

Name _____

Date _____

Current weight _____
 Initial weight _____
 Last visit _____
 Change since first visit _____
 Change since last visit _____

Medication _____
 BP _____
 LMP _____
 *UPT _____

BMI _____
 Body fat % _____
 Water % _____
 Resting energy _____

Please answer the questions below

What **challenges** or **difficulties** are you having with your weight loss plan? _____

If you are you taking a **medication***, are you finding it helpful? ☐ **yes** ☐ **no**

Any side effects? ☐ **none** ☐ dry mouth ☐ jitteriness ☐ headache ☐ trouble sleeping ☐ nausea ☐ other _____

Are you able to take the medication as directed? ☐ **yes** ☐ **no**

If no, what difficulties are you experiencing? _____

What are your difficulties with your **dietary plan**? _____

Exercise: What type and how often? _____

How well do you **sleep** at night?

☐ through the night ☐ fall asleep easily but can't stay asleep ☐ difficulty falling asleep ☐ frequent or early morning waking

Are you having any **symptoms** or **physical problems** since starting this program? ☐ **none**

☐ hunger ☐ fatigue ☐ fainting ☐ indigestion ☐ headache ☐ tremors ☐ trouble sleeping
☐ cravings ☐ chest pain ☐ short of breath ☐ joint pain ☐ weakness ☐ depression ☐ hair loss
☐ irritability ☐ rapid heart beat ☐ diarrhea ☐ muscle cramps ☐ numbness ☐ anxiety ☐ cold intolerance
☐ lack of control ☐ fluid retention ☐ constipation ☐ rashes ☐ dizziness ☐ moodiness ☐ irregular periods

Food Diary: Consider WHEN you eat as well as WHAT you eat

- Instead of labeling your meal as "breakfast" please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

time of day **give me an idea of what you eating in a typical day, including beverages!**

Weight Maintenance Session #1: Recovering from Setbacks

- 1) Have you ever eaten a large meal to celebrate a holiday such as Thanksgiving or your birthday and awoke the following morning feeling bloated and gaining a couple of pounds?
☐ yes ☐ no
- 2) Do you feel that celebrating with food is a normal cultural aspect of most religions and societies?
☐ yes ☐ no
- 3) Do you often find yourself living your life in a pattern of either being really good with food choices or really bad with food choices?
☐ yes ☐ no
- 4) Have you ever experienced increased hunger the day after you overate with large portions?
☐ yes ☐ no
- 5) Do you ever feel bad or guilty the following morning after you eat a large celebratory meal?
☐ yes ☐ no

Weight Maintenance Session #1: Recovering from Setbacks

- 1) Have you ever eaten a large meal to celebrate a holiday such as Thanksgiving or your birthday and awoke the following morning feeling bloated and gaining a couple of pounds?**

When we eat a large meal, the actual food and liquids consumed could weigh as much as 1-2 pounds. Imagine the weight of the food on a plate or in a glass for liquids, this weight is now in our bodies. Keep in mind that a 16-ounce glass of water weighs one pound. It typically takes our digestive system between our stomach, intestines and kidneys a few days to process all of the food and liquids consumed in a large, celebratory meal. The most a person will actually gain eating a large meal is around a 1/2 pound of fat. It just takes a few days for the digestive process to complete itself.

- 2) Do you feel that celebrating with food is a normal cultural aspect of most religions and societies?**

Since the beginning of recorded time every religion and culture has been using food for celebration. In fact, there is recorded evidence that the ancient Greeks, Egyptians and Romans all used food for celebration. Why shouldn't we?

- 3) Do you often find yourself living your life in a pattern of either being really good with food choices or really bad with food choices?**

Many patients with a weight problem have a difficult time living within the grey zone of making good food choices most days with a few poor choice days dispersed within. In fact, if you have a weight problem the best that we could strive for is 90% of the days you make good food choices meaning that 10% of the days you may make lousy food choices. That 10% of days will never make a difference if we get you back in a routine of good meal choices the following day.

- 4) Have you ever experienced increased hunger the day after you overate with large portions?**

After we overeat the walls of our stomach expand from the increased food volume of the large meal. This causes the release of a hormone called Ghrelin. Ghrelin will make you wake up the following morning feeling hungrier as a result of overeating the evening before.

- 5) Does your inner voice ever make you feel bad or guilty the following morning after you eat a large celebratory meal?**

We need to get you to refocus your inner voice to help you be more successful with weight maintenance. When you are out enjoying the celebratory meal, you should be saying to yourself that this meal is really terrific but tomorrow is going to be a tough hunger day. When you wake up the following morning you should try to be motivated to make good food choices, exercise and drinking a lot of water that day. Resist poor food choices.

Summary

You need to focus on resisting feeling bad or guilty for the meal that you overate the night before and focus on the positive aspects of the experience with self-talk such "I really enjoyed the meal and company last night", etc. If you get by just one day of making good food choices, your appetite will reset itself at a more normal level of hunger and you will go on to eat less the next day.

If you overeat the next day, hormonally your body will get hungrier and hungrier picking up momentum kind of like a ball rolling down a hill. You will continue to feel hungry and may gain a few pounds that following week. This is a cycle that many people get caught up in on vacations or holiday weeks. We hope that just knowing about this will help you.

In addition, we are hopeful that in the future new pharmaceuticals may help with the hormonal hunger that occurs in patients who are genetically prone to weight problems.

How to Eat Out and Not Derail Your Healthy Eating Plan

Eating at restaurants offers plenty of perks — convenience, appealing options, fun with friends, a break from cooking — but it can also lead to serious pitfalls for your well-being.

These days, more of us are eating away from home a lot more often. To overcome the challenges of restaurant dining, it is important to know what you want to get out of a particular meal, strategies for navigating subpar dining options, and the hidden world of questionable food suppliers.

Know Your Goal

Some restaurant meals are about getting sustenance into your body, and others are special culinary adventures or celebrations of life. It helps to know in advance what kind of meal you're having, and to what extent your health priorities will drive your eating choices. Having high nutritional standards is smart; having an ironclad "all or nothing" approach to eating (total self-indulgence vs. total self-denial) may not be necessary, or even helpful. Decisions about whether or not to have wine and dessert, for example, or to partake of the signature house popovers may be best made occasion by occasion.

Where to Eat

In a world where the majority of restaurants are not at all designed with your health in mind, scoping out places that make meals from good, whole-food sources can be tricky. Farm-to-table, chef-driven, and authentic ethnic places tend to be among the best options, but also the hardest to find.

Beware of menu greenwashing: presenting industrial factory-farmed ingredients as "farm fresh" when they are not. Keep in mind, most run-of-the-mill restaurants get all their ingredients through supply chains fed by factory farms, feedlots, and commodity brokers.

Ordering Smart

Typical menu choices are packed with flour, sugar, dairy, industrial oils, and low-quality animal proteins. Multiple carb-heavy elements (breadsticks, toast, pasta, crackers, muffins) may come with your meal. Don't assume you'll get resistance if you request mixing-and-matching your way to a healthier plate. Can you find an unadulterated, simple piece of protein and surround it with some simple vegetables? Ask nicely, and you might be surprised by what's possible.

Even if you don't see anything promising on the menu, ask what types of vegetables are in the kitchen that day. Often, there's *something* back there.

Special-Menu Guidance

Beware menu items labeled "heart healthy" and "low-cal." They tend to be carb-heavy, low-fat nutritional disasters. Before you request a gluten-free menu, see what's on the regular menu, so you know what additional elements might be available for your mix-and-match choices. However you choose to eat, know that finding and asking for what you want gets easier with practice. And the special orders you request today may very well help drive tomorrow's healthy restaurant trends.

Off-menu

Don't be afraid to ask your server to help you healthy-up your meal. For example, you could ask for a salad in place of the usual fries or chips with a meal. If an entrée comes with a side of potato, rice, or pasta, consider swapping out the starchy option for a non-starchy vegetable. If you like the looks of a protein-based starter, order that (versus a less appealing entrée) and combine it with one or more veggie sides. Ask about available-but-not-listed fresh greens (like spinach) that could be simply sautéed and served with olive oil or butter and lemon. You can also ask for items to be prepared with less oil or cheese, ask the server to take away the bread basket and serve salad with dressing on the side, and request an appetizer portion of a main meal.

You can even often order "off-menu" — for example, ask what vegetarian dish the chef can prepare for you or if it's possible to make grilled chicken and steamed vegetables. Many restaurants are happy to comply.

If you enjoy dining out, don't think you have to stop if you want to stay healthy. With some preparation and savvy substitutions, you can order meals that are as nutritious as the ones you prepare at home.

Ask healthy friends for restaurant recommendations. If you're traveling, ask a local, or use desired search terms ("organic," "local," or "farm to table," for instance) in an app like Yelp.

What to Order When You Have to Eat Out

- ☐ Check restaurant menu on-line before arriving and plan your selections ahead of time
- ☐ Skip the bread basket
- ☐ If you are having a drink with dinner
 - ✓ choose wine over beer
 - ✓ a spirit on the rocks or with club soda rather than a cocktail with juice, tonic or other sugary addition
 - ✓ try to stick to one alcoholic drink
- ☐ Drink water (flat or bubbly) throughout your meal
- ☐ Order your appetizer first, then order your dinner
- ☐ Substitute a starchy side dish with another vegetable
- ☐ Either split your entree or ask your waiter to wrap up half to go
- ☐ If dessert, order some berries
 - ✓ keep in mind after **3 bites** there is no more enjoyment in the food you are eating
- ☐ Best to skip the coffee or tea so it does not interfere with your sleep

Specific Restaurant Dishes

PASTA: Swap the pasta for a beg of vegetables (such as spinach, zucchini or arugula). Watch for sugar added to tomato-based sauces.

SALADS: Ask for extra avocado or nuts and seeds as a replacement for fruit, dried fruit, or grains. For dressing, your best bet is olive oil and vinegar. Cobb salad is a great choice. Just ask for it without the corn.

PROTEINS: Choose fatty proteins like salmon, duck, lamb or pork short ribs. Fat is where toxins are stored, so if meat quality is questionable then opt for lean meats and add plant-based fats like avocado oil or olive oil.

STEAK: The fattiest steaks are filet mignon, New York strip, T-bone, and rib-eye steaks.

SUSHI: Get anything WITHOUT rice. Ask for a roll without rice but extra avocado.

BURGERS: Check that the patty is just meat (no oats, wheat germ, or other fillers). Ask that the bun be replaced with a lettuce wrap. Instead of fried, order a side salad.

CHICKEN: Choose grilled, broiled or roasted. Avoid anything breaded.

WINGS: Make sure they are not breaded or coated in flour, potato starch, etc. Might be best to skip altogether as many restaurants will use vegetable oils in its fryers.

MEXICAN: Ask for any dish without the tortillas, rice or beans. Ask for raw sliced vegetables for your guacamole. Meat platters are a good option. Skip the enchiladas as they are cooked in the tortillas and can't be separated. Try taco fillings over a bed of lettuce.

INDIAN: Ask for curry options that are not thickened with flour. Replace bread and rice with fresh vegetable sticks. Watch vegetable-based curries as they are often packed with high-carb ingredients. Try cauliflower or mushroom, bhaji, chicken korma, shahi paneer, or chicken shorba.

CHINESE: Chinese food is tricky, as everything has sauce and likely sugar. Try duck meat, sautéed and server over raw bean sprouts or a fresh salad.

TAPAS: Generally, tapas dishes are low in carbohydrates and more meat-based. Avoid bread-based dishes and look for plates made up of meat and vegetables.

CAFES: Ask if the café has unsweetened coconut milk or almond milk or unsweetened brewed tea (hot or cold). Try a decaf Americano misto made with coconut milk.

Read more at <http://dunnewithdieting.com/weightmanagementvisits/1orderingout.html>