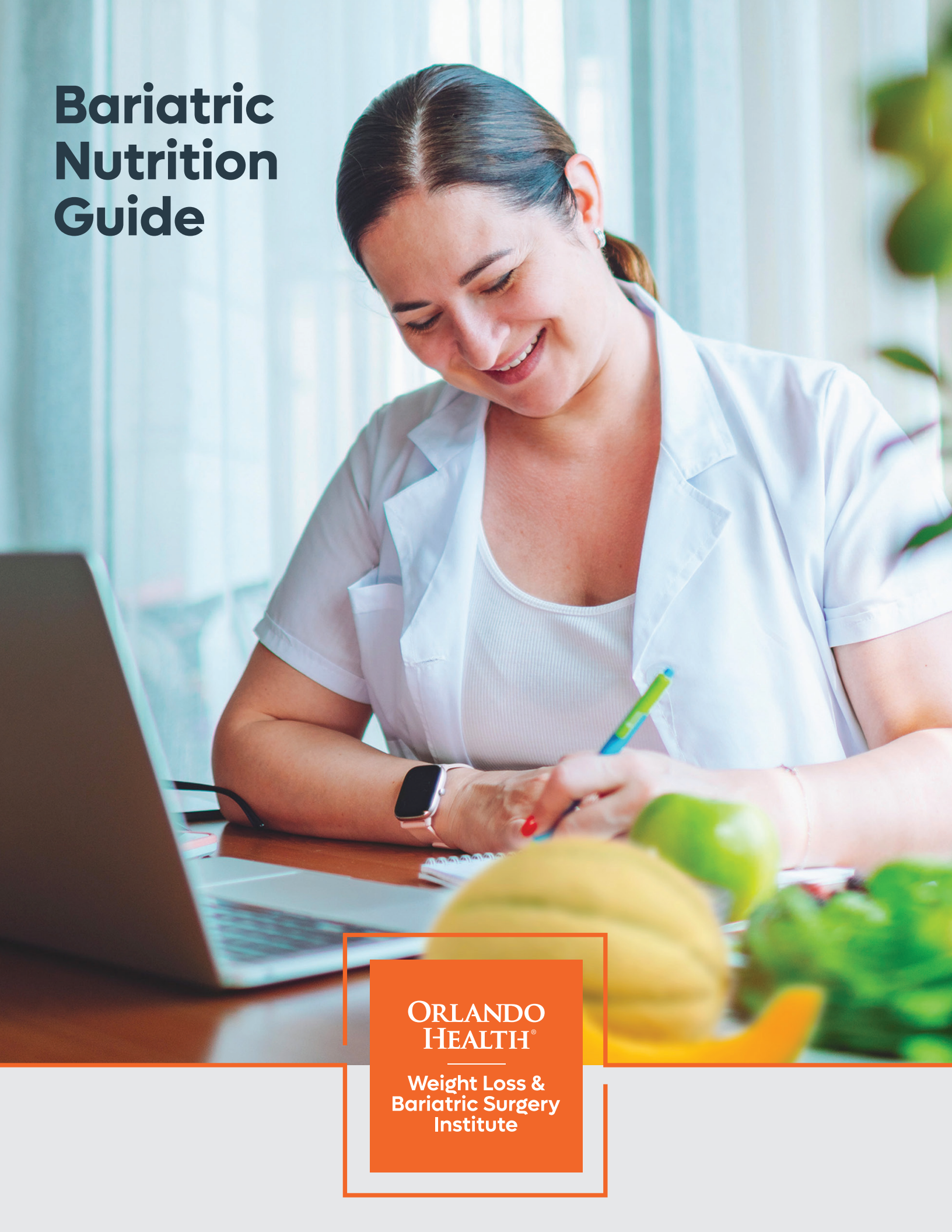


Bariatric Nutrition Guide



ORLANDO
HEALTH®

Weight Loss &
Bariatric Surgery
Institute

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Your Weight Loss Journey

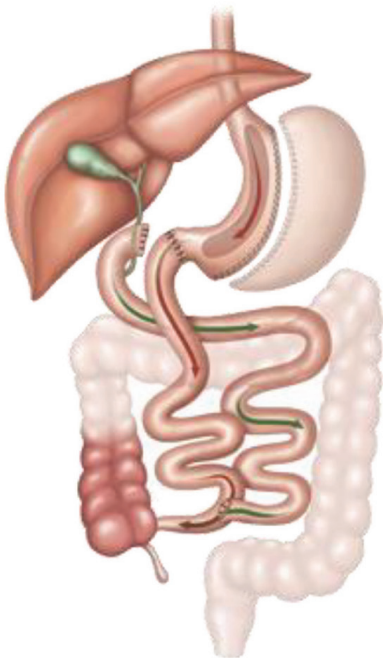
At the Orlando Health Weight Loss and Bariatric Surgery Institute, we understand the challenges of living with obesity and how it impacts every aspect of your physical and mental health. With effective treatment options, advanced techniques and ongoing support, our comprehensive weight loss program offers lifelong results.

If you've chosen to pursue bariatric surgery, you've chosen to make positive changes to improve your health and your life. The goal of bariatric surgery is to reduce the risks of dangerous health conditions associated with morbid obesity. This step goes beyond weight loss or clothing size, but rather is a way to improve health and quality of life.

While bariatric surgery is not a cure for obesity, it can be a valuable tool to help control obesity by getting your body started in losing weight. This guide will help you by providing nutritional guidance to aid in your success. Making informed choices affects how much weight you are able to lose and the healthy weight you maintain long term. The weight loss journey is life-changing and the result can be a life you never thought possible – the life you deserve.

Our bariatric program is accredited as a Comprehensive Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®). This accreditation ensures a program that is aligned with nationally recognized bariatric surgical standards for safe, high-quality care.

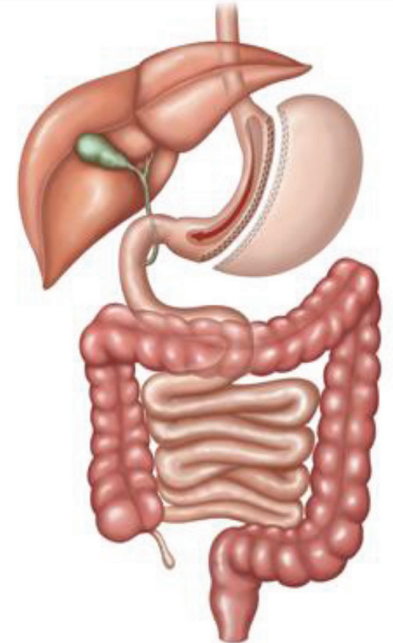
Types of Bariatric Surgeries



Duodenal Switch



Gastric Bypass



Sleeve Gastrectomy

Before Surgery

To reduce operative risks, we recommend that you lose approximately 10–15 pounds prior to your surgery in order to reduce the amount of fat stored in your liver. To achieve this weight loss, you will follow a modified diet for the two weeks prior to your surgery.

How to Prepare for Bariatric Surgery

Beginning two weeks prior to your surgery, you will begin a plan that will enhance your success. This plan will consist of:

- Replace two of your meals with a liquid protein drink, eating only one lean meal/day. (See pages 6 and 7 for recommended protein drinks).
- Avoid high fat and highly processed foods such as fried foods, hot dogs, sausages, etc.
- Limit carbohydrate intake, especially concentrated sweets like sodas, juices, desserts and sweets.
- You may drink sugar-free clear liquids throughout the day, such as gelatin, broth or sugar-free noncarbonated liquids. Also acceptable are sugar-free popsicles, gelatin and pudding.
- If you get hungry, you may snack on items in the “Things to Eat” column below.

Things to Eat	Things to Avoid
3 to 4 oz. of lean cuts of meat: beef, chicken, pork, egg, fish or turkey – prepared baked, grilled, broiled or sautéed	High fat processed meats – sausage, hot dogs, bacon, salami, bologna
Or low-fat cheese, cottage cheese or Greek yogurt	Fried food – French fries, fried onion rings
Or low-fat yogurt, less than 12 grams of sugar	Starchy vegetables – potatoes, peas, corn
Free: lower starch vegetables – broccoli, spinach, green beans, cauliflower, zucchini carrots, etc. Tossed salad with low-calorie dressing	Breads, cereals, pasta, rice, beans Fruit or fruit juices: you may have ½ cup of fruit (such as bananas or berries) to put in shakes for flavor

Pre-Surgery Diet and Behavior Modifications

To enhance your success, begin making diet and behavior modifications to prepare for life after surgery.

Some suggested modifications include:

Begin to Limit/Eliminate	Behaviors to Change
Simple sugars (sweetened drinks, candy, desserts)	Begin each meal with lean protein.
Carbonation (soda, beer, fizzy waters)	Slow meals down by taking small bites and avoiding distractions.
Snacks/nibbles	Stop eating. Do not eat when you are no longer hungry.
Fried foods/added fats	Drink 6-8 cups of calorie-free liquids each day.
Drinking fluids with meals Use the 30/30 rule: do not drink any liquids for 30 minutes before a meal, during the meal, and for 30 minutes after a meal.	Begin regular physical activity.
Alcohol	Record what you are eating.

Supplements

Many herbal supplements contain powerful ingredients that can affect the way your body reacts during surgery. These supplements should be discontinued at least 2 weeks prior to surgery:

- Black cohosh
- Ephedra
- Feverfew
- Garlic
- Ginger
- Ginkgo biloba
- Ginseng
- Grapeseed extract
- Kava-kava
- Omega-3 fatty acids (fish oils)
- St. John's wort
- Vitamin E (greater than 30 IU)

Please let your surgeon and anesthesiologist know about any supplements or herbal medications that you might be taking.

High-Whey Protein Supplements

Protein is the basic building block the human body uses to repair and replace tissues such as hair, nails, skin, eyes and all other organs. Protein is necessary for fighting infections. Without adequate protein, serious consequences can develop, including muscle wasting, weakness, fatigue and excessive hair loss.

As you prepare for surgery, it's important to learn what your protein needs will be following surgery and begin to learn how to keep track of your daily progress:

Sleeve Gastrectomy and Gastric bypass: 60-80 grams of protein per day

Duodenal Switch: 80-100 grams of protein per day.

As you begin preparing protein drinks and choosing products, keep in mind that it will be difficult for you to meet your protein needs with food alone during the first few months following surgery. Protein shakes and powders will be used to help you make up the difference in between meals. Use the Food Facts label to evaluate a shake before purchasing.

Choose shakes that offer the following:

- Less than 180 calories
- 12 or more grams of protein
- 12 or less grams of sugar

Recommended Whey Protein Powders

Shake	Calories	Protein	Sugar	Flavors	Where to Buy
Bariatric Advantage ClearlyProtein	150-160 80	27 g. 20 g.	0.5 g. 0 g.	Chocolate, Vanilla, Iced Latte, Orange Fruit Punch (liquid)	BariatricAdvantage.com
Unjury	80	20 g.	0 g.	Chocolate, Vanilla, Strawberry, Unflavored Chicken-Soup	Unjury.com
Bariatric Fusion	138	27 g.	<1 g.	Numerous	BariatricFusion.com
EAS 100% Whey Protein	75	13 g.	1 g.	Chocolate, Vanilla	Retail (Vitamin Shoppe, Publix, Target, etc.)
Pure Protein 100% Whey	100-140	15-25 g.	N/A	Chocolate, Vanilla, Strawberry, Cookies and Cream	Retail (CVS, Walgreens, Walmart, Target, GNC, etc.)
Gold Standard 100% Whey	120	24 g.	N/A	Numerous	GNC Vitamin Shoppe OptimumNutrition.com
GNC Whey Isolate 28	130	28 g.	2 g.	Chocolate, Vanilla, Strawberry	GNC.com GNC
MetRx 100% Natural Whey	130	23g	5 g.	Chocolate, Vanilla, Cookies & Cream, Peanut Butter, Strawberry	Retail metrx.com
Vitamin World Soy Protein Isolate	100	20 g.	0 g.	Chocolate, Vanilla, Unflavored	VitaminWorld.com
Syntrax Nectar Whey Protein	100	24 g.	N/A	N/A	

Recommended Whey Protein Shakes

Shake	Calories	Protein	Sugar	Flavors	Where to Buy
Orgain Organic Protein	150	21-26 g. Pea or whey	0-1 g.	Chocolate, Vanilla	Orgain.com or retail Fresh Market, Target and Publix (Comes liquid and powder)
Optisource 4 oz./serving	100	12 g.	N/A	Strawberry, Caramel	Retail CVS, Walgreens, Amazon.com
Atkins Advantage	160	27 g.	<1 g.	Numerous	Retail Atkins.com
AdvantEDGE Carb Control by EAS	110	17 g.	0 g.	Chocolate, Vanilla, Strawberry, Dark Chocolate, Café Caramel	Retail AbbottNutrition.com
Isopure Zero Carb	160	40 g.	0 g.	Passion Fruit, Pineapple Orange, Banana, Mango Peach, Alpine Punch, Orange, Grape, Apple Melon, Blue Raspberry	GNC Vitamin Shoppe
Slim Fast Advanced Nutrition	180	20 g.	1 g.	Chocolate, Vanilla, Strawberry, Cappuccino, Peach, Banana, Strawberry/Banana, Blueberry, Plain soy	SlimFast.com Walmart, Target, all retail (Comes liquid and powder)
Premier Protein	160 90	30 g. 20 g.	1 g. 0 g.	Chocolate, Vanilla Strawberry, Banana, and Caramel	Sam's, Costco, and PremierProtein.com
Premier Protein Clear				Fruit Punch and Grape	

This list is **not** all-inclusive but is intended to get you started as you begin your journey. You may refer back to this list as you progress through the four nutrition phases following surgery. Alternative protein shakes can be used and you may discover new favorites. However, keep in mind that the best quality protein supplements come from whey, casein, or soy protein, which should be listed as one of the first ingredients on the ingredient list. Avoid purchasing protein supplements with "collagen" listed as the first ingredient; these are usually found in the protein "shooters" that claim to have a large amount of protein in just 1-2 ounces. Unflavored protein powders can be used as an alternative to protein drinks and added to liquids.

After Surgery

Postoperative Nutrition Guidelines

Following surgery, you will progress your diet slowly through four diet phases. It is important to follow this diet progression to allow your digestive system to heal and reduce your risk for postoperative complications. Introducing certain foods too early can prolong the healing process.

Throughout the diet progression you will want to focus on:

- Drink enough fluid to keep hydrated (2 liters or 64 ounces or more of fluid per day).
- Eat enough protein:
 - Sleeve Gastrectomy and Gastric Bypass: 60-80 grams of protein per day (estimated)
 - Duodenal Switch: 80-100 grams of protein per day (estimated)
- Avoid carbonation, alcohol and large amounts of caffeine (no more than 2 servings of caffeine/day).
- Take vitamin/mineral supplements, once your surgeon gives you permission.

Following surgery, you will feel full after consuming only a small amount of food and liquid. It is important to listen to your body's signals and stop eating/drinking when you feel full. It may feel like you are learning how to eat again. Avoid foods that you do not tolerate or that you feel do not sit well. Listed below are the **four phases** of the bariatric post-operative diet progression.

PHASE 1

Clear Liquids
(sugar-free)

Length: 3 days



PHASE 2

High Protein
Full Liquids

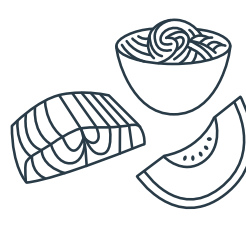
Length: 2 weeks



PHASE 3

Soft
Foods

Length: 1 month



PHASE 4

Maintenance
(Regular) Diet

Length: Lifetime



Phase One – Clear Liquids

Duration: First 3 days after surgery

This is the first phase of your weight loss surgery diet. After surgery, you will not be able to eat or drink anything for several hours. Once your surgeon allows you to eat, you will be able to drink clear liquids.

Clear liquids are recommended to prevent common problems at this stage, such as nausea, pain, vomiting and dehydration. At this point, staying hydrated is the main nutrition goal. Aim for 64 ounces of fluid each day. There will be swelling in the stomach after surgery. This swelling will slowly go down over the first few weeks.

Clear liquids are non-dairy liquids that you can see through. Clear “solids” that become liquid at room temperature are also appropriate, such as sugar-free gelatin or sugar-free popsicles.

Examples of Recommended Clear Liquids

- Water
- Broths/bouillons: clear beef, chicken, or vegetable broth
- Sugar-free gelatin and sugar-free popsicles
- Low calorie/sugar-free sports drinks (Propel®, PowerAde Zero®, G2 Gatorade®)
- Sugar-free flavored drinks (Crystal Light®, Vitamin Water Zero®, SobeLifewater®, Sugar-Free Kool-Aid®, etc.)
- Decaffeinated tea
- Protein waters like Protein 2-0®, Gatorade Zero® and Powerade Zero® with protein added



Tips

- Sip liquids very slowly. **DO NOT** gulp liquids. Drinking too fast may cause pain, discomfort, and may make you vomit.
- Using a straw may cause you to swallow too much air, which will cause pain for the first few days.
- When you first begin drinking clear liquids, take no more than one ounce of liquid at a time. This is the size of medicine cup. Try to drink one ounce every 10-15 minutes or so. Once tolerance is established, sip on liquids freely to the point of fullness.
- Fluids served at room temperature or warm are sometimes better tolerated.
- Avoid all carbonated beverages (soda and soda water).
- Avoid all beverages that contain sugar (lemonade, sports drinks and sweet teas).
- Avoid fruit juices. Introducing fruit juice immediately after surgery may cause dumping syndrome.

Phase Two – High-Protein Full-Liquid

Duration: 2 Weeks (Day 4 through day 18 following surgery)

This is the second phase of your post-surgery diet. By taking only liquids for two weeks after surgery, you are allowing your body to heal. Advancing your diet too quickly can prolong the healing process.

During phase two you may begin to add dairy-containing liquids. They should be low in fat, sugar-free and have no distinct pieces of solid food or “chunks.”

Remember:

- Drink small amounts of fluid every 3-4 hours while awake.
- Sip fluid very slowly. Work your way from 2 to 3 to 5 ounces as tolerated in one sitting. Every person is different and will advance at a different pace. Maximum for Gastric Bypass is 2-3 ounces at a time.

The following full-liquid foods are recommended	
Beverages/Fluid	Skim, 1% or lactose-free milk; Fair-Life Milk, water; up to 2 caffeine containing beverages per day (6 to 8 oz. each). Decaffeinated tea and coffee, sugar-free beverages such as Crystal Light
Meat/Meat Substitutes	Greek regular yogurt, yogurt smoothies (with less than 12 grams of sugar per 4 oz.), low-fat cheese, cottage cheese and part-skim milk ricotta cheese There is no sugar-free yogurt Try thinned oatmeal or cream of wheat with low-fat milk
Soups	Broth, bouillon, low-fat cream soups that have been strained or pureed (Remove rice or noodles)
Vegetables	Vegetable or tomato juice, tomato soup
Fruits	Plain, no-sugar-added applesauce; pureed (baby food) fruits and veggies
Protein Shake	Protein supplements (preferably 100% whey protein) 3 times per day (see pages 6 and 7 for more details)
Sweets	Sugar-free pudding, sugar-free popsicles or gelatin

Remember: Eat/drink only to the point of fullness

Sample meal plan for a high-protein full-liquid diet

Breakfast

- ¼ cup plain, no sugar added applesauce
- ¼ cup skim milk with thinned cream of wheat

Mid-Morning

- ¼ -½ cup high protein shake

Lunch

- ¼-½ cup strained cream soup
- ¼ cup vegetable juice

Mid-Afternoon

- ¼-½ cup high protein shake

Dinner

- ¼-½ cup broth or soup
- ¼ cup Greek yogurt

Evening

- ¼-½ cup high-protein shake

Protein Supplement Ideas

Unflavored Protein

Unflavored protein powders can be mixed into any of the full liquids to count towards one of your protein supplements.

Ideas for Adding Protein

- Mix 1 scoop unflavored protein powder in a fruit-flavored Crystal Light® or other sugar-free beverage.
- Prepare sugar-free gelatin and mix in 1-2 scoops unflavored protein powder before refrigeration.
- Mix 1 scoop unflavored protein powder with yogurt or sugar-free pudding.
- Prepare strained cream soup, allow to cool to room temperature, and mix in 1 scoop unflavored protein powder.

Recipe Ideas Using Protein Powder

Bananas and Cream

- 1 cup skim milk
- 4 ice cubes
- ½ frozen banana
- 1 scoop protein powder
- Blend well

AM Delight

- 1 cup skim milk
- 4 ice cubes
- 1 tsp. nutmeg
- 1 tsp. vanilla extract
- 1 scoop protein powder
- Blend well

Chocolate Chiller

- 1 cup skim milk
- 1 packet sugar-free hot chocolate
- 1 scoop protein powder
- Blend well

Fruity Surprise

- ¼ cup skim milk
- ¾ cup sugar-free beverage
- 1 scoop protein powder
- ¼ cup or less canned fruit (canned in juice or water. No syrup.)
- Blend well

High-Protein Mousse

- 1 small sugar-free pudding mix
- 16 oz. fat-free cottage cheese or part skim ricotta cheese
- 4 oz. Cool Whip Light
- 1 scoop protein powder
- Blend cottage cheese until smooth.
- Add pudding and mix well.
- Empty into large bowl.
- Fold in Cool Whip.
- Note that this makes several servings.



Phase Three – Soft Foods

Duration: 1 month (week 3 through week 6) following surgery

Soft foods may be slowly introduced three weeks following surgery. Soft foods are foods that are easy to chew, swallow and digest. A good rule of thumb is that foods must easily be cut with the side of a fork or spoon. Meats and vegetables should be cooked until they are very tender.

As you begin eating soft foods, it's important to follow the following guidelines:

- **Chew all foods well, to an applesauce-like consistency, before swallowing.** Aim for 20 chews per bite!
- **Always eat protein-rich foods, such as meat, chicken, fish, beans and dairy, first.** Protein foods are very filling and must be eaten first to ensure you meet your protein needs.
- **Eat five to six small meals a day.** Eat when you are hungry and avoid constant snacking as this will reduce the effectiveness of bariatric surgery.
- **Eat and drink slowly.** A meal should take 20-30 minutes to complete. Avoid distractions.
- **Do not drink fluids with meals.** Follow the 30/30 rule which means you should not drink liquids for 30 minutes before a meal, during the meal and for 30 minutes after a meal. However, it is still important to drink plenty of fluids throughout the day to stay hydrated. Aim for 64 ounces each day.
- **Learn your limit.** Stop eating before you are uncomfortably full. Overeating will almost always lead to vomiting and may stretch your pouch over time.



The following full-liquid foods are recommended

Beverages/Fluid	Skim, 1% or lactose-free milk; water; tea and coffee (up to 2 caffeine-containing beverages per day); sugar-free beverages such as Crystal Light or Diet Snapple; sugar-free popsicles or gelatin
Meat/Meat Substitutes	Moist, ground/chopped lean meat or poultry; flaky fish or shellfish; canned tuna or chicken; lean lunch meats; eggs; low-fat cottage cheese; low-fat cheese; low-fat/low-sugar yogurt; tender legumes (kidney beans, black beans, garbanzo beans); tofu/soy products; hummus; peanut butter
Soups	Broth, bouillon, low-fat cream soup, broth-based soups
Vegetables	Soft, cooked vegetables without hulls or tough skin; vegetable juice
Fruits	Unsweetened cooked or canned (in water or juice with no syrup); fruit without seeds or skin; bananas; soft melon, ripe peach without skin, mango, no-sugar-added applesauce
Whole-Grain Starches	Cooked or dry cereals; toasted bread; baked crackers
Protein Shake or Powder	Continue to take 1 to 2 high-protein supplements per day until 2-3 ounces of protein can be eaten at each meal.

Remember: Eat/drink only to the point of fullness

Foods to avoid from each group

Beverages Avoid carbonated drinks, alcohol, whole milk; any beverages with added sugars or excessive amounts of caffeine.

Protein Avoid fried or high-fat meals, fried eggs, spicy/seasoned meats or tough meat.

Soups Avoid soups that are high in fat (typically those prepared with heavy creams).

Vegetables Avoid all raw vegetables and any vegetables with tough skin or seeds.

Fruit Avoid fruits or juices canned in syrup, dried fruits, fruits with peels.

Carbohydrates Avoid refined breads/carbohydrates, sweets, pastries, sugar-coated cereals, coarse fiber cereals, and added sugars.

Sweets Avoid all sweets and desserts after surgery. Do **not** eat sweets on an empty stomach.

Miscellaneous Avoid spicy foods, nuts and seeds. Limit added fats (butter, margarine, sour cream, salad dressings, and mayonnaise).

Sample meal plan for a soft diet

Breakfast

- 1 scrambled egg
- ½ oz. cheese

Mid-Morning Snack

- ½ cup high-protein shake or soft bar

Lunch

- 1-2 oz. tuna
- ¼ cup of plain, no-sugar-added applesauce

Mid-Day Snack

- ½ cup high-protein shake or soft protein bar

Dinner

- 1-2 oz. of chopped turkey lunch meat
- ¼ cup plain yogurt
- ¼ cup soft, cooked carrots

Evening Snack

- ½ cup to ¾ cup high-protein shake or string cheese with 2 crackers

Phase Four – Continued Weight Loss Diet and Eventual Healthy Maintenance

Duration: Lifetime

Two months following surgery you will begin the weight loss maintenance phase that will continue throughout your life. By adopting a healthy diet, changing behaviors and increasing physical activity, you will ultimately determine how much weight you are able to lose and the weight loss you maintain long term.

As you begin this new lifestyle, keep in mind:

- Eat three, small, nutritious meals every day. Avoid grazing but you may have 2 to 3 high-protein snacks per day. Keep total portions per meal and snacks to 3 to 5 ounces or about ½ cup.
- Start every meal with 1-3 ounces of protein. Soft, moistened meats (meatballs and meatloaf), fish, beans, eggs, low-fat cheeses, Greek yogurts and hummus are best.
- Protein shakes are not necessary during the maintenance phase. It is OK to supplement some initially if you are having difficulty getting in enough protein at meals. Continuation of protein shakes can reduce your rate of weight loss. Cut meat into very small pieces, add low-fat sauce or broth and chew well.
- Add vegetables to your diet slowly. Start with soft, cooked vegetables before adding raw vegetables. Add fruit to your diet slowly as well. Start with canned, soft or peeled fruit. Slowly add fruit with skin to the diet, making sure that the skin is chewed especially well.
- Sip sugar-free, calorie-free fluids between meals.
- **Never drink carbonated beverages.**

Some foods may remain difficult to tolerate life-long after surgery. These are very individual and differ from person to person. Try one new food at a time and items such as meat, starches, fruits and vegetables should be added slowly, as tolerated.

Foods That May Be Difficult to Tolerate (especially for the first 4 to 6 months)

- Tough/grisly meats like pork chops
- High-fiber bran cereals/granola, protein bar
- Popcorn
- Non-toasted breads
- Fibrous vegetables: dried beans, celery, corn, cabbage, romaine lettuce hearts, artichokes
- Raw vegetables
- Dried fruits
- Citrus fruit membranes
- Fruit peels
- Nuts and seeds
- Spicy foods
- Added fats and sugars

Healthy Weight Loss After Surgery

Create Your Plate

The Bariatric Surgery Plate Model

Planning meals and making healthy choices will determine how much weight you lose, how you maintain your weight loss and how you feel. Your new healthy lifestyle begins with meal planning. Plan your meals, prepare your meals and follow a dining schedule for maximum success.

Use these tools to help you create the plate that contributes to your long-term success. Here are some tips to use for every meal, every day.

Use a 6-8 inch plate

(usually the salad or dessert plate with a typical dinnerware set).

Protein

50% of your plate should be protein-rich foods (1-3 oz.), such as lean fish, poultry, beef or pork; egg, legumes or soy products. You want to have 8 to 9 oz. of protein per day.

Lower-starch vegetables

30% of your plate should be lower-starch vegetables (1/4-1/3 cup), such as cauliflower, broccoli, asparagus, mushrooms or peppers.

Healthy Carbohydrates

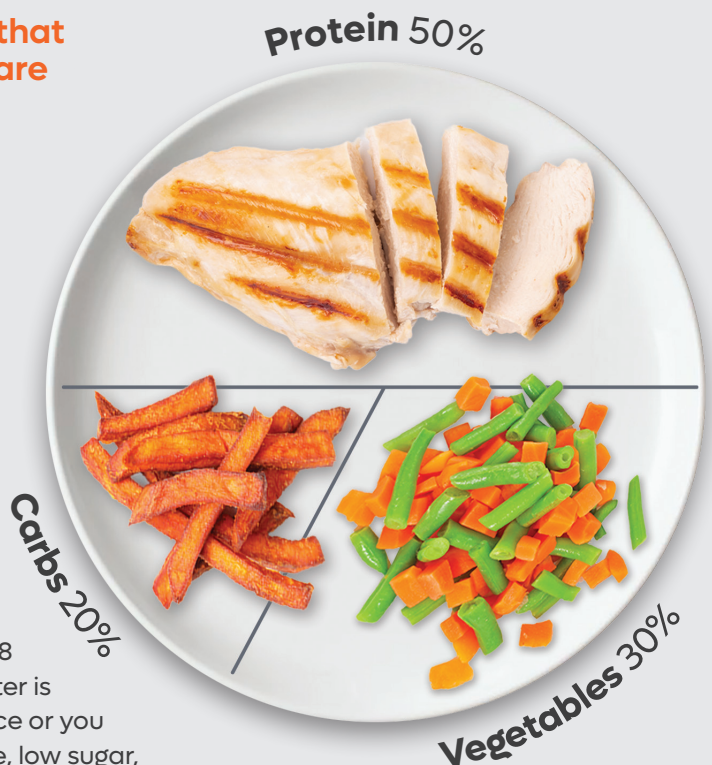
20% of your plate should be healthy carbohydrates, such as whole grains, starchy vegetables (like potatoes or peas) or fruits (about 1-2 Tbsp.) You want to have 3 to 6 servings of healthy carbohydrates per day.

Other food groups

You may have 2 to 4 servings per day (1 serving = 1 tsp.) of healthier fats (healthy oils, whipped butter, light mayonnaise, lower-fat salad dressings). Vinegar and lemon juice are free choices.

Beverages

You should drink 6 to 8 servings per day. Water is the beverage of choice or you may select sugar-free, low sugar, caffeine-free and carbonation-free beverages. Follow the 30/30 rule of having no liquids 30 minutes before meals, during meals and 30 minutes after meals.



"Free" foods

You may also have sugar-free gelatin, sugar-free popsicles and sugar-free pudding. Lower-starch vegetables such as cauliflower, broccoli, asparagus, mushrooms or peppers may also be added, as tolerated.

Good Choices

When creating your plate, choose from these food lists daily.

Protein Choices

1 serving = 2-3 oz.

Fish salmon, tilapia, flounder, tuna, cod

Shellfish scallops, shrimp, clams, lobster

Poultry skinless white or dark meat of chicken or turkey

Eggs or egg substitutes 1 egg or 2 egg whites or
¼ cup = 1 oz.

Beef lean ground beef or steak, such as sirloin,
tenderloin or flank steak

Pork lean ham or tenderloin

Lean lamb or veal chop or roast

Legumes serving size is ½ cup = 1 oz.

- black, pink, red, pinto, garbanzo, chickpeas, hummus, lentils

Soy products serving size ½ cup = 1 oz.

- tofu, tempeh, plain soy milk, TVP (textured vegetable protein)
1 patty = 2 oz., ½ cup = 1 oz.

Dairy serving size is 8 oz.

- skim or 1% milk, nonfat or 1% lactose-free milk (Fair Life Milk), Greek or lowfat yogurts
Can use low-sugar almond milk,
¼ cup cottage cheese = 1 oz.,
low-fat cheese 1 oz. = 1 serving

Peanut butter 1 Tbsp. = 1 serving

Nuts 1 serving = 1 oz. (20 almonds)

Bean-based soup 1 cup = 1 oz.



Lower-Starch Vegetable Choices

1 serving = ¼ to 1/3 cup

- Artichokes
- Asparagus tips
- Beets
- Bok choy
- Broccoli tops
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery hearts
- Cucumbers
- Eggplant
- Green beans
- Greens/kale
- Lettuce
- Mushrooms
- Okra
- Onions, garlic, scallions
- Peppers – chili, bell
- Tomatoes
- Turnips
- Snow pea pods
- Summer squash
- Zucchini
- Herbs – basil, cilantro, parsley

Limits

- Your sleeve may only hold 3 to 4 ounces per meal total.
- Your gastric bypass pouch may hold only 2 to 3 ounces per meal total.
- Your duodenal switch sleeve may hold 4 to 6 ounces per meal total.
- As time progresses, all new sleeve and gastric bypass stomachs may relax a little allowing 4 to 5 ounces, however, aim for healthy foods. Duodenal switch stomachs can allow 6 ounces, but also aim for healthy foods.



Healthy Carbohydrate Choices

Serving sizes vary. See below.

Whole Grains

Serving size = 1/3 cup

Quinoa, spelt, farro, pearly barley, bulgur wheat

Rolls or steel-cut oats, couscous, whole corn grits/
polenta, whole-grain pasta, cold cereal (no added sugar)
6-inch whole-grain tortilla.

100% whole-wheat bread – 1 slice

Starchy Vegetables

Serving size = 1/3 cup

- Plantain
- Yucca
- Malanga
- Banana
- Potato (white, purple, gold)
- Sweet potato
- Brown or wild rice
- Baby peas
- Corn
- Lima beans

Fruits

Serving size = 1 medium whole fruit

- 1/2 cup cut-up fruit
- 3/4 cup berries
- 1 cup watermelon or melon
- 15 grapes
- 1/4 cup dried fruit
- Kiwi fruit
- Citrus fruit
- Apple
- Pear
- Peach
- Nectarine
- Plum
- Apricot
- Low-calorie fruit juice

Healthier Fats

1 serving = 1 teaspoon (tsp.)

May have 2 to 4 servings per day

Should be limited to fats containing approximately 5 grams of fat per serving and approximately 45 calories.

- **Butter** whipped
- **Oils** canola, olive, flax seed, sesame, walnut – 1 tsp.
- **Avocado** 1/8 of a whole or 2 Tbsp.
- **Olives, black or green** 8 large
- **Mayonnaise** light or fat-free – 1 Tbsp.
- **Salad dressing or marinades** light or fat-free – 1 Tbsp.
- **Nuts and seeds** use as protein choice

Beverages

- Water is the beverage of choice.
- Choose sugar-free, caffeine-free, carbonation-free.
- Decaf tea
- Decaf coffee
- Unsweetened tea
- Flavored waters
- Diet Snapple
- Crystal Light
- Powerade Zero
- Gatorade Zero
- Propel Zero

Sample Meal Plan for Phase 4 - Lifetime Diet

Breakfast	Lunch	Dinner	Evening Snack
<ul style="list-style-type: none"> 1 scrambled egg with 2 Tbsp. veggies – try mushrooms, spinach or green peppers 1 oz. low-fat cheese ¼-½ slice toast or pita pocket 	<ul style="list-style-type: none"> 1 to 3 oz. baked salmon with 1-2 Tbs. plain Greek yogurt and dill sauce* ¼ cup cauliflower rice ¼ cup berries or mango 	<ul style="list-style-type: none"> ¼ cup refried fat-free beans and 1 oz. low-fat cheese 1 Tbsp. mild salsa and ¼ cup shredded lettuce or chopped tomatoes 1 to 2 baked corn chips or small corn tortilla 	<ul style="list-style-type: none"> 1/3 cup raisin bran cereal and ¼ cup fat-free milk <p>(This day is approximately 1,000 calories and 60 grams protein.)</p>
<p>Mid-Morning Snack</p> <ul style="list-style-type: none"> ½ apple and 1 Tbsp. natural or low-fat peanut butter 	<p>Mid-Day Snack</p> <ul style="list-style-type: none"> 1-piece turkey jerky 1 to 3 whole-grain crackers 		

Women need approximately 1,200-1,500 calories and Men need approximately 1,500-1,800 calories to lose 0.5-1 pound per week or 2 to 4 pounds per month starting 3 months after surgery.

*To make the low-fat dill sauce, just whisk or puree together 1 to 2 Tbsp. of plain Greek yogurt or low-fat sour cream or cottage cheese with a pinch of dill weed and other seasonings of your choice

About Carbohydrates

You may notice that the amount of carbohydrates, especially starch, included in each diet phase is minimal.

Here's why:

1. Early introduction of starch has shown to slow weight loss. Therefore starch, even whole-grain starch, is not emphasized in the early phases of the diet.
2. It is very easy (yet not desirable) to replace valuable protein with carbohydrate. Remember to aim for 60-80 grams of protein daily, even during the maintenance phase of the diet.
3. Many starches are difficult to tolerate after surgery. "Gummy" breads, rice, pasta, potato dishes and pizza are challenging to tolerate after surgery because they give you a heavy feeling. Bread is best tolerated after it has been toasted. Flatbread pizza with a crispy crust is more likely to be tolerated than traditional or pan pizza. Rice, pasta and potatoes can expand as they enter the stomach pouch.

Whole-grain carbohydrates contain fiber which can promote a feeling of fullness. Legumes (beans), fruit and starchy vegetables should provide most of your carbohydrate intake. When choosing cereals, breads, pasta and crackers, always read the label. Words, such as *multigrain*, *100% wheat* or *bran* advertised on the front of the package may indicate important health benefits, but do not necessarily mean a product is a whole grain. Read the label and the ingredient list. A whole-grain product should have more than 2 grams of fiber per serving and list whole-wheat flour as one of the first two ingredients.

Soft Calorie Syndrome

Bariatric surgery helps you to lose weight by leaving you with a full feeling after eating a small amount of food. Surgery also helps you to prevent frequent snacking by leaving you feeling full or satisfied for several hours following a meal. How long this feeling lasts depends on what you ate. Protein-rich foods and fiber-rich fruits and vegetables prolong the feeling of fullness. Liquids and soft foods pass through the stomach much more quickly, reducing the feeling of fullness. Eating a diet rich in soft foods will make it harder to lose weight.

Examples of soft-calorie foods include:

- Soups
- High-calorie liquids such as whole or 2% milk; high-protein shakes after the phase three diet is complete
- Mashed potatoes or sweet potatoes
- Yogurt and pudding
- Refined carbohydrates (white cereals and breads)

Sources of Protein

Remember that protein is the most important nutritional component of your diet after surgery. You will want to strive to consume 2-3 ounces of protein at each meal with a goal of 60-80 grams per day. As a rule of thumb, each of beef, pork, fish, or poultry contains about 7 grams of protein. The following list is the protein content in most foods:

Meat/Fish/Poultry	Serving Size	Protein	Calories
Lean Ground Sirloin	2 oz.	14 g.	150
Roast	2 oz.	12 g.	150
Corned Beef	2 oz.	15 g.	150
Pork Chop	2 oz.	17 g.	150
Lean Spareribs	2 oz.	16 g.	150
Tilapia	2 oz.	15 g.	150
Shrimp, boiled	6 large	7 g.	150
Tuna, in water	1/4 cup	14 g.	150
Salmon, baked	2 oz.	12 g.	150
Perch, flounder, sole, haddock (baked)	2 oz.	14 g.	150
Lobster	2 oz.	15 g.	150
Baked Ham	2 oz.	13 g.	150
Chicken, dark, without skin	2 oz.	15 g.	150
Chicken, white, without skin	2 oz.	19 g.	150
Turkey, light meat without skin	2 oz.	17 g.	150
Turkey, dark meat without skin	2 oz.	16 g.	150
Ground Turkey (97% lean)	2 oz.	11 g.	150
Peanut Butter	2 Tbsp.	8.5 g.	190
Milk/Cheese/Yogurt			
Fat-free or low-fat cottage cheese	1/4 cup	7 g.	40
Skim mozzarella or string cheese	1 oz.	6 g.	80
Fat-free American cheese	1 slice	7 g.	35
Skim Milk	1 cup / 8 oz.	8 g.	90
Non-fat dry milk	1/4 cup	11 g.	110
Yogurt, light	3/4 - 1 cup	5-9 g.	80-100
Greek yogurt, nonfat	3/4 - 1 cup	8-22 g.	100-120
Egg, large size	1 egg	7 g.	65
Egg, white	1 egg white	3 g.	20
Egg, substitute	1/4 cup	7 g.	50
Tofu	1/4 cup	5 g.	95
Vanilla soymilk, nonfat	1 cup	6 g.	70
Starches			
Fat-free refried beans	1/4 cup	4.5 g.	68
Beans/lentils	1/4 cup	4 g.	60
Edamame, shelled	1/4 cup	8 g.	95
Hummus	4 Tbsp.	4.8 g.	100
Dry roasted almonds	10	3 g.	80
Dry roasted peanuts	1 Tbsp.	3.5 g.	83

Solutions to Common Discomforts after Surgery

Following bariatric surgery, your body and your lifestyle will adjust to new changes. However, you may experience discomforts related to the surgery. We offer tips to manage these potential challenges.

Dehydration

Dehydration occurs when you do not take in adequate fluids. The goal is to drink at least 64 ounces of fluid (preferably water) every day, beginning immediately after surgery. Take fluids in small sips between meals. Carry a water bottle with you to ensure that you have access to adequate fluid during the day. You will need to increase your fluids if you experience diarrhea, increase your physical activity or spend time outside on hot days.

Dumping Syndrome

Dumping syndrome is a group of symptoms that you may experience after surgery. Dumping syndrome occurs due to the presence of simple sugars in the small intestines and/or after consuming foods that are too high in fat. Most people experience symptoms 15-30 minutes after eating. However, some symptoms may develop 1 to 3 hours after the end of a meal. Symptoms can range from mild to severe and may include nausea, vomiting, abdominal pain/cramps, diarrhea, dizziness/lightheadedness, fatigue, rapid heart rate, sweatiness, shakiness, fainting or low blood sugar. To prevent dumping syndrome:

- Follow a low-sugar diet; avoid added sugars (including hidden sugars).
- Choose foods with less than 10-12 grams of sugar per serving.
- Avoid drinking with meals and for at least 30 minutes after meals.
- Avoid fatty/fried foods.
- Avoid alcoholic beverages.
- If dumping occurs, it may help to lie down for 20-30 minutes.

Lactose Intolerance

Some patients develop intolerance to milk and milk products after surgery. Symptoms include bloating, gas and abdominal cramping after drinking milk or eating milk products. Use lactose-free milk or fortified soy milk or take Lactaid tablets when consuming dairy to reduce discomfort.

Nausea

Nausea can be common during the first few weeks after surgery. Some solutions may include:

- Slow down eating or drinking.
- Change the temperature of foods and liquids as sometimes room temperature is best tolerated.
- Avoid strong smells.
- If protein drinks are the culprit, try drinking from a covered container or blend with ice.
- Try sugar-free popsicles, ginger tea or adding lemon water.

Vomiting

No matter what you read, it is not “normal” to experience vomiting after surgery. Vomiting generally occurs after eating too much, eating too quickly or swallowing food that is not chewed well. To avoid vomiting, remember to chew your food well, slow down and listen to your body’s signal for fullness.

If you experience nausea and vomiting related to the flu, food poisoning or any other reason, contact your surgeon’s office. Your surgeon will likely prescribe an anti-nausea medication.



Constipation

Constipation is related to two changes to the diet made after surgery. First, many people find that they drink less fluid after surgery, putting them at greater risk for developing constipation. Secondly, undigested food, such as fiber-rich fruits and vegetables, provide bulk that helps to create stool. These foods are eaten in smaller quantities after surgery, increasing risk for constipation. While the volume of your bowel movement may be less after surgery, if you are not having a bowel movement every three days after surgery, you are experiencing constipation. Try the following steps to alleviate constipation.

- Increase your fluid intake to 8-10 cups of water (or sugar-free, caffeine-free beverage) per day.
- Increase your physical activity level to 30 minutes of walking per day.
- Increase intake of fruits, vegetables and whole grains, when able.
- Try an over-the-counter stool softener such as Miralax.
- Try an over-the-counter laxative or stimulant such as Milk of Magnesia.
- Try an over-the-counter fiber supplement such as Benefiber.

Remember that over the counter does not mean that a product is harmless. Regular laxative usage can aggravate constipation and make you dependent on the laxative.

Gas

Limit intake of gassy vegetables and high fat/greasy foods. Eat slowly and chew thoroughly. Avoid dairy if you are lactose intolerant. Avoid carbonated beverages and chewing gum. Discuss over-the-counter charcoal tablets or internal deodorant with your physician. You may try an over-the-counter product such as Gas-X or simethicone drops. After one month post-surgery you may try some probiotics.

Hair Thinning

Temporary hair thinning or hair loss can occur after surgery. Stress, changes in weight and poor protein intake are often the cause of hair loss. Hair loss often begins 3 to 4 months after surgery and ends one year after surgery. If you are experiencing hair loss or thinning, ensure that you are taking in at least 70 grams of protein per day. Supplements of zinc and biotin can also help.

The Benefits of Physical Activity

Being active each day is an important step to help you achieve lasting weight loss following surgery. Beginning a daily exercise program can be challenging. This is especially true if you have been inactive for a long period of time due to poor activity tolerance or physical inability to exercise.

You should have your physician's approval before beginning an exercise program. If you have a significant history of heart disease, you should discuss with your physician the possible need for an exercise graded stress test before starting an exercise program. When beginning an exercise program, start slowly. A good goal would be to gradually increase your activity to between 30 and 60 minutes each day. It is important to include 20 to 30 minutes each of both aerobic and strengthening exercises, aiming for four to five times weekly.

It's easy to think of an excuse not to exercise. But it's important to realize that exercise plays a much larger

role in overall health than just aiding weight loss. Exercise has been proven to reduce appetite and aid in digestion, reduce high blood pressure and risk for heart disease and some cancers, reduce stress and improve sleep, as well as increase energy levels. Individuals who participate in a regular exercise program following bariatric surgery tend to lose more weight at a slightly quicker rate. More importantly, individuals who exercise after surgery maintain their weight loss for a much longer period of time (lean tissue or muscle contributes to your metabolic rate).



To make physical activity a priority in your life, you must create a physical activity plan now that you will be able to follow after surgery. Be prepared to find a solution to any barrier that will prevent you from carrying out your plan.



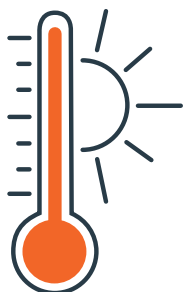
“I don’t have time to exercise.”

- Start with 10 minutes per day and slowly add time.
- Walking three 10-minute bouts per day is equally as good as walking one 30-minute bout.
- Try using a step counter (pedometer). Track your average steps for one week and then set a goal to increase your steps by 2,000 per day. Over time, you may be able to increase your goal even further. Good quality, accurate pedometers can be purchased at AccuSplit.com, DigiWalker.com and Walk4Life.com. A cover and security strap are recommended.

“I’m too tired after work.”



- Plan to do something before work or during the day.
- A lunchtime walk may meet your goals.



“It’s too hot outside.”

- Try walking inside a shopping center.
- Water-walking in the shallow end of a swimming pool provides an excellent workout.

“Exercise is boring.”

- Find something you enjoy doing.
- Enlist a friend or family member to exercise with you.
- Switch your routine to help prevent boredom.



Vitamin and Mineral Supplementation**

Following bariatric surgery, it is necessary to take vitamin and mineral supplements. Immediately following surgery, you will wear a vitamin patch called Multivitamin Plus.

After the first month, you will switch to a multi-vitamin that can be taken once daily, called CelebrateOne or Bariatric Advantage Ultra Solo.

Gastric Bypass

Morning	Afternoon	Evening	Bedtime
1 multivitamin/mineral with iron* (100% of DV)	1 multivitamin/mineral with iron* (100% of DV)	500-600 mg Calcium Citrate with Vitamin D3*	500-600 mg Calcium Citrate with Vitamin D3*
B Complex Vitamin (if thiamine less than 12 mg. in multivitamin, adequate in Bariatric Vitamins)		2000 IU Vitamin D3 (Only if not on Bariatric Vitamins)	
B Complex Vitamin (if thiamine less than 12 mg. in multivitamin, adequate in Bariatric Vitamins) Weekly: 500–1,000 mcg. Vitamin B12 taken sublingually OR monthly injection from PCP			

**If using bariatric approved vitamins, only need to take the vitamins above the orange line

Sleeve Gastrectomy

Morning	Afternoon	Evening	Bedtime
1 multivitamin with iron (100% of DV)* (OR 1 of the 1/day)	1 multivitamin with iron*	500-600 mg. Calcium Citrate with Vitamin D3*	500-600 mg. Calcium Citrate with Vitamin D3*
**B Complex Vitamin(if thiamine less than 12 mg. in multivitamin, adequate in Bariatric Vitamins)		2000 IU Vitamin D3 (Only if not on Bariatric Vitamins)	
<p>Weekly: 500–1,000 mcg. Vitamin B12 taken sublingually OR monthly injection from PCP</p>			

**If using bariatric approved vitamins, only need to take the vitamins above the orange line

Duodenal Switch

Morning	Mid-Morning	Lunch	Afternoon	Evening
Multivitamin/mineral high in Vitamin ADEK* 30-60 mg. Iron with Vitamin C*	500-600 mg. Calcium Citrate with Vitamin D*	500-600 mg. Calcium Citrate with Vitamin D3*	500-600 mg. Calcium Citrate with Vitamin D3*	Multivitamin/mineral high in ADEK*
<p>** B Complex Vitamin (if thiamine less than 12 mg. in multivitamin, adequate in Bariatric Vitamins)</p> <p>Weekly: 500–1,000 mcg. Vitamin B12 taken sublingually OR monthly injection from PCP</p>				30-60 mg. Iron with Vitamin C*

**If using bariatric approved vitamins, only need to take the vitamins above the orange line

<p>** PatchAid.com *Multivitamin Patch and B12 Complex</p>	<p>Wear the 2 patches each day for 8–10 hours Need multivitamin and B12 Complex patches</p>	<p>PatchAid.com First month only</p>
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Resources

Websites

Exclusive Facebook Page for our patients

Regional Orlando WLS/Patients – **Please ask to join!**

Orlando Health Bariatric Program has a Virtual Support Group - ask for information.

Academy of Nutrition and Dietetics

EatRight.org

Information on healthy lifestyles.

Bariatric Eating

BariatricEating.com

Weight-loss surgery products, success stories, and support.

My Plate

ChooseMyPlate.gov

Daily food plans, dietary guidelines, and food tracker.

National Heart, Lung, and Blood Institute

nhlbi.nih.gov

Calculate BMI, weight management tools.

Obesity Help

ObesityHelp.com

Offers support/support groups.

SkinnyTaste.com

Great recipe website as is Pinterest

Online resource with wonderful podcasts

Dr. Susan Mitchell RDN/Ph.D. podcast

BreakingDownNutrition.com

Bariatric Surgery Success

Online/Phone Application Food Trackers/ Calorie Counters

MyFitnessPal.com

FitClick.com

CalorieKing.com

TheDailyPlate.com

Loselt.com

FitDay.com

Baritastic.com

Cookbooks/Recipes

The Complete Bariatric Cookbook and Meal Plan
by Megan Moore, RD, CSOWM

Eating Well After Weight Loss Surgery
by Pat Levine, Michele Bontempo-Saray and William Inabnet

Extraordinary Taste:

A Festive Guide for Life after Weight Loss Surgery
by Shannon Owens-Malett

*Recipes for Life after Weight Loss Surgery:
Delicious Dishes for Nourishing the New You*
by Margaret Furtado and Lynette Schultz

Books/Readings

*The Emotional First Aid Kit: A Practical Guide to Life
After Bariatric Surgery*
by Cynthia Alexander.

Real Solutions Weight Loss Workbook
by Toni Piechota
Available at www.eatright.org/shop

Best Fork Forward

by Steph Wagner, MS, RDN, 2015, Darby Press

Expected Weight Loss

Numbers to Know

Ideal Body Weight (IBW)

- Based on your height (inch) at the 25th BMI
 - Example: 5'3" (63inch) at BMI of 25 = 141lb

Excess Body Weight (EBW)

- EBW = Current Weight – Ideal Body Weight

Expected Weight Loss Post Surgery*

- Bypass/sleeve (60-70% of Excess Body Weight)**
 - Excess Body Weight x 0.60 = expected minimum pounds lost
 - Excess Body Weight x 0.70 = expected maximum pounds lost
- Duodenal switch (70-80% Excess Body Weight)**
 - Excess Body Weight x 0.70 = expected minimum pounds lost
 - Excess Body Weight x 0.80 = expected maximum pounds lost

*Weight loss will be dependent on following the bariatric dietary guidelines and recommendations. You may lose less than expected or more than expected based on your diet and physical activity after surgery.

Here is an example:

JANE is 5'5" (65 inches) and weighs 250 pounds

- Her Ideal Body Weight at the 25th BMI = 150 pounds.
- Her Excess Body Weight is
250 pounds – 150 pounds = 100 pounds
- With the gastric bypass or sleeve gastrectomy, she can expect to lose 60% of her excess body weight of 100 pounds (100 x 0.6 = 60 pounds).

She can expect to weigh 190lb in a year.

JOHN is 5'10" (70 inches) and weighs 350 pounds

- His Ideal Body Weight at the 25th BMI = 174 pounds
- His Excess Body Weight is
350 pounds – 174 pounds = 176 pounds
- With the duodenal switch, he can expect to lose up to 80% of his excess body weight of 176 pounds (176 x 0.8 = 140 pounds)

He can expect to weigh 210 pounds in a year to 18 months.

Recommended Meal Plan

- Eat three meals, plus two to three snacks per day.
- Select one item from each of the three lists of foods.
- Try to keep total portions per meal and snacks to 3 to 5 ounces or about 1/2 cup.
- Gastric Bypass patients can only have 2 to 3 ounces per meal total.
- You may continue to use one protein shake or protein bar to substitute a meal or snack.
- Aim for higher protein, lower carbohydrate choices, especially if you get hungry.
- Remember you can have sugar free gelatin, sugar free popsicles, and sugar free pudding.
- Chew foods well and eat slowly.
- Do NOT drink with meals.
- Remember meal planning is essential to ensure you will lose weight and maintain weight loss.
- Plan your meals, prepare your meals, and follow an eating schedule!



Bariatric Groups and Serving Sizes

Protein

8 to 9 ounces per day.

Have a protein with each meal and snack.

Lower Starch Vegetables

These are free calories.

1 to 1½ cups per day.

Healthy Carbohydrates

3 to 6 servings per day.

Total amount of meal or snack is 4 ounces in the beginning for all surgeries. This is the reason you will need five to six 4-ounce meals per day, with an ounce or two of protein with each meal or snack meal.

Whole grains like whole wheat crackers, bran cereal, toasted oats, quinoa, farro, thin slice wheat bread and pair with an animal or plant based protein.

Starchy vegetables like sweet potato, peas, corn, yucca, plantain (not fried)

Fruits like any berries, blueberries, strawberries, raspberries, apples, mango, melons

Remember to always pair a protein with your fruit to make a better meal or meal snack.

Other Groups

2 to 4 servings per day.

1 serving = 1 tsp.

Healthier Fats

Healthy oils, whipped butter, light mayonnaise

Lower-fat salad dressings

Vinegar and lemon juice are **free** choices

Beverages

6 to 8 servings per day, about 8 oz. each

Water is the beverage of choice or select sugar-free, low sugar and caffeine-free, carbonation-free beverages.

Choose from the Three Food Lists Daily

List 1: Protein Choices

Serving size: 2 to 3 ounces

- **Fish** salmon, tilapia, flounder, tuna, cod
- **Shellfish** scallops, shrimp, clams, lobster
- **Poultry** skinless white or dark meat of chicken or turkey
- **Eggs or egg substitutes** 1 egg or 2 egg whites or ¼ cup = 1 oz.
- **Beef** lean ground beef or steak, such as sirloin, tenderloin or flank steak
- **Pork** lean ham or tenderloin
- **Lean lamb or veal** chop or roast
- **Legumes** serving size is ½ cup = 1 oz.
 - black, pink, red, pinto, garbanzo, chickpeas, hummus, lentils
- **Soy Products** serving size ½ cup = 1 oz.
 - tofu, tempeh, plain soy milk, TVP (Textured Vegetable Protein) 1 patty = 2 oz., ½ Cup = 1 oz.
- **Dairy** serving size is 8 oz.
 - skim or 1% milk, nonfat or 1% lactose-free milk (Fair Life milk), Greek or lowfat yogurts. Can use low-sugar almond milk, ¼ cup cottage cheese = 1 oz., low-fat cheese = 1 oz.
- **Peanut butter** 1 Tbsp. = 1 oz.
- **Nuts** 1 oz. = (20 almonds)
- **Bean-based soup** 1 cup = 1 oz.

List 2: Lower Starch Vegetable Choices

1 to 1½ cups of servings per day

- Artichokes
- Asparagus tips
- Beets
- Bok choy
- Broccoli tops
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery hearts
- Cucumbers
- Eggplant
- Green beans
- Greens/kale
- Lettuce
- Mushrooms
- Okra
- Onions, garlic, scallions
- Peppers – chili, bell
- Tomatoes
- Turnips
- Snow pea pods
- Summer squash
- Zucchini
- Herbs – basil, cilantro, parsley

List 3: Healthy Carbohydrate Choices

3–6 servings daily

Whole Grains: Usually 1/3 cup serving

- 100% whole wheat bread – 1 slice
- Quinoa
- Spelt
- Farro
- Pearled barley
- Bulgur wheat
- Rolled or steel-cut oats
- Couscous
- Whole corn grits/polenta
- Whole-grain pasta
- Cold cereal (no added sugar)
- 6-inch whole-grain tortilla

Starchy Vegetables/Fruits

Serving size: 1/3 cup

- Plantain
- Yucca
- Malanga
- Banana
- Potato (white, purple, gold)
- Sweet potato
- Brown or wild rice
- Baby peas
- Corn
- Lima beans

Fruits

Serving size: 1 medium whole fruit

- ½ cup cut-up fruit
- ¾ cup berries
- 1 cup watermelon or melons
- 15 grapes
- ¼ cup dried fruit
- Kiwi fruit
- Citrus fruit
- Apples
- Pears
- Peaches
- Nectarines
- Plums
- Apricots
- Low-calorie fruit juice

Other Groups

Healthier Fats

2 to 4 servings per day (1 teaspoon (tsp.) = 1 serving)

Should be limited to fats containing approximately 5 grams of fat per serving and approximately 45 calories

- **Butter** whipped
- **Oils** canola, olive, flax seed, sesame, walnut – 1 tsp.
- **Avocado** 1/8 of a whole or 2 Tbsp.
- **Olives, black or green** 8 large
- **Mayonnaise** light or fat free – 1 Tbsp.
- **Salad dressing or marinades** light or fat free – 1 Tbsp.
- **Nuts and seeds** use as protein choice

Beverages

6 to 8 servings per day

Water is beverage of choice.

Choose sugar free, caffeine free, carbonation-free beverages

- Decaf tea
- Decaf coffee
- Unsweetened tea
- Flavored waters
- Diet Snapple
- Crystal Light
- Powerade Zero®
- Gatorade Zero®
- Propel Zero®



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