EAT WHAT YOU LOVE
LOVE WHAT YOU EAT

Adjusting to Your New "Normal"

Adjusting to life after bariatric surgery requires many new tools and skills. Mindful eating will help you disengage from habitual behaviors that lead to problems after bariatric surgery. With this mindful eating approach, you'll think about eating when you need to and free up your energy and attention to focus on living in between.

Since 1999, tens of thousands of people have used the Am I Hungry?® Mindful Eating Program and Eat What You Love, Love What You Eat to resolve their difficult eating issues. This Bariatric Surgery Companion Workbook and Awareness Journal shows you how to apply the life-changing approach after you've had bariatric surgery (gastric bypass, the band, or the sleeve).

* The award-winning book Eat What You Love, Love What You Eat is the foundation of this program; this is the companion workbook and should not be used alone.
Since 1999 Am I Hungry® Mindful Eating Workshops have helped tens of thousands of people end mindless, emotional eating and futile yo-yo dieting. They’ve discovered conscious decision-making, balance, and a vibrant whole life free of guilt and obsession. Now this award-winning program has been tailored for the unique needs of individuals who have had (or are considering) bariatric surgery (band, gastric bypass, or sleeve).

**Adjust to Your New Normal**

The Am I Hungry? Mindful Eating for Bariatric Surgery program is designed to prevent, identify, and resolve the maladaptive eating habits and emotional eating issues that commonly lead to problems after bariatric surgery, including:

- Eating too quickly, taking large bites, or not chewing thoroughly
- Eating mindlessly while distracted, leading to overconsumption
- Not savoring food and having difficulty feeling satisfied with small volumes of food
- Eating too much, leading to discomfort, vomiting and/or distention of the pouch
- Grazing and/or eating “slider” foods and calorie dense soft foods and liquids
- Emotional eating
- Not consuming enough protein or nutrient-rich foods
- Feeling guilty, deprived, or left-out in social situations
- Struggling to establish consistent, joyful physical activity
- Difficulty adjusting to life after bariatric surgery

**Am I Hungry?® Mindful Eating for Bariatric Surgery Program**

For more information about these books, Am I Hungry?® Workshops, and Facilitator Training, please visit http://www.amihungry.com/programs/mindful-eating-for-bariatric-surgery
# Table of Contents

Introduction: Welcome to a Whole New Approach .................................................. 8

Workshop 1 – In Charge, Not In Control ................................................................. 10
  Think: Why Do I Eat? ......................................................................................... 11
  Nourish: Diets Don’t Work ............................................................................... 20
  Live: Born to Move ........................................................................................ 21
  Adjust: Understanding Bariatric Surgery ......................................................... 24
  Awareness Journal ......................................................................................... 29

Workshop 2 – Trust Your Body Wisdom ............................................................... 36
  Think: When Do I Want to Eat? Part I .............................................................. 37
  Nourish: Rediscover Food ............................................................................... 42
  Live: Change Your Mind ................................................................................. 44
  Adjust: Recognizing Your New Normal ......................................................... 48
  Awareness Journal ......................................................................................... 55

Workshop 3 – It’s Not About the Food ................................................................. 62
  Think: When Do I Want to Eat? Part II ............................................................ 63
  Nourish: Drink and Be Merry ......................................................................... 72
  Live: Lay Your Foundation ............................................................................ 75
  Adjust: It Still Isn’t About the Food ............................................................... 78
  Awareness Journal ......................................................................................... 81

Workshop 4 – What Am I Really Hungry For? ..................................................... 88
  Think: When Do I Want to Eat? Part III ......................................................... 89
  Nourish: Clearing Carb Confusion .................................................................. 97
  Live: Increase Your Stamina .......................................................................... 103
  Adjust: Coping with Weight Expectations .................................................... 106
  Awareness Journal ......................................................................................... 109
## Table of Contents

### Workshop 5 – Fearless Eating
- Think: What Do I Eat? ......................................................... 117
- Nourish: Fat Facts ............................................................. 123
- Live: Increase Your Flexibility ............................................ 127
- Adjust: Eating What I Need ................................................. 130
- Awareness Journal ......................................................... 135

### Workshop 6 – Mindful Eating
- Think: How Do I Eat? ........................................................ 143
- Nourish: Protein Power ..................................................... 147
- Live: Increase Your Strength ............................................. 152
- Adjust: Slowing Down and Tuning In .................................. 155
- Awareness Journal ......................................................... 159

### Workshop 7 – Just Right
- Think: How Much Do I Eat? .............................................. 167
- Nourish: It’s the Little Things ........................................... 172
- Live: Challenge Your Body ................................................ 177
- Adjust: Getting Comfortable with Being Comfortable ........... 179
- Awareness Journal ......................................................... 181

### Workshop 8 – Self-Care Buffer Zone
- Think: Where Do I Invest My Energy? .............................. 189
- Nourish: A Flexible Approach to Self-Care ....................... 195
- Live: On Your Terms ....................................................... 201
- Adjust: Invest Your Energy in Living! ............................... 204
- Awareness Journal ......................................................... 207
Adjust: Invest Your Energy In Living!

If you’ve had bariatric surgery and understand the Mindful Eating Cycle, you have two powerful tools that can work beautifully together to help you create the fulfilling life you crave. Here are some of the key concepts you’ve learned from the Mindful Eating Cycle; you may want to repeat these to yourself regularly to support your new way of living.

Why do I eat?

- I am in charge of my choices about eating, physical activity, and self-care.
- I am mindful of my physical and emotional needs and strive to meet them appropriately.
- I know bariatric surgery is only a tool and that it is up to me to learn to use it properly.

When do I eat?

- Whenever I feel like eating, I pause to tune in to my body and ask, Am I hungry?
- I use the Body-Mind-Heart Scan to become aware of what I am experiencing in the present moment so I can respond instead of reacting mindlessly.
- I eat to meet my needs for fuel, nourishment, hydration, and pleasure.
- I use my hunger and fullness signals to guide me about when, what, and how much to eat.
- When I feel like eating even though I’m not hungry, I have three options: Eat anyway, Redirect my attention, or Meet my true needs.
- If I’m not hungry, I can FEAST instead: Focus, Explore, Accept, Strategize, Take action.
What do I eat?

- I use the principles of balance, variety, and moderation to guide my eating.
- When I’m hungry, I ask three questions: What do I want? What do I need? What do I have?
- Since my stomach is small, I *need* protein first, then other nutrient-rich foods.
- I eat the foods I love mindfully and without guilt, in a manner that is satisfying and sustainable.
- I am aware of the effects of my choices and use that information to guide my future choices about eating without judgment or guilt.
- I take my vitamin and mineral supplements consistently and have recommended lab work as directed by my bariatric team.

How do I eat?

- Mindful eating—eating with intention and attention—gives me more pleasure with less food.
- Eating slowly, taking small bites, and chewing thoroughly increases satiety and enjoyment and decreases problems.

How much do I eat?

- I eat with the intention of feeling better when I’m done than I did when I started.
- I pause after each bite, ask “Am I full?”, and check for the early signals of satiety.
- When I eat too much, I turn the situation into a learning experience by noticing how I feel physically and emotionally.

Where do I invest my energy?

- I cultivate a strong support system that includes family, friends, colleagues, and my health care team. I let them know how they can best support me along this journey.
- I don’t compare myself with others. Each of us is unique so my journey is my own.
- Physical activity builds my stamina, strength, and flexibility so I can live my life to the fullest.
- I practice balance, variety, and moderation not just in the way I eat, but in the way I live.
- I live mindfully and make quiet time, prayer, deep breathing, and/or meditation to help me feel calm and centered.
- I practice self-care for my *whole* self—body, mind, heart, and spirit.