

WEIGHT REGAIN CHECKLIST

Name: _____

Date: _____

Have you had: Gastric band _____ Gastric bypass _____ Gastric sleeve _____ Date _____

Yes No Are you still engaged with your dietitian?

Yes No Are you controlling your portion sizes?

It can be useful to check your portions – get out your measuring cups, small plates and scales if you need to.

Yes No Are you eating beyond the point of feeling satisfied?

Try not to see how much you can fit, but rather how little you need to feel satisfied.

Yes No Are you eating too quickly?

It can be hard to stop at 'satisfied' if you eat too quickly as you can miss the subtle cues your body gives you. Remember a small meal should take you at least 10 minutes.

Yes No Are you spending too long over meals?

Eating over an extended period of time can lead to eating larger portions. As food passes through your intestine, this leaves room for more. Try not to 'graze' at a meal any longer than 20 minutes.

Yes No Are you drinking with meals?

If you have a sleeve gastrectomy or gastric bypass it is important to keep fluids at least 30 minutes away from meal times or it can 'wash' food into your intestine leading to poor satiety and potential over eating.

Yes No Are you consuming adequate protein?

It is important to include a minimum of 60g of protein each day to support weight loss (your individual requirements may be higher than this and a dietitian can help you with this). Use an app such as Easy Diet Diary or My Fitness Pal to check how much protein you have each day.

Yes No Are you relying on soft, wet dishes (such as casseroles and stews) and liquid meals?

These foods pass through your intestine faster, therefore are not as satisfying as more solid foods.

Yes No Are you including excess indulgences?

Little treats such as crisps (chips), chocolate, and lollies don't take up much room, but can easily provide excess calories. Take care to limit your intake.

Yes No Are you including at least 1.5L of low energy fluid each day?

Yes No Are you drinking your energy (calories or kilojoules)?

Try to limit all high energy fluids such as juice, cordial, sugary hot drinks and alcohol as these are quick to consume, don't leave you satisfied and can make weight loss a challenge.

Yes No Are you grazing?

It is so important to avoid grazing following weight loss surgery. Energy quickly adds up in each of those small mouthfuls, but your body does not give you the cue to stop. Ensure all food is plated and you sit down to eat.

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Yes No Do you experience mental health concerns? Do you have professional support for these concerns?

If you don't have a psychologist in your support team to help you with your journey, ask your GP whom they would recommend. Alternatively, head to www.psychology.org.au. Go to Find a Psychologist and then search for a psychologist under Weight management.

Yes No Are you eating to manage emotional challenges?

Remember, if the problem is not hunger, the answer isn't food. Food only masks the emotion short term. Try to use non food comforts when you are experiencing hard emotional times.

Yes No Are you actively participating in a weight loss surgery support group or network?

We offer an excellent online support program and network. You can find out more on the Support page of our website: www.nfwls.com.

Yes No Are you seeking the support of friends and family to help you stay on track?

Yes No Are you including regular physical activity?

Regular meaning three to four times per week, for at least 30 minutes.

Yes No Are you including moderate to high intensity activity?

Yes No Do you need assistance to help formulate a plan to increase your activity?

Speak to an Accredited Exercise Physiologist (AEP) to have an exercise program tailored to your needs. An AEP is a university qualified allied health professional. They can provide advice on physical activity and behavioural change for people undergoing weight loss surgery, based on the latest scientific evidence and best practice guidelines for positive outcomes. Find your nearest AEP via Exercise and Sports Science Australia (ESSA): www.aess.com.au

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Aftern. Tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Before Bed	Before Bed	Before Bed	Before Bed	Before Bed	Before Bed	Before Bed
Overnight	Overnight	Overnight	Overnight	Overnight	Overnight	Overnight
Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps

Please be as honest as possible. Food diaries are best kept as you go, rather than filled in at the end of the day. Please include details on portion sizes, alcohol, coffees, any extra drinks or small bites of food in between meals, where you were and who you were with. If you were particularly tired or emotional that day please also note it down. This template can be handwritten or typed into. If typed it will cross over pages – that is OK

