

## Don't Run from Restaurants! Eat Out—and Enjoy It

*The next time a friend or family member suggests eating out, say yes! And if you worry about where to go, what to order, or what others might think of your small portions, you don't need to. Just take this advice from LAP-BAND<sup>®</sup> System patients who love to dine out.*

Your LAP-BAND<sup>®</sup> System doesn't need to interfere with eating out and enjoying it. "I go out to eat all the time," says Jessie H. Ahroni, PhD, ARNP, who was banded 10 years ago. Ahroni is the bariatric program manager at Northwest Weight Loss Surgery

in Everett, Washington, and author of *Laparoscopic Adjustable Gastric Banding: Achieving Permanent Weight Loss with Minimally Invasive Surgery*. "Dining out is more enjoyable when you slow down and chew your food," she explains.



Lyn Donley, a North Carolina resident who had LAP-BAND<sup>®</sup> System surgery in August 2006, agrees wholeheartedly. "I'm an expert on eating out!" she asserts. And she's not the least bit worried about what others will think of her eating habits. "One thing I discovered since I had the LAP-BAND<sup>®</sup> System is that nobody looks at what you're eating. It was a revelation for me. You could push a pea around on your plate for hours and no one would ever notice!" Here are some of their suggestions for a great dining experience every time:

**Upgrade your reservations.** Both women agree that "really good" restaurants are your best bet. Ahroni explains that their chefs are less likely to overcook meat and seafood, which is what makes these foods sometimes difficult to eat. Donley adds that even fancy eateries offer really great appetizers for a reasonable price. "I never go past the appetizer section," she says. "They're the perfect size for LAP-BAND<sup>®</sup> System patients."

**Stay on schedule.** Waiting too long for a meal can make you rush when you eat—which can cause problems and ruin your dining experience. Try to make a reservation, or arrive early enough before your "usual" mealtime so you'll be seated and eating when you're hungry.

**Share with your friends.** The kids' and seniors' menus may offer smaller portions but also a smaller (and sometimes less healthy) selection. A better idea: Share an entrée with a fellow diner. If you have to pay to share a plate, consider getting an appetizer instead, or order a whole entrée and take most of it home. If you like, show the waiter your [LAP-BAND<sup>®</sup> Personalized Patient ID Card](#), which will explain why you can't eat very much, and see if you can avoid the extra charge. Whatever happens, remember that eating right and being healthier is more economical in the long run.

**Beware of buffets and salad bars.** First, scan the selections and decide which foods you'll sample. Avoid foods that are fried, sugary, or in mayonnaise sauce, and other high-fat, high-cal options. Make healthy choices (lean protein, fruit, veggies) based on your doctor's guidelines. Then choose the smallest-size plate, and take a nibble of each item you select. If it's not wonderful, push it aside. If there's nothing you want, order an appetizer or entrée instead, even if the rest of your group is bound for the buffet. "I went to a hotel a few weeks ago with a friend. She couldn't believe I ordered a bowl of oatmeal instead of the breakfast buffet, but that was what I really wanted!" says Ahroni.

**Push unwanted items out of reach.** Eating bread before dinner will likely leave you too full for your entrée—and it's not the best use of your limited eating space. Place the breadbasket out of reach so you won't be tempted, or ask the waiter to take it away. Do the same with your water glass. "It's virtually impossible to get waiters to keep the water glass off the table, so I put it out of the way to remind me not to drink it," says Ahroni. You could also set a napkin or straw across its top to stop you from sipping.

**Focus on the food.** If you're at a function where you're surrounded by food for hours on end, it may be a good idea to involve yourself in non-eating activities (talking, dancing, playing with the kids) until your usual mealtime. Once you're ready to eat, though, Ahroni suggests that you give the food your full attention. "If I were to talk when I'm eating, something might get stuck," she explains. Also, it's easier to know when to stop if you're paying attention to your body's subtle clues.

**Record your favorite restaurant meals.** Try using our [Food Diary](#). It can help you see if you're meeting your nutrition goals. And next time you're ready to go out to eat, you can look back to see where you went, what you ate, and how you enjoyed it.

*Be sure to consult with your doctor about your nutrition plan.*

## IMPORTANT LAP-BAND® SYSTEM SAFETY INFORMATION

**Indications:** The LAP-BAND® System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

**Contraindications:** The LAP-BAND® System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

**Warnings:** The LAP-BAND® System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

**Adverse Events:** Placement of the LAP-BAND® System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

**Important:** For full safety information please visit [www.Lapband.com](http://www.Lapband.com), talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

**CAUTION:** Rx only.