

# Top 10 Tips for Living With A Sleeve

- ✓ **Focus on how you eat just as much as what you eat:** Slow right down, take tiny mouthfuls (fingernail-sized) and put your cutlery down between each mouthful.
- ✓ **Take 20-30 minutes for a meal.** After that, close the kitchen, you don't need anymore.
- ✓ If you're hungry and you know it's going to be a few hours until your next meal, **have a snack!** This mindset will also help you to eat less at your meals to "prevent hunger".
- ✓ **Alternate your mouthfuls** during a meal. Protein - veggies - protein - veggies. This way, whenever you fill up, you'll know you've had half and half, rather than eating all the protein and then realising you can't fit in your veggies or visa versa.
- ✓ Try to keep your hunger levels between a **3 and 7 out of 10**, where 0 is so hungry you could eat your own fingers and 10 is so full you want to throw up!
- ✓ **Plan.** Always keep something small with you in case you can't find anything you feel like eating when you are out.
- ✓ **Order less than you think you need.** Sometimes it takes a while for the brain to catch up to what has happened to the stomach. Use the entree menu, share with a friend or go somewhere like tapas or Thai where you share with the table.
- ✓ Get used to **leaving things on your plate.** It's okay! If it worries you pack up any leftovers and keep it for lunch the next day or ask to take the rest home if you're out.
- ✓ **Shop small.** Choose items that you can buy small portions. For meat, fruit and vegies, use the deli, butcher or green grocer so you can buy smaller amounts than you can in the supermarket.
- ✓ **Change your mindset:** go for quality and taste, as you can't go for quantity anymore. Buy the best fresh produce and good quality foods you really love, then eat them slowly and mindfully so you really enjoy!

Living With A Sleeve

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