



### **BARBEQUING- With the Lap Band**

- Choose grilled meats with BBQ sauce or marinade for better tolerance.
  - Try BBQ fish, thin chicken or lean ground meat (turkey or 90% lean beef.)
  - Avoid thick cuts of meat like thick steaks and thick pork chops as they are difficult to chew well enough.
  - Cut up meats very small and remember to chew extra well when grilled.
- Eat protein first to fill the pouch and help with satiety.
  - Try eating burgers without the bun to cut calories and help with tolerance (bread can be difficult!)

#### **SIDE DISHES**

- Include healthy sides like fruit salad, watermelon or green salad.
- Limit mayo based side dishes because they are loaded with calories.
- If you are going to a BBQ, bring a healthy item so you know you will have a healthy option!

#### **BEVERAGES**

- Watch the calories from beverages. Alcohol is loaded with calories as is regular soda, sweetened iced tea and lemonade! Why drink your calories?
- Choose water, calorie free beverages like Crystal Lite or seltzer (if you can tolerate the carbonation.)

#### **Homemade BBQ Sauce**

1 Tbsp mustard (yellow, spicy or sweet)  
¼ cup vinegar (balsamic or white)  
½ cup ketchup  
2 shakes Worcestershire sauce  
Dash of salt and pepper  
½ Tbsp brown sugar

#### **Directions:**

Mix together and add equal parts water to water down.

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