

## NUTRITION PROGRAM

**“Bariatric surgery is not a diet but a lifestyle change; surgery is only a tool; the rest is up to you! ”**

### Preparing for Bariatric Surgery

- Sip drinks slowly.
  - Eat slowly. Mealtime should be 30 minutes.
  - Chew food to an applesauce consistency before swallowing.
  - Stop drinking 30 minutes before, during and 30 minutes after meals.
  - Don't chew gum or eat hard candy. (If swallowed they may block stomach pouch outlet.)
  - Take a Multivitamin mineral supplement daily.
  - Take 600 mg. Calcium Citrate with Vitamin D twice a day.
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- Drink plenty of sugar free, non-carbonated liquids throughout the day.
  - Drink at least 6-8 cups of fluid per day to prevent dehydration.
  - Avoid using straws.
  - Limit caffeine to 8 ounces per day.
  - Avoid alcohol; it is dehydrating and adds calories but no nutrients.
- 
1. Eat three meals daily.
  2. Eat within one hour of waking up.
  3. Avoid going more than 3 – 4 hours without eating while awake; add snacks when needed.
  4. Stop eating 2 hours before bedtime.

## INTRODUCTION TO THE BARIATRIC LIFESTYLE MEAL PLAN

LOW FAT / LOW SUGAR

### Eat 3 small meals a day plus 1–3 snacks as needed

This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day.

### Three Steps to Meal Planning to support your weight loss and help with weight maintenance

#### PLAN FOR MEALS: CREATE A MENU

Think about what you will eat during the week and then food shop, buying foods from all food groups to build your menu. Each food group contributes different nutrients that are needed for good health.

Don't keep high fat, high sugar "junk food" available.

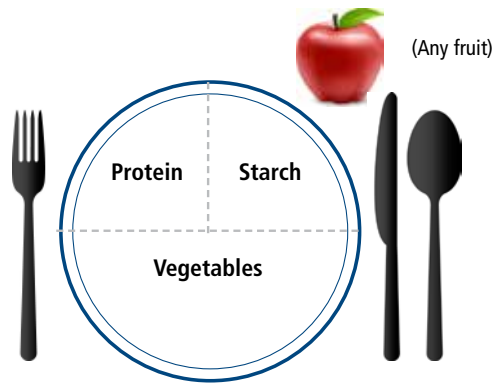
#### PREPARE FOR MEALS

Think ahead each week to what meals you will be preparing for lunch and dinner and do some preparation ahead of time.

#### FOLLOW A ROUTINE

Eat meals at regular intervals every day. When you follow an eating schedule you are less likely to eat the food you should avoid. You will burn more calories and your metabolism will work more efficiently.

# A HEALTHY PLATE MODEL



(To be consumed ½ hour before or after, *not with the meal*)



## FOOD GROUPS & DAILY SERVINGS



### PROTEIN

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)

4 – 6 servings daily



### FATS

4 – 6 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 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)

3–6 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  Chow mein noodles, Fried rice, Ramen noodles		
Cooked rice	½ cup				
Hot cereal	½ cup				
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			Choose breads and cereals with 2 grams or more of fiber/serving	Donuts, Danish, biscuits, muffins, croissants
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

4–5 servings daily

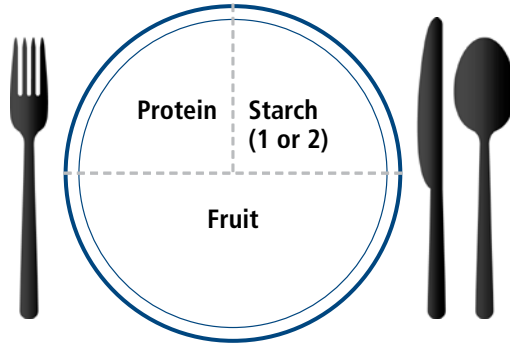
FOOD CHOICES	PORTION SIZES	TIPS	OMIT	
Canola, olive, sesame, peanut, grapeseed or avocado oil	1 teaspoon	Because fat is the most concentrated source of calories, closely monitor portion sizes.	Palm oil	
Butter or margarine	1 teaspoon			
Light margarine	1 Tablespoon	Use horseradish or mustard on sandwiches 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			
MISCELLANEOUS				
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			
BEVERAGES				
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				





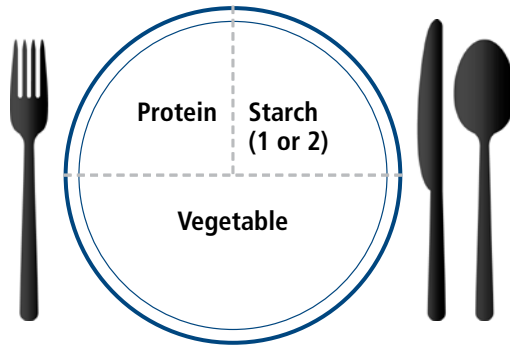
# ONE DAY MEAL PLAN

**Breakfast** (within one hour of getting up)



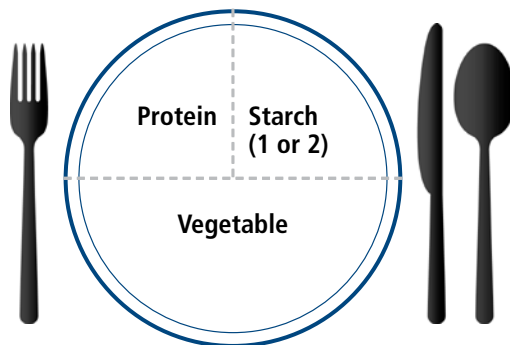
Snack

**Lunch**



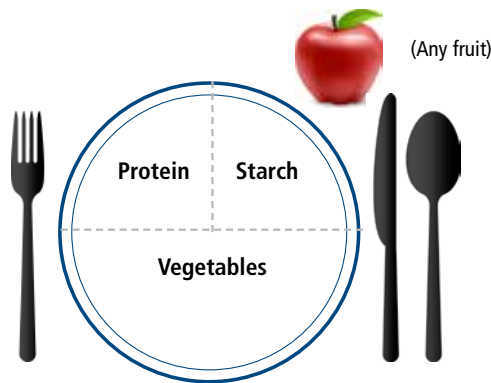
Snack

**Dinner**



Snack

# A HEALTHY PLATE MODEL

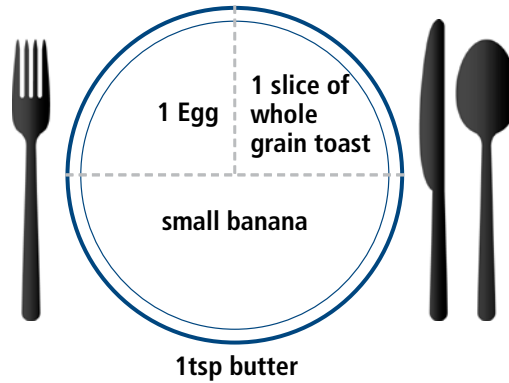


(To be consumed ½ hour before or after, *not with the meal*)



## SAMPLE MENUS

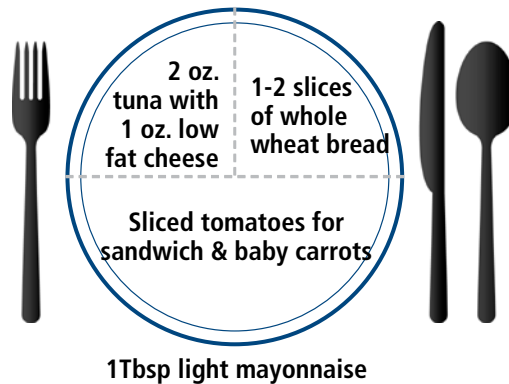
### Breakfast



### Snack

Low fat cheese stick *or* light LF yogurt

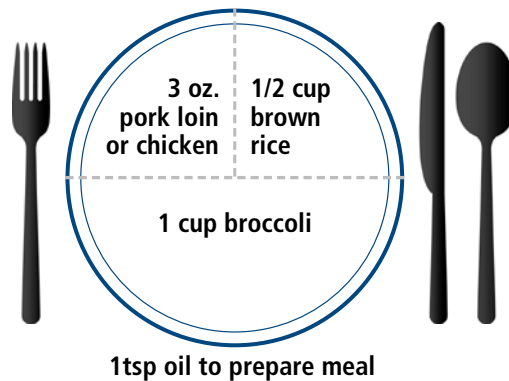
### Lunch



### Snack

Apple slices with 1 tablespoon peanut butter

### Dinner



### Snack

8 fl. oz. fat free milk

## Breakfast Suggestions

**A.**

½ cup oatmeal  
1 egg  
7 almonds  
1 mini box raisins (.5 oz.)

**B.**

1 slice whole wheat toast  
2 Tablespoons peanut butter  
1 medium fresh fruit

**C.**

1 small whole grain bagel  
1 Tablespoon light cream cheese  
6 oz. light yogurt  
½ grapefruit

**D.**

1 high fiber waffle  
1 hardboiled egg  
½ cup applesauce (no sugar added)

**E.**

2 eggs  
½ - ¾ cup non-starchy vegetables  
1–2 slices whole wheat toast  
1 tsp. margarine

**F.**

1 cup melon  
6 oz. light yogurt  
2 rice cakes  
2 Tablespoons nut butter

**G.**

6 oz. light yogurt  
¼ cup grape nuts  
1 cup berries

**H.**

1 whole wheat English muffin  
1 egg  
1 slice low fat cheese  
15 grapes

**I.**

1 cup unsweetened, cold cereal  
¼ cup nuts  
1 cup berries

**J.**

¼ cup nuts  
1 oz. low fat cheese  
½ cup grits  
Banana or any fresh fruit

**K.**

Breakfast Wrap  
1 whole grain tortilla  
2 scrambled eggs  
1 oz. low fat cheese  
Salsa  
Fresh pear

**L.**

½ cup 1% low fat cottage cheese  
½ cup pineapple in juice  
1 slice whole grain toast  
1 tsp. butter

## Vitamin and Mineral Supplementation

Prior to surgery, it is recommended that you take a multivitamin/mineral supplement daily as well as a total of 1200-1500 mg calcium citrate with 800IU vitamin D. Additional vitamins/minerals will be added following surgery. The list that follows provides you with some recommendations to guide your choices.

### Multivitamin/mineral Supplement

It is important to purchase a multivitamin/mineral. Do not use gummies, as they are not complete multivitamin/mineral choices. You need to take one multivitamin/mineral supplement per day.

### Calcium citrate with vitamin D

You need 1200-1500 mg/day of calcium with 800IU vitamin D. Take calcium in divided doses 2-3 times per day. It should not be taken with multivitamin or iron. Pay attention to the supplement nutrition information on the label. So you know how many pills you need to take to reach 1200 mg of calcium per day.

EXAMPLES of VITAMIN SUPPLEMENTS	PILLS/TABLETS/day	AVAILABILITY (pharmacy)
<b>Multivitamin/mineral</b>		
<i>Centrum Chewable</i>	1	<b>Highland</b> , CVS, Walmart, etc.
<i>Flintstone's Complete Chewable</i>	1	CVS, Walmart, etc.
<i>Celebrate Multicomplete Chewable*</i>	1	<b>Highland</b>
<i>Centrum Adults</i>	1	CVS, Riteaid, etc
<i>Equate Complete Multivitamin/mineral</i>	1	Walmart
<i>NatureMade Multicomplete</i>	1	CVS, Walgreens, etc
<i>Celebrate Capsule*</i>	1	<b>Highland</b>
<b>Calcium Citrate with Vitamin D</b>		
<i>Citracal Maximum</i>	4 (2 pills, 2x/day)	Walmart, Walgreens
<i>Citracal petite</i>	6 (2 pills, 3x/day)	Walgreens, CVS
<i>Leader calcium citrate +D</i>	4 (2 pills, 2x/day)	<b>Highland</b>
<i>Celebrate Calcium plus 500(chewable)*</i>	2-3 (1 tablet, 2-3x/day)	<b>Highland</b>
<i>Citrus calcium with D</i>	4 (2 pills, 2x/day)	<b>Highland</b>

\*Bariatric specific

# Healthy Shopping List

## VEGGIES

*\*Try fresh, frozen, or canned.  
Canned veggies with less than 140mg sodium.*

- \_\_\_ Artichoke
- \_\_\_ Asparagus
- \_\_\_ Bean Sprouts
- \_\_\_ Beets
- \_\_\_ Broccoli
- \_\_\_ Brussel Sprouts
- \_\_\_ Cabbage
- \_\_\_ Carrots
- \_\_\_ Cauliflower
- \_\_\_ Celery
- \_\_\_ Cherry Tomatoes
- \_\_\_ Collard Greens
- \_\_\_ Cucumber
- \_\_\_ Eggplant
- \_\_\_ Escarole
- \_\_\_ Green/Wax Beans
- \_\_\_ Jicama
- \_\_\_ Kale
- \_\_\_ Kohlrabi
- \_\_\_ Leeks
- \_\_\_ Lettuce
- \_\_\_ Mushrooms
- \_\_\_ Mustard Greens
- \_\_\_ Okra
- \_\_\_ Onions
- \_\_\_ Pea Pods
- \_\_\_ Peppers
- \_\_\_ Radishes
- \_\_\_ Rhubarb
- \_\_\_ Romaine Lettuce
- \_\_\_ Sauerkraut
- \_\_\_ Scallions
- \_\_\_ Spinach
- \_\_\_ Sugar Snap Peas
- \_\_\_ Summer Squash
- \_\_\_ Swiss Chard
- \_\_\_ Tomato
- \_\_\_ Turnip Greens
- \_\_\_ Water Chesnuts
- \_\_\_ Zucchini

## STARCHY VEGGIES

- \_\_\_ Baked Beans
- \_\_\_ Plantains
- \_\_\_ Corn
- \_\_\_ Peas
- \_\_\_ Potato (white & sweet)
- \_\_\_ Pumpkin
- \_\_\_ Winter Squash

## DAIRY

*\*All dairy should be low fat or fat free.  
Choose cheeses made with 1% or skim milk.*

- \_\_\_ 1% or Skim Milk
- \_\_\_ 1% Cottage Cheese
- \_\_\_ Greek Yogurt, plain
- \_\_\_ Light Yogurt, flavored
- \_\_\_ Low Fat Cheese
- \_\_\_ Low Fat Lactaid Milk
- \_\_\_ Low Fat Pudding
- \_\_\_ Low Fat Ricotta Cheese
- \_\_\_ Low Fat String Cheese
- \_\_\_ Low Fat Soy Milk
- \_\_\_ Low Fat Yogurt, plain

## CONDIMENTS/FATS

- \_\_\_ Avocado
- \_\_\_ Cooking Spray
- \_\_\_ Herbs and Seasonings
- \_\_\_ Light Miracle Whip
- \_\_\_ Light or Fat Free Cream Cheese
- \_\_\_ Light or Fat Free Mayo
- \_\_\_ Light or Fat Free Sour Cream
- \_\_\_ Light Tub Margarine
- \_\_\_ Low Fat Salad Dressing
- \_\_\_ Oils: Olive, canola, safflower
- \_\_\_ Salsa
- \_\_\_ Spray Butter/Margarine
- \_\_\_ Sugar Free Jelly/Jam/Syrup
- \_\_\_ Sugar Substitute

## FRUITS

*\*Try fresh, frozen, dried, or canned– canned  
fruit packed in its own juice.*

- \_\_\_ Apples
- \_\_\_ Applesauce (natural)
- \_\_\_ Apricots
- \_\_\_ Bananas
- \_\_\_ Blackberries
- \_\_\_ Blueberries
- \_\_\_ Cantaloupe
- \_\_\_ Cherries
- \_\_\_ Clementine
- \_\_\_ Cranberries
- \_\_\_ Dates
- \_\_\_ Figs
- \_\_\_ Fruit Cocktail
- \_\_\_ Grapefruit
- \_\_\_ Grapes
- \_\_\_ Honeydew Melon
- \_\_\_ Kiwi
- \_\_\_ Lemon
- \_\_\_ Lime
- \_\_\_ Mandarin Oranges
- \_\_\_ Mango
- \_\_\_ Nectarines
- \_\_\_ Oranges
- \_\_\_ Papaya
- \_\_\_ Peaches
- \_\_\_ Pears
- \_\_\_ Pineapple
- \_\_\_ Plums
- \_\_\_ Pomegranate
- \_\_\_ Raisins
- \_\_\_ Raspberries
- \_\_\_ Strawberries
- \_\_\_ Tangerines
- \_\_\_ Watermelon

# Healthy Shopping List *continued*

## BREADS & GRAINS

*\*The first ingredient should be: whole wheat, multigrain, cracked wheat, oat, rye, or millet on a whole grain product.*

- \_\_\_ Brown Rice
- \_\_\_ Buckwheat
- \_\_\_ Barley
- \_\_\_ Bulgur
- \_\_\_ Couscous
- \_\_\_ Millet
- \_\_\_ Pumpkin Bread
- \_\_\_ Rye Bread
- \_\_\_ Wheat Bread
- \_\_\_ Wheat Tortilla
- \_\_\_ Whole Grain Crackers
- \_\_\_ Whole Wheat Pasta
- \_\_\_ Whole Wheat Pita
- \_\_\_ Wild Rice
- \_\_\_ Quinoa

## CEREALS

*\*Choose whole grain cereals with less than 6 grams of sugar and 3 or more grams of fiber per serving.*

- \_\_\_ All Bran
- \_\_\_ Cheerios (original)
- \_\_\_ Cream of Wheat
- \_\_\_ Fiber One
- \_\_\_ Grits
- \_\_\_ Kashi Go Lean
- \_\_\_ Oatmeal
- \_\_\_ Oatmeal (calorie control)
- \_\_\_ Shredded Wheat
- \_\_\_ Whole Grain Cereal

## FROZEN ENTREES

*\*ONLY RECOMMENDED to use if necessary no more than 1-2x per week.*

- \_\_\_ Healthy Choice
- \_\_\_ Lean Cuisine
- \_\_\_ Smart Ones
- \_\_\_ Weight Watchers

## MEAT & POULTRY

*\*Trim visible fat, and remove skins.*

### LEAN GROUND BEEF- 90%-95% lean

- #### LEANEST ROAST
- \_\_\_ Arm Roast
  - \_\_\_ Chuck Shoulder
  - \_\_\_ Top Loin
  - \_\_\_ Top Sirloin

#### LEANEST STEAKS

- \_\_\_ Bottom Round
- \_\_\_ Round Eye
- \_\_\_ Round Tip
- \_\_\_ Top Round

#### LEANEST PORK

- \_\_\_ Center Loin
- \_\_\_ Ham/Canadian Bacon
- \_\_\_ Pork Loin
- \_\_\_ Tenderloin

#### CHICKEN/TURKEY

- \_\_\_ 90% lean ground
- \_\_\_ Chicken Breast/skinless
- \_\_\_ Turkey (cutlet, skinless)

#### DELI MEAT - use 97% lean

- \_\_\_ Fat Free/Soy Hot Dog
- \_\_\_ Ham
- \_\_\_ Lean Roast Beef
- \_\_\_ Turkey

#### OTHER

- \_\_\_ Eggs
- \_\_\_ Egg Whites/Beaters
- \_\_\_ Tofu
- \_\_\_ Veggie Burger
- \_\_\_ Soy Products
- \_\_\_ Low Fat Lentil Soup

## BEVERAGES

- \_\_\_ Decaf. Coffee/Tea
- \_\_\_ Water
- \_\_\_ Flavored Water  
(sugar-free, noncarbonated)

## FISH

*\*Try fresh, frozen (without breading), or water-packed canned fish.*

- \_\_\_ Catfish
- \_\_\_ Clams
- \_\_\_ Cod
- \_\_\_ Crab
- \_\_\_ Herring
- \_\_\_ Haddock
- \_\_\_ Lobster
- \_\_\_ Mussels
- \_\_\_ Oysters
- \_\_\_ Salmon
- \_\_\_ Sardines (water packed)
- \_\_\_ Scallops
- \_\_\_ Shrimp
- \_\_\_ Tilapia
- \_\_\_ Trout
- \_\_\_ Tuna (water packed)

## NUTS & LEGUMES

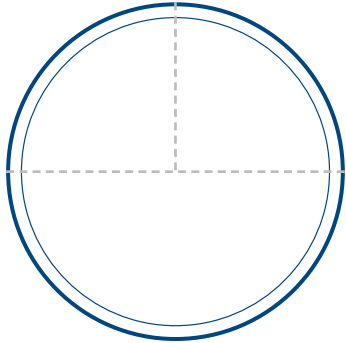
- \_\_\_ Almonds
- \_\_\_ Cashews
- \_\_\_ Chick Peas
- \_\_\_ Black Beans
- \_\_\_ Black-eyed Peas
- \_\_\_ Edamame
- \_\_\_ Hazelnuts
- \_\_\_ Hummas
- \_\_\_ Kidney Beans
- \_\_\_ Lentils
- \_\_\_ Lima Beans
- \_\_\_ Navy Beans
- \_\_\_ Nut Butter
- \_\_\_ Peanuts
- \_\_\_ Pecans
- \_\_\_ Pine Nuts
- \_\_\_ Pinto Beans
- \_\_\_ Pistachios
- \_\_\_ Peanut Butter
- \_\_\_ Split Peas
- \_\_\_ Soy Beans
- \_\_\_ Soy Nuts
- \_\_\_ Walnuts
- \_\_\_ White Beans

# FOOD DIARY

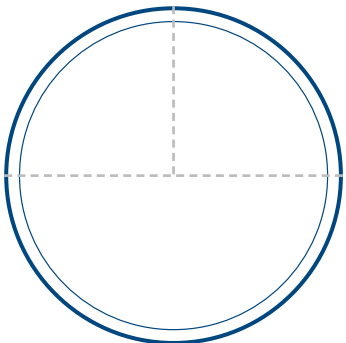
Please indicate: time of day, the meal your are having and the duration of that meal. Include the name of food, how it was prepared, and portion size.

Date \_\_\_\_\_

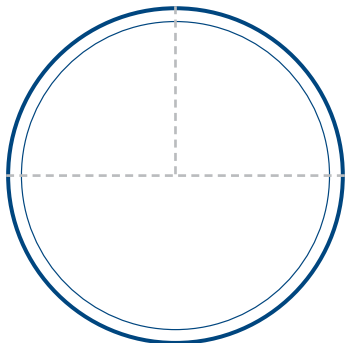
Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_

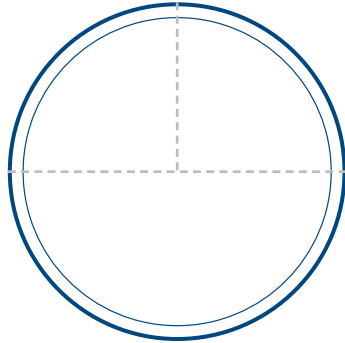


Snacks

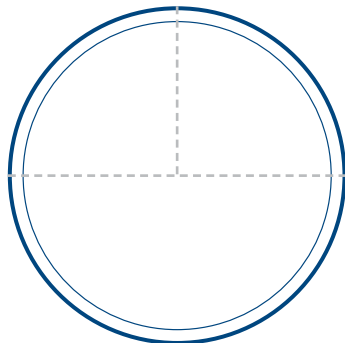
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Date \_\_\_\_\_

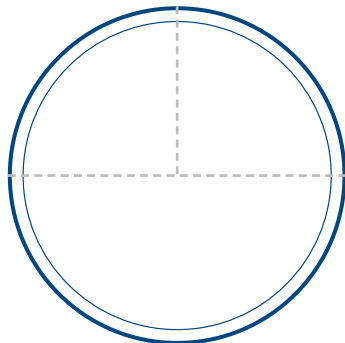
Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_

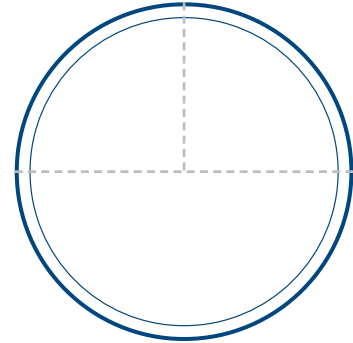


Snacks

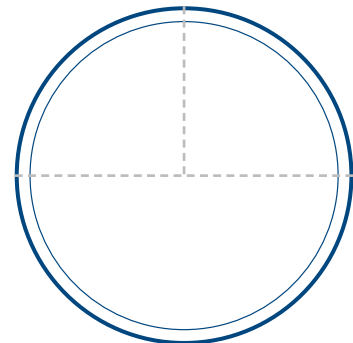
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Date \_\_\_\_\_

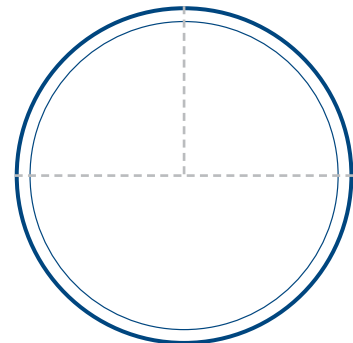
Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_



Meal \_\_\_\_\_ Time \_\_\_\_\_



Snacks

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# FOOD DIARY

Date \_\_\_\_\_

Day \_\_\_\_\_

Be Sure to record all meals and snacks.

Food/Beverages & How Prepared	Portion	Time of Day	Place Where Eating	Duration of Meal (min.)	Exercise Activities