪ **TAKE A BUBBLE BATH** ♪  
**CLEAN OUT A CLOSET** ♪ **CALL A BUDDY** ♪ **TURN ON SOME HAPPY TUNES** ♪ **DO A JIGSAW  
PUZZLE** ♪ **VOLUNTEER** ♪ **PLAY WITH YOUR KIDS** ♪ **GO TO THE LIBRARY** ♪ **PLAN A  
TRIP** ♪ **GO TO THE MALL** ♪ **DO CROSSWORD PUZZLES** ♪ **PLAY A GAME** ♪ **LEARN TO  
KNIT** ♪ **PAINT A ROOM** ♪ **PLAN A FAMILY REUNION** ♪ **CLEAN OUT THE GARAGE** ♪  
**HAVE A GARAGE SALE** ♪ **GET A FUN PART-TIME JOB** ♪ **HOP ON A TREADMILL** ♪ **HAVE  
A CUP OF SUGAR-FREE CIDER** ♪ **CHEW SUGAR-FREE GUM** ♪ **CREATE A MUSIC PLAY  
LIST** ♪ **ORGANIZE OLD PHOTOS** ♪ **VISIT A MUSEUM** ♪ **DECLUTTER** ♪ **TAKE A NAP** ♪  
**PRACTICE A FEW YOGA MOVES** ♪ **WALK YOUR DOG** ♪ **PLAY WITH YOUR DOG** ♪ **DRINK  
A CUP OF TEA** ♪ **LISTEN TO A MEDITATION** ♪ **TAKE A SHOWER** ♪ **ORGANIZE YOUR DESK**  
♪ **DRAW, PAINT OR COLOR** ♪ **DANCE** ♪ **DO JUMPING JACKS OR RUN IN PLACE** ♪ **MAKE  
A CARD FOR SOMEONE ELSE** ♪ **DONATE ALL THE CLOTHES THAT DON'T FIT** ♪ **BRUSH  
YOUR TEETH** ♪ **POST POSITIVE NOTES** ♪ **MAKE A LIST OF WHY YOU ROCK** ♪ **LIGHT A  
CANDLE AND RELAX** ♪ **DRINK A GLASS OF WATER** ♪ **PLAY SOLITAIRE** ♪ **READ POSITIVE  
AFFIRMATIONS** ♪ **WRITE OUT YOUR PERSONAL GOALS FOR THE WEEK** ♪ **PICTURE AN  
ENERGETIC YOU** ♪ **GET A MASSAGE** ♪ **MAKE A TO-DO LIST** ♪ **FEEL YOUR FEELINGS** ♪  
**TAKE FIVE SLOW CLEANSING BREATHS** ♪ **COUNT YOUR BLESSINGS**