

## Mindful eating - 2



Mindfulness is a return to paying attention to life. When we pay attention to our food, that is, really pay attention, we begin to notice all sorts of different aspects surrounding food, and we become

aware of what and how much we're putting into our bodies, and also how we are eating. In the last issue of this newsletter we covered the basics of the mindful bite. Here are some more tips about mindful eating to add to this:

Re-think your attitude towards food. View it as something precious, to be savoured, make each meal a celebration. Before eating a meal, think about what it took for the food to reach your plate.

Consider the word "portion" more broadly. How small is your food before it enters your mouth? How much is on your fork? Try pausing part-way through a meal and re-evaluate the need to continue eating.

For more information visit [www.mindfuleating.org](http://www.mindfuleating.org)

Kind Regards  
The SOS Banding Teams

## New Resources

Both our Hamilton and Wellington SOS clinics have got two new resources available for you to purchase.

Menu planner note pads are now available for \$8 each. These are A4 pads (50 pages) printed with a specially designed grid to help you plan your weekly meals, exercise and supplements.

We also now have a small stock of "Portion Perfection for Bands and Sleeves" - a book written by Australian dietitian Amanda Clark who is the designer of the portion control plates and bowls you are given post-surgery. The Portion Perfection book gives a visual guide to portion size and food choice and can be purchased from SOS for \$40.

If you are interested in either of these products please inquire further next time you are in one of our clinics.

## Liquid meals vs Solids

Protein-based liquids and shakes are recommended in the first few weeks post-surgery but it is important that you then move away from this and onto eating "real food" and also away from the mentality of eating specific "diet foods".

There are lots of benefits to eating solids. After a solid meal, research suggests you will feel more full more quickly, and that this sensation may last longer compared with a liquid meal.

Of course, what you eat at these meals is important too. Protein foods like red meat, chicken, fish, seafood, eggs, lentils, chickpeas, beans, nuts, and low fat dairy products help fend off hunger longer than other types of food. Always include protein with each meal.



Protein powders are useful for bulking up food to increase protein content. Protein shakes are also useful as a back-up option to have available for when meal time is limited as liquids can be taken in much quicker than solids. Protein bars can be a good "plan b" to keep handy in case a better choice isn't available, however these are best kept as back-up rather than as a regular food option.

"If you find yourself in the kitchen outside of meal times, pour yourself a glass of water and get out of there!"

**Anonymous - Lapband Patient**

## New swallowing video

We have a new resource to show you. This is a video simulation of what happens when you swallow with a band. The video shows 3 scenarios: 1) The normal process of swallowing with a band 2) Swallowing when food mouthfuls are too large 3) Swallowing when eating too quickly

Seeing is believing. Watching this video can help you better understand your band and how to work with it to prevent obstructions and other complications. Do ask about this at your next appointment.

## Vege Recipes

### Greens in five spice



Ingredients:  
2 onions, peeled and cut into wedges  
3-4 cloves garlic, finely chopped  
Spray oil

1/4t Chinese five spice

2 cups assorted asian greens eg chinese white cabbage (Baak Choi, Bak choy, pak choy), standard cabbage, and other greens of your choice

Stir fry onions and garlic in oil for 4-5 minutes. If leaves of greens are small, leave them whole, cut off thick base of the stalks. Add asian greens and five spice. Stir-fry for 2-3 minutes, stirring continuously.

### Gingered Greens

6 cups assorted vegetables eg cauliflower and broccoli florets, wedges of capsium  
3-4t ginger, finely chopped  
Spray oil  
1T white wine vinegar



Method – as with greens in five spice but use ginger instead of garlic.

## Exercise Tip-of-the-Month

Now that the nights are getting darker and the days are a little colder it's not so easy to be outside exercising. Have you thought that winter would be a good time to get in the swimming pool? Swimming or aquajogging is a great low impact exercise and people often find that their joints don't get as sore as land-based exercise.

In the greater Wellington region there are many pools to choose from. For the women among you who may not be confident to don your togs and get in the pool there are a couple of swimming pools which have women only sessions.

Wellington Kilbirnie Regional Aquatic Centre has a women only evening on Thursdays from 6-8pm.

H2Oxtream in Upper Hutt has women only sessions on Sunday evening from 7pm.

Gallagher Aquatic Center in Hamilton runs women only evenings on every second and fourth Sunday of each month from 6-8pm

Good luck!

Lucy  
Physiotherapist  
SOS Wellington



First day in a new exercise routine

## Banding together...

Preparations for the SOS Wellington support groups and emotional wellbeing groups are underway and details will be emailed to you in the coming weeks. Alongside this, one of our patients has offered to start a database of Lapband patient contact details to help "banders" stay in touch.

If you would like to add your name and contact details to this patient-led database send your details to Sally at [sallychapman@paradise.net.nz](mailto:sallychapman@paradise.net.nz).

By sending your details you are consenting to other patients accessing them. This database/group won't be officially associated with or moderated by SOS in any way. We do of course encourage you to be supportive of each other and hope that you find it helpful to work together in achieving your individual goals.

### Where Are We...

Feel free to visit or contact us any at time

Wellington:

242 Thorndon Quay, First Floor, above  
iRide Cycle Store

Ph: 04 473 6887, Fax: 04 473 6883

Email: [wellingtonbanding@xtra.co.nz](mailto:wellingtonbanding@xtra.co.nz)

Hamilton

36 Grey Street, Hamilton

Ph: 07 859 0185, Fax: 07 859 0187

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