

## BARIATRIC LIFESTYLE MEAL PLAN

<u>FOOD GROUP</u>	<u>Portions for 1 Serving</u>	<u>Portions for 1 Serving</u>	<u>Omit</u>
<p style="text-align: center;"><b>FRUIT</b></p> <p><b>1 -2 CUPS/DAY</b></p> <p>Emphasize choosing more fresh fruits for added fiber.</p>	<p><b><u>½ CUP</u></b></p> <ul style="list-style-type: none"> <li>•Canned fruit packed in fruit juice or water</li> <li>•100% Juice (no sugar added)</li> <li>•Frozen fruit (no sugar added)</li> </ul> <p><b>1 Cup</b></p> <ul style="list-style-type: none"> <li>•Fresh berries</li> <li>•Melon</li> </ul>	<p><b>1/4 Cup</b> dried fruit</p> <p><b>1 medium</b> fresh fruit</p> <p><b>15</b> grapes</p>	<ul style="list-style-type: none"> <li>•Be careful drinking too much fruit juice, calories can add up quickly</li> <li>•Coconut</li> </ul>
<u>FOOD GROUP</u>	<u>Portions for 1 Serving</u>	<u>Portions for 1 Serving</u>	<u>Omit</u>
<p style="text-align: center;"><b>NON STARCHY VEGETABLES</b></p> <p><b>1 ½-2 ½ CUPS/DAY</b></p> <p><b>Fill Half your plate with vegetables</b></p> <p>Satisfy your appetite by choosing more vegetable servings</p> <p>Emphasize choosing more raw vegetables for added fiber.</p>	<p><b>1 C.</b> leafy raw vegetables</p> <p><b>1/2C.</b> cooked vegetable</p>	<p><b>Examples of non-starchy vegetables:</b></p> <p>Greens, broccoli, green/wax beans. Brussels sprouts, cabbage, cauliflower, carrots, celery, cucumber, eggplant, mushrooms, peppers, onions, spinach, tomato, zucchini, summer squash</p>	<ul style="list-style-type: none"> <li>•Vegetables prepared in cream or cheese sauce</li> <li>•Fried vegetables</li> <li>•Avoid fatty meats in cooked leafy green vegetables. Try skin free smoked turkey, liquid smoke or skimmed chicken broth</li> </ul>
<u>FOOD GROUP</u>	<u>Servings for 1 Portion</u>	<u>Servings for 1 Portion</u>	<u>Omit</u>
<p style="text-align: center;"><b>BEVERAGES</b></p> <p><b>6-8 CUPS OR MORE/DAY FOR ADEQUATE HYDRATION</b></p>	<p style="text-align: center;"><b>Calorie Free Non Carbonated</b></p> <ul style="list-style-type: none"> <li>•Water, Flavored Water</li> <li>•Diet Snapple</li> <li>•Crystal Light</li> <li>•Decaffeinated Coffee</li> <li>•Decaffeinated Tea</li> <li>•Unsweetened Iced Tea</li> </ul>	<p>Sip Slowly no more than 1 ounce at a time.</p>	<ul style="list-style-type: none"> <li>•Carbonation</li> <li>•Caffeine (No more than 6oz/Day)</li> </ul>