

BARIATRIC LIFESTYLE MEAL PLAN

<u>FOOD GROUP</u>	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	<u>Omit</u>
<u>FAT</u> 4-6 Servings / Day •1 tsp. = thumb tip •1 tsp. margarine= postage stamp Closely monitor fat portions as they are your most concentrated calorie source	<p><u>MONOUNSATURATED FATS:</u></p> <p>1 Tsp. Canola, olive oil, or peanut oil</p> <ul style="list-style-type: none"> • 8 Large olives • 10 Peanuts • 7 Almonds • 2 tsp. Peanut butter • 1/8 or 2 Tbsp. Avocado <p>Free Fats:</p> <ul style="list-style-type: none"> •non-fat vegetable spray •liquid non-fat margarine spray • Spread horseradish or mustard on sandwiches to replace mayonnaise 	<p><u>Other Fats:</u></p> <p>1 Tsp.</p> <ul style="list-style-type: none"> •regular mayonnaise, or margarine with liquid oil as first ingredient <p>1 Tbsp.</p> <ul style="list-style-type: none"> •light mayonnaise, •regular salad dressing •light margarine •sunflower seeds •sesame seed •chopped walnuts •ground flaxseed •Benecol <p>2 Tbsp.</p> <ul style="list-style-type: none"> •Parmesan Cheese (1 serving / day) •light sour cream •light cream cheese •reduced fat salad dressing <p>10 soy nuts</p>	<p><u>Saturated Fats;Trans Fatty Acids:</u></p> <ul style="list-style-type: none"> • Butter • Coconut or palm oil • Hydrogenated vegetable oils i.e. regular stick margarines •Lard / fat back and salt pork, pork rinds •Regular whipped topping, sour cream & cream cheese •Cream, half and half
<u>Food Group</u>	<u>Portions for 1 Serving</u>	<u>Portions for 1 Serving</u>	<u>Omit</u>
<u>Calorie Free Sweeteners/ Seasonings</u>	Sweeteners Use as Desired Equal Splenda Sugar Twin Sweet 'N Low	Spices and Herbs Use as Desired To add Flavor	<ul style="list-style-type: none"> •Table Sugar •Honey •Maple Syrup •Regular Jam •Brown Sugar