

## 3 MONTH – 6 MONTH BARIATRIC LIFESTYLE MEAL PLAN (1000 – 1300 Calories Daily) (60 Grams Protein Daily)

### LOW FAT / LOW SUGAR

The bariatric meal plan consists of three small well balanced meals daily plus one to two snacks as needed.

- Once you have completed the puree and soft meal plan you will move on to the bariatric lifestyle meal plan.
- Meal sizes gradually increase from ¼ - ½ cup to **1 - 1¼ cup portion**
- Introduce only one new food daily

### Tips to Remember FOREVER

- Eat 5 - 6 small feedings daily (**three meals plus 2 snacks**)
- Balance all meals with protein, vegetables and or fruit
- **Eat protein foods first**
- Eat one hour within waking
- Don't go over 4 - 5 hours without eating
- Take your time eating meals (at least 30 minutes)
- Keep meals small
- Don't drink with meals
- Chew food to applesauce consistency
- Eat food as tolerated
- Stop eating when full or have met meal size
- Sip fluids slowly
- Avoid high fat and high sugar foods
- Avoid carbonated beverages
- Drink 6 - 8 cups or more of no sugar added beverages daily
- Measure portion sizes
- Take vitamins and mineral supplements as recommended
- Try only one new food daily
- AVOID rice, bread, pasta **until comfortably consuming a serving of protein at each meal plus 2 - 3 serving of dairy and fruit and vegetables servings daily.**

## Potential Problem Foods

Some foods have difficulty passing through the opening of the stoma and may cause blockage if not chewed well. Potential problem foods should be eaten with caution. These foods should be cooked well and cut into small pieces first. These foods include:

- red meat (beef and pork)
- shrimp
- untoasted or doughy bread
- pasta
- rice
- peanut butter
- dried fruit
- nuts
- coconut
- popcorn
- greasy or fried food
- seeds and skins of fruits and vegetables
- membrane of citrus fruits
- fibrous vegetables like corn, asparagus and celery\*

**\*Fibrous food should be avoided as they have the potential to block the stoma.** If you would like to eat asparagus or other fibrous foods once in a while, then you must be sure to cook them well, cut them into very small pieces first and then chew thoroughly.

### SAMPLE MEAL PLAN

<b>Breakfast</b>
1 egg scrambled w/ diced tomato & 1 Tbsp avocado
<b>Snack</b>
1 light, low-fat yogurt
<b>Lunch</b>
2-3 oz. tuna with light mayo, cucumber slices
<b>Snack</b>
low fat cheese stick and apple slices
<b>Dinner</b>
2-3 oz. chicken with 1/2 cup broccoli
<b>Snack</b>
1/4 - 1/2 cup low-fat cottage cheese w/ 1/4 cup allowed fruit

*Note: If not consuming at least 60 grams of protein in the meal plan you may continue to use 1 protein drink/day.*

FOOD GROUPS & DAILY SERVINGS



PROTEIN

\*minimum 8-9 ounces daily

Lean Meats  
Meat Substitutes  
Dairy (Low Fat) recommend 3 servings daily



FRUITS

1 – 3 servings daily



VEGETABLES

3 or more servings daily



STARCH (WHOLE GRAINS)

0 – 2 servings daily



FATS

3 – 4 servings daily



## PROTEIN

\*Minimum 8 – 9 oz. Protein Equivalents per day

Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health.

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p><b>Lean Meats</b></p> <p>Chicken (No skin)                      Turkey (No skin)                      Fish/Seafood                      Water packed tuna                      Venison                      Lean beef, pork, or veal</p> <p>Canadian Bacon</p> <p><b>Meat Substitutes</b></p> <p>Eggs:                      Egg whites                      Whole egg (with yolk)                      Eggbeater                      Legumes (Beans)                      Peanut butter or nut butter                      Quinoa                      Veggie Burger                      Bean based soup                      Tofu                      Nuts</p> <p><b>Dairy (Low Fat)</b></p> <p>Milk – 1% or Skim                      Soy Milk                      Flavored Yogurt: light, low fat                      Flavored Greek Yogurt:                      light, low fat                      Plain Yogurt, low fat                      Plain Greek Yogurt, low fat                      Cheese – low fat                      Ricotta cheese – low fat                      Cottage cheese – low fat</p>	<p>3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein</p> <p>3 oz. protein</p> <p>2 = 1 oz. protein                      1 = 1 oz. protein                      ¼ cup = 1 oz. protein                      ½ cup = 1 oz. protein                      2 T. = 1 oz. protein                      1 cup = 1 oz. protein                      and 2 starches                      1 patty = 2 oz. protein                      1 cup = 1 oz. protein                      ½ cup = 1 oz. protein                      ¼ cup = 1 oz. protein</p> <p><b>3 servings/day</b></p> <p>8 fluid oz. = 1 oz. protein                      8 fluid oz. = 1 oz. protein                      6 – 8 oz. = 1 oz. protein</p> <p>6 oz. = 2 oz. protein                      6 – 8 oz. = 1 oz. protein                      6 oz. = 2 oz. protein                      1 oz. = 1 oz. protein                      ½ cup = 2 oz. protein                      ½ cup = 2 oz. protein</p>	<p>Bake, broil or grill loin                      or round cuts</p>	<p>Poultry skin, duck, goose,                      wings, dark meat                      Fish fry, battered fish                      Fish canned in oil                      Breaded meats                      Spareribs, hot dogs, bacon,                      sausage, pepperoni, ham hocks                      Prime cuts of beef, well-marbled                      meats, chuck                      Salami, bologna, liverwurst</p> <p>Whole or 2% milk                      Chocolate milk</p> <p>Regular cheese</p> <p>4% milk fat cottage cheese</p>

\*Based on Individual Needs



**VEGETABLES** 3 or more servings daily  
**FRUITS** 1-3 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p><b>Non-Starchy Vegetables</b></p> <p><b>Dark Green:</b> broccoli, greens, dark green leafy lettuce, spinach</p> <p><b>Red &amp; Orange:</b> carrots, red peppers, tomatoes</p> <p><b>Other:</b> asparagus, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, mushrooms, okra, onions, turnips</p> <p><b>Starchy Vegetables</b>                      Because of the high starch content vegetables such as potatoes, corn, and peas do not count as a vegetable but, instead, count as a starch.</p> <p><b>Fruit</b></p> <p>Fresh fruit                      Fresh berries                      Melon cubes                      Grapes                      Canned fruit (packed in water or juice) – no sugar added                      Frozen fruit – no sugar added                      Dried fruit                      Fruit juice – no sugar added</p>	<p>1 cup leafy raw vegetables</p> <p>½ cup cooked vegetables</p> <p>You can have unlimited amounts of non-starchy vegetables.</p> <p>1 medium                      1 cup                      1 cup                      15                      ½ cup                      ½ cup                      ¼ cup                      Maximum ½ cup/day</p>	<p>Fill half your plate with vegetables.</p> <p>Satisfy your appetite by choosing more vegetable servings.</p> <p>Choose raw vegetables to increase fiber intake.</p>	<p>Vegetables prepared in cream or cheese sauce</p> <p>Leafy green vegetables cooked with fatty meats (Try skin-free smoked turkey, liquid smoke, or skimmed chicken broth.)</p> <p>Fried vegetables</p>



## STARCH (WHOLE GRAINS)

0–2 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
Cooked pasta	½ cup	Choose whole grain products	Pasta and rice dishes with butter, cream, or cheese sauce
Cooked rice	½ cup		Chow mein noodles, Fried rice, Ramen noodles
Hot cereal	½ cup	Choose breads and cereals with 2 grams or more of fiber/serving	Donuts, Danish, biscuits, muffins, croissants
Lentil/Bean soup	½ cup		
Cold Cereal (no sugar coating)	1 cup		
Broth or Tomato based canned soup	1 cup		
98% fat free cream soup made with fat free milk	1 cup		
Bread	1 slice		
English muffin	½ each		
Hamburger roll	½ each		
Hot dog roll	½ each		
Small bagel	½ each		
Pita	½ each		
Waffle	1 (4 inch)		
Pancake	1 (4 inch)		
Tortilla	1 (6 inch)		
<b>Starchy Vegetables</b>			
Corn	½ cup		French fries, home fries
Peas	½ cup		
Potatoes	½ cup		
Sweet Potato	½ cup		
Winter Squash	½ cup		
Legumes (kidney beans, lentils, Lima beans, etc.)	½ cup		



## FATS

3–4 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT	
Canola, olive, sesame, or peanut, grapeseed or avocado oil	1 teaspoon	Because fat is the most concentrated source of calories, closely monitor portion sizes.	Palm oil	
Butter or margarine	1 teaspoon			
Light margarine	1 Tablespoon	Use horseradish or mustard on sandwiches to replace mayonnaise.	Fat back	
Mayonnaise	1 teaspoon		Pork Rinds	
Light mayonnaise	1 Tablespoon		Lard	
Salad dressing	1 Tablespoon			
Reduced fat salad dressing	2 Tablespoon			
Sunflower seeds	1 Tablespoon			
Ground flaxseed	1 Tablespoon			
Parmesan cheese	2 Tablespoons		Use non-fat vegetable or margarine spray	Cream
Light sour cream	2 Tablespoons			Half & Half
Light cream cheese	2 Tablespoons			Whipped topping
Nuts	2 Tablespoons		Sour cream	
Peanut butter/nut butter	1 Tablespoon			
Avocado	1/8 or 2 Tablespoons		Cream cheese	
Large olives	8			
<b>MISCELLANEOUS</b>				
Calorie free sweetener	as desired	Read food labels to check for added sweeteners and avoid those with ingredients on the Omit List.	Sugar, brown sugar, honey maple syrup, molasses, corn syrup, high fructose corn syrup, jam or jelly	
Spices	as desired			
Herbs	as desired			
Sugar free jam or jelly	2 Tablespoons			
Sugar free syrup	2 Tablespoons			
<b>BEVERAGES</b>				
Water, flavored water	Drink 6 – 8 cups/day for adequate hydration	Sip slowly (no more than one ounce at a time)	Carbonation	
Decaffeinated coffee			Caffeine (no more than 6 oz./day)	
Unsweetened, decaffeinated tea			Sweetened beverages	
Sugar Free beverages				



## SNACKS/DESSERTS

### Snack guidelines per serving:

100 - 150 calories  
less than 5 grams of sugar  
less than 5 grams of fat

### Sugar

The use of any sugar substitute is acceptable.  
Avoid regular sugar, brown sugar, jelly, honey, syrup and molasses.

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### Nutrition References:

[www.choosemyplate.gov](http://www.choosemyplate.gov) – General healthy food guidelines  
[www.cfsan.fda.gov](http://www.cfsan.fda.gov) - Reading a food label  
[www.nal.usda.gov/fnic/](http://www.nal.usda.gov/fnic/)- nutrition, fitness and behavior modification information  
[www.shapeup.org/10000steps.html](http://www.shapeup.org/10000steps.html) - Exercise information  
[www.eatright.org](http://www.eatright.org)



## KEEPING ACTIVE

You must stay active to burn calories, build muscle mass and increase your metabolism.  
You will increase your chance of success if you follow a fitness routine weekly.

Establish a weekly exercise routine:

- Schedule your routine on the same day, at the same time every week
- Aim for at least 30 minutes, 5 days each week

Strive to be physically active every day:

- Walk or ride your bike to locations whenever possible
- Take the stairs instead of the elevator
- Park further away from entrances in parking lots



# PROTEIN TALLY

SERVING SIZE	PROTEIN SOURCES	GRAMS OF PROTEIN	KCAL	PROTEIN OZ.	DAY'S TALLY
<b>LEAN MEAT</b>					
3 oz	Chicken Breast	26	140	3 oz.	_____
	Chicken thigh- no skin	19	140	3 oz.	_____
	Chicken sausage	14	150	2 oz.	_____
	Turkey light meat	19	135	3 oz.	_____
	Turkey ground 90% lean	14	122	2 oz.	_____
	Turkey deli meat	14	90	2 oz.	_____
	Turkey sausage	23	195	3 oz.	_____
2 oz	Turkey bacon	8	140	1 oz.	_____
2oz	Canadian bacon	10	70	2 oz.	_____
3 oz	Beef 95% lean sirloin	24	160	3 oz.	_____
3oz	Beef ground, 95% lean	22	140	3 oz.	_____
3 oz	Pork Loin, chop	24	177	3 oz.	_____
<b>FISH SEAFOOD</b>					
3 oz	Fish - tuna, haddock, salmon etc.	20	100	3 oz.	_____
3oz	Shrimp	17	80	3 oz.	_____
3oz	Scallops	22	120	3 oz.	_____
<b>DAIRY</b>					
½ cup	Cottage Cheese low fat	14	80	2 oz.	_____
¼ cup	Ricotta Cheese low fat	9	113	1 oz.	_____
1 oz	Cheese low fat	8	100	1 oz.	_____
1oz	Cheese stick mozzarella made with 1%	7	85	1 oz.	_____
6 oz	Yogurt light, low fat or plain	5-7	80-100	1 oz.	_____
6 oz	Greek Yogurt- light, low fat, plain	15	100	2 oz.	_____
1 cup	Milk skim or 1%	8	80-100	1 oz.	_____
<b>EGGS</b>					
2	Egg whites	7	35	1 oz.	_____
1	Egg	6	80	1 oz.	_____
¼ cup	Egg beaters	6	30	1 oz.	_____
<b>BEANS</b>					
1 cup	Lentil soup	9	150	1 oz.	_____
½ cup	Refried Beans no fat	7	120	1 oz.	_____
½ cup	Beans (variety)	7	100	1 oz.	_____
½ cup	Split Peas	8	120	1 oz.	_____
2 tbsp	Peanut butter	8	200	1 oz.	_____
<b>SOY PRODUCTS / MEATLESS / VEGETARIAN</b>					
1	Vegetarian meatless burger	15	130	2 oz.	_____
2	Morning Star sausage links	9	80	1 oz.	_____
1 cup	Soy Milk	7	100	1 oz.	_____
4 oz	Tofu	8	117	1 oz.	_____
1 oz	Nuts	7	159	1 oz.	_____
<b>DAY'S TOTAL PROTEIN</b>					_____