

BARIATRIC LIFESTYLE MEAL PLAN

<u>FOOD GROUP</u>	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	<u>Omit</u>
<p>LEAN MEATS AND LOW FAT DAIRY (PROTEIN SOURCES)</p> <p>8 -1oz Protein Equivalents/Day</p> <p>Typical portion sizes 3 oz. Meat = size of deck of cards or palm of hand</p> <p>Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health</p>	<p style="text-align: center;"><u>Lean Meats</u> Bake, broil or grill loin or round cuts</p> <p><u>1oz. protein equivalents:</u></p> <p><u>Lean Meat</u> 1oz turkey, chicken (No skin) 1oz fish 1oz water packed tuna 1oz venison 1oz lean beef, pork, 1oz lean lamb, veal 1oz 98% FF luncheon meats 1oz Canadian bacon</p> <p style="text-align: center;"><u>Meat Substitutes</u></p> <p>1/4 cup legumes 1 Tbsp. peanut butter 1 Turkey or Fat free Hot Dog</p> <p>2oz protein equivalents: 1 soy or bean based burger 1cup bean based soup</p>	<p style="text-align: center;"><u>Dairy</u></p> <p><u>1oz. protein equivalents:</u></p> <p><u>Milk</u></p> <p>1 cup(8oz) • Fat free milk • 1% milk • Unsweetened soy milk • Low fat Light Yogurt</p> <p style="text-align: center;"><u>Eggs</u></p> <p>1/4 cup egg substitute 2 egg whites 1 egg (limit 4 egg yolks per week for heart health)</p> <p style="text-align: center;"><u>Cheese</u></p> <p>1oz. reduced fat cheese or part-skim milk cheese 1/4 cup fat-free or 1% low fat cottage cheese</p>	<ul style="list-style-type: none"> •Poultry skin, duck, goose, wings, dark meat •Breaded meats • Fish fry, battered fish or fish canned in oil •Spareribs, hot dogs, bacon, sausage, pepperoni, hamhocks •Prime cuts of beef, well marbled meats, chuck Salami, bologna, liverwurst •2 % Milk •Whole Milk; •Chocolate milk •Regular cheeses •4 % milk fat cottage cheese