

Recommended Reading

Books

Help with Eating Skills and Disordered Eating

Alexander C. *The Emotional First + Aid Kit: A Practical Guide to Life After Bariatric Surgery*. 2nd ed. Matrix Medical Communications; 2009.

Cash TF. *The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks*. 2nd ed. New Harbinger Publications; 2008.

Johnson A. *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors, and Storytelling*. Gurze Books; 1996.

Piechota T. *Real Solutions Weight Loss Workbook*. American Dietetic Association; 2003.

Roth G. *Women, Food, and God*. Scribner; 2010.

Wonsink B. *Mindless Eating: Why We Eat More Than We Think*. Bantam Books; 2006.

Healthy Cooking After Weight-Loss Surgery

Cook CM. *The Success Habits of Weight Loss Surgery Patients*. 2nd ed. Bariatric Support Centers, International; 2003.

Fouts D. *90 Ways to Ditch Your Diet*. 360° Publishing; 2008.

Fouts D. *Shakin' It Up! by Chef Dave Fouts*. 360° Publishing; 2008.

Furtado M, Schultz L. *Recipes for Life After Weight Loss Surgery: Delicious Dishes for Nourishing the New You*. Fair Winds Press; 2007.

Levine P, Bontempo-Saray M, Inabnet W, Urban-Skuros M. *Eating Well After Weight Loss Surgery: Over 140 Delicious, Low-Fat, High-Protein Recipes to Enjoy in the Weeks, Months, and Years After Surgery*. Marlowe; 2004.

Sites to See

Healthy Eating, Portioning, and Cooking

Bariatric Eating (www.bariatriceating.com):

Learn about weight-loss surgery products to purchase, read success stories, and get other support.

Calorie King (www.calorieking.com):

Just plug in a food item and portion size and it tells you the calorie count.

Chef Dave (www.chefdave.org):

This site has recipes for the person who has had weight-loss surgery and cookbooks that you can order.

Daily Plate (www.thedailyplate.com):

Use this site to calculate calories, journal your intake, and track fitness.

National Heart, Lung, and Blood Institute (www.nhlbi.nih.gov):

Here you will find resources for calculating your body mass index (BMI), a tool for planning your menus, and other useful information for weight management.

Portion Distortion Quiz (<http://hp2010.nhlbihin.net/portion/index.htm>):

An interactive site that demonstrates how portion sizes have changed over the years and calorie differences.

Help with Eating Skills and Disordered Eating

Binge Eating Disorder (www.helpguide.org/mental/binge_eating_disorder.htm):

This site addresses binge eating disorder and provides a self-assessment questionnaire, as well as links to other sites.

The Camp System (www.mindfuleating.org):

This site provides education and tasks to improve awareness of eating behaviors. This can be helpful in learning how to eat based on hunger cues, increasing awareness of emotional eating, and learning to enjoy food more.

Helping Someone with an Eating Disorder

(www.helpguide.org/mental/eating_disorder_self_help.htm):

This Web site provides education and resources for overcoming disordered eating, including a toll-free hotline for the National Eating Disorders Association (800/931-2237).

Fitness Resources

Active at Any Size: Weight Control Information Network

(<http://win.niddk.nih.gov/publications/active.htm>):

This site provides information on how to begin a physical activity program, regardless of your size or weight.

Chair Dancing International (www.chairdancing.com):

This site offers fitness routines for those who are not able to stand.

Kelly Bliss' Plus Size Yellow Pages (www.plussizeyellowpages.com):

This site has specialty products designed for the overweight person.

YMCA (www.ymca.net) and **YWCA** (www.ywca.org):

These associations offer physical fitness programs in many locations throughout the United States.

Communication, Time Management, and Stress Reduction Skills

Centre for Clinical Interventions

(www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=51):

This site has a lesson plan and exercises for developing assertiveness.

Bariatric Supplements

Bariatric Advantage (www.bariatricadvantage.com):

Bariatric Advantage sells a line of vitamin and mineral supplements marketed to bariatric surgery patients. The company offers assistance with vitamin/mineral supplementation for people with financial constraints.

Celebrate Vitamins (www.celebratevitamins.com):

Celebrate Vitamins sells a line of vitamin and mineral supplements marketed to bariatric surgery patients. The company offers free samples.