

BARIATRIC LIFESTYLE MEAL PLAN

<u>FOOD GROUP</u>	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	<u>Omit</u>
<p>BREAD/STARCH</p> <p>4-6 SERVINGS/DAY</p> <ul style="list-style-type: none"> •Choose more whole grain products and legumes •Choose breads and cereals with 2 grams fiber or more per serving 	<p>1/2 cup</p> <ul style="list-style-type: none"> •Cooked pasta •Cooked rice •Mashed potato •Hot cereal •Lentil/Bean soup •98% FF cream soup made with fat free milk <p>1/2 cup Starchy Vegetable</p> <ul style="list-style-type: none"> •Corn •Peas •Sweet Potato •Winter Squash •Legumes •Mixed Vegetables with Corn, Peas and Lima Beans 	<p>1 cup</p> <ul style="list-style-type: none"> •Cold cereal (no sugar coated) •Broth or Tomato based canned soup <p>1 Slice Bread</p> <p>1/2 Each</p> <ul style="list-style-type: none"> •English Muffin •Hamburg Roll •Hot Dog Roll •Small Bagel •Pita •12" Tortilla <p>1 Waffle 4 inch across 1 Pancake 4 inch across 1 Tortilla, 6 inch across</p>	<ul style="list-style-type: none"> •Donuts, Danish, biscuit, muffins •Waffles and pancakes prepared with added fat •French fries, home fries •Pasta and rice dishes with butter, cream or cheese sauce •Chow mein noodles •Fried rice
<u>FOOD GROUP</u>	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	<u>Omit</u>
<p>HEALTHY SNACK</p> <p>Add a snack when meals are > 4 hours apart to keep appetite satisfied.</p> <ul style="list-style-type: none"> •FREE FOODS- Sugar free jello, Sugar free popsicles 	<p>•Check label: < 150 calories < 5 grams of fat < 5 grams of sugar per snack serving</p> <ul style="list-style-type: none"> •Sugar free Non fat fudge bars •Sugar free, low fat pudding •Sugar free, non-fat ice cream •Granola/cereal bar 	<p>Include fiber or protein to satisfy appetite longer</p> <p>1 rice cake + 1 Tbsp Peanut Butter</p> <p>1 Small fresh fruit + 1 Tbsp Peanut Butter</p> <p>Raw Vegetables + 1/4 cup hummus</p> <p>Light low fat yogurt + Small piece fresh fruit</p> <p>1oz Reduced fat cheese + 10 almonds</p> <p>2Tbsp Reduced fat salad dressing + raw veggies</p>	<ul style="list-style-type: none"> •Cakes •Cookies •Pies •Pastries •Candy •Chips

