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May 10

The perfect no sugar Mango Margarita – with Zilch of course!

There is nothing like sipping a Mango Margarita in the pool while on vacation in Mexico. I used to love margaritas but the sugar syrup will put a bariatric post op into a coma. There is a product I discovered that we now carry on our website called Zilch – tiny single serve packets of sugar free margarita mixer that you hand to the bartender to blend with ice, tequila, and a splash of water for a wonderful and sugar free cocktail either frozen or on the rocks! (with tequila its a margarita, with rum its a daiquiri)

On this trip to Grand Mayan, I knew that I had to locate and have a chat with the bartender at the pool bar so he could be my new best friend.

I would like to introduce you to Rene Ramos Ramirez – who was the best bartender at The Grand Mayan resort. He was also the nicest guy and made fresh sugar free mango puree so I would be able to have a poolside cocktail for happy hour. He recommended Gonzalez tequila reposado to go with the fresh lime juice, Zilch packet, and fresh mango puree, with lots of ice in the blender. Ahhhhhhhh... none of this would be complete without the lime salt CHIPOTLE chile edge on my glass. The food and beverage manager even got involved and called to the kitchen to have a glass of liquid chile sauce brought to the pool bar, in order to dampen the cup for the chili powder to stick. I love Mexico as the people are the greatest in the world!

Arriba, Abajo, al Centro, para adentro... Salud!





Now the warning and discussion about post op alcohol consumption.

Since having gastric bypass surgery over nine years ago I choose to not use sugar. Sugar was not my friend when I was 300 pounds – so I have made the permanent lifestyle change of no added sugar and only small amounts of even natural sugar as well. That paired with the backup that sugar probably still makes me very sick, is a way of life that I embrace rather than fight. In addition, when we have a bariatric procedure we must be very careful when drinking alcohol as with the changes in our digestive system, we do not digest or metabolize the alcohol in a cocktail before it flows into the intestines. Meaning we absorb pure alcohol and it can raise our blood alcohol rapidly and dangerously.

Just about all bariatric surgeons say no alcohol for the first year, and after that for us to proceed with extreme caution. The best advice I can give you to carve in stone is to only drink alcohol if you are with someone with whom you can trust with your life. We never know when alcohol is going to hit us like a ton of bricks and bad things can happen to drunk people. We can quickly become disoriented, disabled, or can even pass out from alcohol consumption depending on our food status, so never drink alone, on a casual date, or dabble for the first time at an office function. I see young post ops doing shots and can only shake my head. A few sips of wine can make the room spin even if we were formerly able to drink everyone ‘under the table’. Its different after bariatric surgery so be aware and be careful. I have gotten enough 2am drunk calls from from bariatric friends to know that its common to trade a food addiction for an alcohol addiction.

For those who are not at risk for cross addictions, it is more about making the best choice of available options. Some will tell you to drink a glass of water while everyone is drinking margaritas at a birthday celebration at a local bar. I know how unrealistic it is to tell you to drink water with a slice of lime when I know that I am not going to do that. However, I dont drink anything with sugar syrup or mixers in it as I my sugar limitations are carved in stone. Its a way of life for us to choose. I will have a glass of wine before dinner, or a flavored vodka with club soda, a bloody mary, or a sugar free cocktail if I have a packet of Zilch lime mixer with me. I drink socially... not even once a month, unless I am on a trip or vacation.

Its okay to have fun, but we need to be safe... salud!

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