

# Nutrition Program Packet

Bariatric surgery is not a diet but a lifestyle change.  
Surgery is only a tool, the rest is up to you!

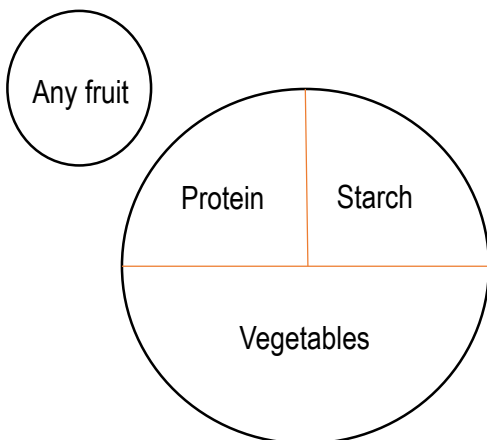
## When you eat is key to success:

1. Eat 3 meals daily.
2. Eat within 1-2 hours after 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.

## Start taking steps to prepare for bariatric surgery:

- Eat slowly. Mealtime should be 30 minutes.
- Chew food to an applesauce consistency before swallowing.
- Don't chew gum or eat hard candy. If swallowed, they may block stomach pouch outlet.
- Sip drinks slowly. Avoid using straws.
- Stop drinking 30 minutes before and during meals. Wait 30 minutes after meals to take a drink.
- Drink at least 48-64 oz. of mostly plain water per day to prevent dehydration.
- Additional appropriate beverages to choose would be noncarbonated, unsweetened and no sugar added.
- Limit caffeine to 8 oz. per day. Decaffeinated tea and coffee are acceptable to drink.
- Avoid alcohol; it is dehydrating and adds calories but no nutrients.
- Take a multivitamin mineral supplement daily.
- Take 600 mg. calcium citrate with vitamin D twice a day.

## A Healthy Plate



Food Groups	Daily Servings
Protein	8-9 ounces
Fruits	1-3 servings
Vegetables	3+ servings
Starches	3-6 servings
Fats	4-6 servings

# Protein

8-9 ounces protein or protein equivalents per day

## Recommended Foods/Serving Size

### Lean Meats, Poultry & Seafood

Chicken (no skin)	3 oz.
Turkey (no skin)	3 oz.
Fish/Seafood	3 oz.
Water packed tuna	3 oz.
Venison	3 oz.
Lean beef, pork or veal	3 oz.
• Bake, broil or grill loin or round cuts	
Canadian bacon	3 oz.

### Meat Substitutes

#### Eggs

- Egg whites 2 = 1 oz.
- Whole egg (with yolk) 1 = 1 oz.
- Eggbeaters  $\frac{1}{4}$  cup = 1 oz.

Legumes (Beans)  $\frac{1}{2}$  cup = 1 oz.

Peanut butter/nut butter 2 T. = 1 oz.

Veggie burger 1 patty = 2 oz.

Bean based soup 1 cup = 1 oz.

Tofu  $\frac{1}{2}$  cup = 1 oz.

Nuts  $\frac{1}{4}$  cup = 1 oz.

Quinoa 1 cup = 1 oz. protein  
& 2 starches

### Dairy (Low Fat)

Milk (1% or fat free) 8 fluid oz. = 1 oz.

Lactaid (1% or fat free) 8 fluid oz. = 1 oz.

Soy Milk 8 fluid oz. = 1 oz.

Cheese (low fat) 1 oz. = 1 oz.

Ricotta cheese (low fat)  $\frac{1}{2}$  cup = 2 oz.

Cottage cheese (low fat)  $\frac{1}{2}$  cup = 2 oz.

Yogurt (with 9 grams of added sugar or less)

- Flavored, light 6-8 oz. = 1 oz.
- Flavored Greek, low fat 6 oz. = 2 oz.
- Plain, low fat 6-8 oz. = 1 oz.
- Plain Greek, low fat 6 oz. = 2 oz.

## Foods to Avoid

### Meats, Poultry & Seafood

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

### Dairy

Whole milk  
2% milk  
Chocolate milk  
Regular cheese  
4% milk fat cottage cheese

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

# Vegetables & Fruits

Vegetables: 3 or more servings daily  
Fruits: 1-3 servings daily

## Recommended Foods/Serving Size

### Non-Starchy Vegetables

1 cup raw or  
1/2 cup cooked

#### Dark green.

- Broccoli
- Greens
- Dark green leafy lettuce
- Spinach

#### Red & Orange Vegetables

- Carrots
- Red Peppers
- Tomatoes

#### Other vegetables

- Asparagus
- Beets
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green or wax beans
- Mushrooms
- Okra
- Onions
- Turnips

### Fruit

	Serving size
Fresh fruit	1 medium
Fresh berries	1 cup
Melon cubes	1 cup
Grapes	15
Canned fruit; packed in water or juice	1/2 cup
Frozen fruit; no sugar added	1 cup
Dried fruit	2 Tablespoons
Fruit juice; no sugar added	4 fl.oz.

## Foods to Avoid

- Vegetables prepared in cream or cheese sauce.
- Leafy green vegetables cooked with fatty meats.
- Fried vegetables

Satisfy your appetite by choosing more vegetable servings and filling 1/2 your plate with them.  
Vegetables increase fiber intake.

# Starch

3-6 servings daily

## Recommended Foods/Serving Size

### Starchy Vegetables

Corn	½ cup
Peas	½ cup
Potatoes	½ cup
Sweet Potato	½ cup
Winter Squash	½ cup
Legumes	½ cup
• Beans	
• Kidney beans	
• Lentils	
• Lima beans	
Lentil/Bean soup	1 cup
Tropical root vegetables	½ cup
• Plantain	
• Yucca	

### Cooked Whole Grains

Quinoa	½ cup
Millet	½ cup
Oats	½ cup
Farro	½ cup
Amaranth	½ cup
Barley	½ cup
Einkorn	½ cup
Wild Rice	½ cup
Broth or Tomato based canned soup	1 cup
98% fat free cream soup (made with fat free milk)	1 cup
Cooked pasta	½ cup
Cooked rice	½ cup
Instant hot cereal	½ cup
Cold Cereal (no sugar coating)	1 cup
Bread (2+ grams of fiber)	1 slice
Small Bagel	½ small
Pancake (1)	4 inch
Waffle (1)	4 inch
English muffin	½
Hamburger roll	½
Tortilla (1)	6 inch
Pita (1)	6 inch

## Foods to Avoid

Pasta/rice dishes with butter, cream, or cheese sauce  
Chow mein noodles  
Ramen noodles  
Fried rice  
Biscuits  
Croissants  
Donuts  
Danish  
Muffins  
French fries  
Home fries  
Any fried starch

### Tips:

- Limit starch at each meal to 2 servings
- Choose whole grain products
- Make starchy root vegetables and whole grains your first choice
- Choose wild rice, long grain, brown or black rice
- Choose cereals with 2+ grams of fiber
- Avoid and/or limit your intake of processed grains

# Fats

4-6 servings daily

## Recommended Foods/Serving Size

Butter or margarine	1 teaspoon
Light margarine	1 Tablespoon
Mayonnaise	1 teaspoon
Light mayonnaise	1 Tablespoon
Salad dressing	1 Tablespoon
Reduced fat salad dressing	2 Tablespoon
Oils	
• Avocado	1 teaspoon
• Canola	1 teaspoon
• Grapeseed	1 teaspoon
• Olive	1 teaspoon
• Peanut	1 teaspoon
• Sesame	1 teaspoon
Seeds	1 Tablespoon
• Chia	
• Pumpkin	
• Sunflower	
Ground flaxseed	1 Tablespoon
Parmesan cheese	2 Tablespoon
Light sour cream	2 Tablespoon
Light cream cheese	2 Tablespoon
Nuts	2 Tablespoon
Peanut butter/nut butter	1 Tablespoon
Avocados	2 Tablespoon
Large olives	8
Hummus	2 Tablespoon

## Foods to Avoid

Fat back  
Pork rinds  
Lard  
Palm oil  
Heavy cream  
Half & half  
Whipped topping  
Sour cream  
Cream cheese

## Miscellaneous - Use to Add Flavor

Sugar free jam/jelly	2 Tablespoon
Sugar free syrup	2 Tablespoon
Mustard/Herbs/Spices	As desired
Calorie free sweetener	As desired
Sugar free jello/popsicles	

## Added Sugars to Avoid:

Brown sugar  
Corn Syrup  
High fructose corn syrup  
Honey  
Jam/Jelly  
Maple syrup  
Molasses  
Sugar

Closely monitor portion sizes as fat is the most concentrated source of calories.  
Read food labels to check for added sweeteners and avoid those with ingredients on the unapproved list .

## Snacks

Snacks should be <150 calories, <5 grams of fat, <9 grams of added sugar.  
Include protein and high fiber foods to help satisfy appetite longer.  
To Keep appetite satisfied, add snack when meals are more than 4 hours apart.

1 rice cake + 1 Tablespoon nut butter

Sugar free, homemade pudding with  
1 cup low fat milk

1 small fruit + 1 Tablespoon nut butter

2 hard boiled eggs + carrots

Raw vegetables +  $\frac{1}{4}$  cup hummus

10 walnut halves +  $\frac{1}{2}$  banana

Light low fat yogurt + small piece of  
fresh fruit

10 almonds +  $\frac{1}{2}$  cup grapes

1 oz. low fat cheese + 10 almonds

1 mini snack bag low fat popcorn

2 Tablespoon reduced fat salad  
dressing+ raw vegetables + 1 oz. low  
fat cheese

8 oz. drinkable yogurt (<10g added  
sugar)

$\frac{1}{2}$  cup 1% cottage cheese +  $\frac{1}{2}$  cup  
canned fruit (packed in water or juice)

Celery sticks + 1 Tablespoon nut butter

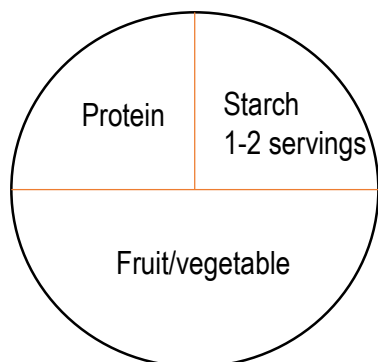
Baby carrots +  $\frac{1}{4}$  cup hummus

### Stay away from:

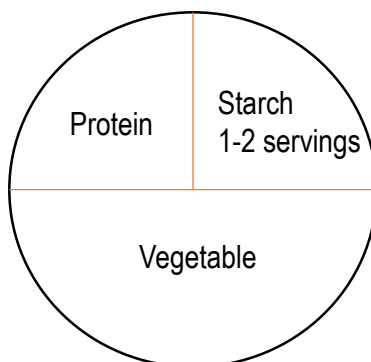
- Cakes
- Candy
- Chips
- Crackers
- Cookies
- Ice Cream
- Pastries
- Pies
- Pretzels
- Protein bars

## Bariatric Lifestyle Meal Plan: Low Fat / Low Added Sugar

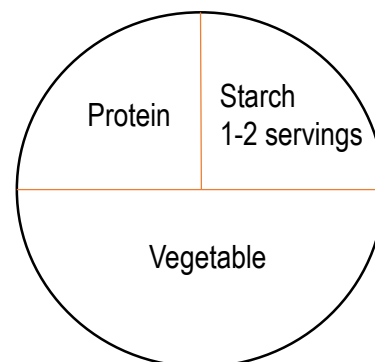
This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day.



**Breakfast**



**Lunch**



**Dinner**

**Eat 3 meals daily plus 1-3 snacks as needed**

### Meal Planning: 3 Simple Steps

#### 1. Plan for meals

Create a menu. Think about what you will be eating during the week. Ensure that you have balanced meals. Each food group contributes different nutrients that are needed for good health.

#### 2. Prepare for meals

Create a shopping list from your meal plan. Shop from your lists. Do some preparation ahead of time.

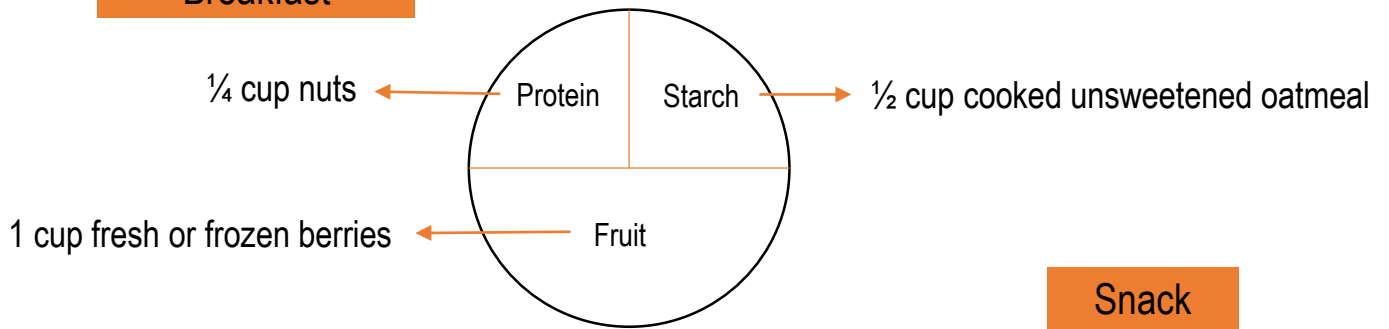
#### 3. Follow a routine

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.

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

# Sample Menus

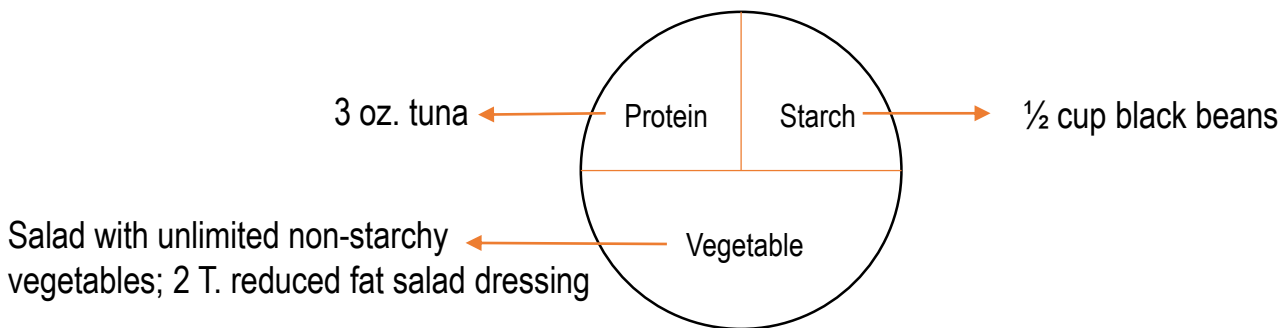
## Breakfast



## Snack

Low fat cheese stick  
or light low fat yogurt

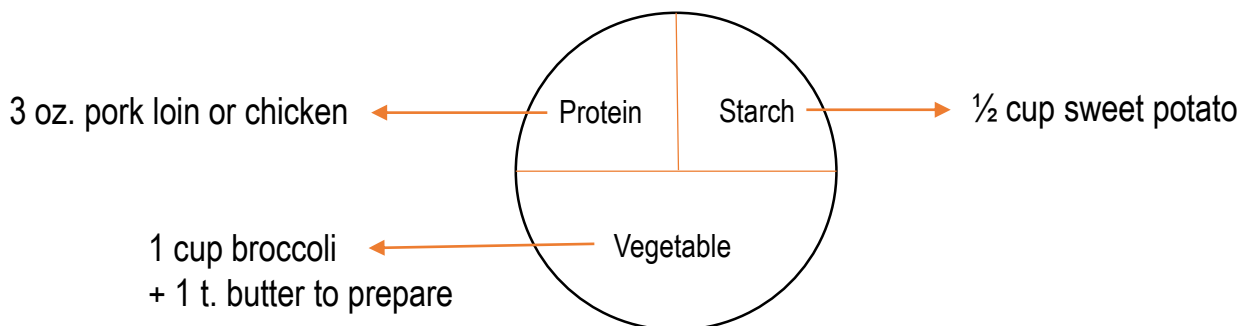
## Lunch



## Snack

Medium apple (sliced)  
+ 1 hard boiled egg

## Dinner



Drink fluids between meals and snacks. Stop drinking 30 minutes before and during eating.  
Wait 30 minutes after eating to take a drink.



# Breakfast Suggestions

## **STEEL CUT OATS and FRUIT**

½ -1 cup cooked steel cut oatmeal  
1 cup berries (of any variety)  
½ - 1 teaspoon flax or chai seeds

Note: Steel cut oats are hardy and have more protein and fiber than quick cook oats. Recommend cooking oats in crockpot or soak overnight in refrigerator. Look up recipes for overnight oats. Optional add in: cinnamon, PB powder, cocoa powder

## **YOGURT PARFAIT**

½ cup Greek yogurt or 8oz regular yogurt  
1 cup of berries or ½ cup of chopped pineapple, peaches or papaya  
¼ cup of almonds, walnuts or sunflower seeds

Note: If lactose intolerant use soy or almond yogurt. Can use unsweetened frozen fruit. Can use ½ cup canned fruit in natural juice-no added sugar.

## **YOGURT SMOOTHIE**

2 - 4 oz. of low fat milk, nut milk or water  
1 Tablespoon of ground flaxseed or chia seed  
Choose one of the following:  
    ½ cup plain or vanilla Greek yogurt  
    1 cup of non-Greek yogurt; eliminate additional fluid  
    1 cup soy yogurt  
1 cup frozen fruit (can use a mixture of frozen berries, peaches, mango or bananas)

Option: use a few cubes of ice Note: Greek yogurt has a higher protein content.

## **HOT QUINOA CEREAL**

½ cup cooked quinoa of any variety  
¼ cup raisins or chopped dried prunes or apricots  
1 Tablespoon almond or peanut butter  
½ teaspoon or more of cinnamon or any spices such as nutmeg or pumpkin spice

Note: Cook quinoa per package direction however can replace water with low fat milk or soymilk. Can cook quinoa in advance in crockpot and store in refrigerator up to 4 days. Heat up quinoa in pan or microwave with nut butter and fruit.

## **VEGGIE EGG OMLETTE**

1-2 Eggs  
½ -1 cup of cooked onions, peppers and or spinach  
½-cup black beans  
2 Tablespoons guacamole or fresh or frozen avocado  
Salsa

Note: Use chopped frozen vegetables to save time or pre-cook vegetables. Can store in refrigerator up to 4 days. Can use rinsed canned beans.

## **HUMMUS AND EGGS**

¼ cup hummus  
1 cup sliced cucumbers, cherry tomatoes, apple slices and/or grapes  
1 hardboiled egg

Note: Can purchase individual hummus servings. Pre cut vegetables ahead and leave in refrigerator. Can purchase precooked hardboiled eggs in grocery store.

# Healthy Shopping List

## Vegetables

Fresh, frozen or canned.  
Canned veggies with <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 Chestnuts
- Zucchini

## Starchy Vegetables

- Beans/legumes
- Corn
- Peas
- Plantains
- Potato (White & Sweet)
- Pumpkin
- Winter Squash

## Dairy

All dairy should be low fat or fat free.  
Choose cheeses with 1% or fat free milk.

- 1% or Fat Free Milk
- Low Fat Lactaid Milk
- Low Fat Soy Milk
- Low Fat Cheese
- Low Fat String Cheese
- Low Fat Ricotta Cheese
- 1% Cottage Cheese
- Low Fat Pudding
- Low Fat Yogurt, Plain
- Light Yogurt, Flavored
- Low Fat Greek Yogurt, Plain
- Low Fat Greek Yogurt, Flavored

## Fats

- Avocado
- Butter/Margarine
- Hummus
- Light/Fat Free Cream Cheese
- Light/Fat Free Mayo
- Light Miracle Whip
- Light/Fat Free Sour Cream
- Light Tub Margarine
- Reduced Fat Salad Dressing
- Oils: Canola, Olive, Safflower

## Condiments

- Cooking Spray
- Herbs/Seasonings
- Salsa/Mustard/Horseradish
- Spray Butter/Margarine
- Sugar-Free Jelly/Jam/Syrup
- Sugar Substitute

## Fruits

Fresh, frozen, dried or canned  
(canned fruit must be 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
- Pineapples
- Plums
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

# Healthy Shopping List

## Breads & Grains

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

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Bulgar
- Einkorn
- Farro
- Millet
- Pumpnickel Bread
- Quinoa
- Rye Bread
- Wheat Bread
- Wheat Tortilla
- Whole Grain Crackers
- Whole Wheat Pasta
- Whole Wheat Pita
- Wild Rice

## Cereals

Choose whole grain cereals with <6 grams of sugar and 3+ grams of fiber per serving.

- All Bran
- Cheerios (Original)
- Cream of Wheat
- Fiber One
- Grits
- Kashi Go Lean
- Oatmeal (Unsweetened)
- Shredded Wheat
- Steel Cut Oats
- 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
  - Ham
  - Lean Roast Beef
  - Turkey
- Other
  - Eggs
  - Eggs Whites/ Beaters
  - Soy Products
  - Tofu
  - Veggie Burger

## Nuts & Seeds

- Almonds
- Cashews
- Chia Seeds
- Flax
- Hazelnuts
- Nut Butter
- Peanuts
- Peanut Butter
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin
- Soy Nuts
- Sunflower
- Walnuts

## Fish

Fresh, frozen (without breading) or water-packed canned fish.

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

## Beans & Legumes

- Chick Peas
- Black Beans
- Black-eyed Peas
- Edamame
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Split Peas
- Soy Beans
- White Beans

## Beverages

- Decaf. Coffee/Tea
- Flavored Water (sugar-free, non carbonated)
- Herbal Tea
- Water

# Vitamin and Mineral Supplements

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.

## 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)
Multivitamin/mineral		
<i>Centrum</i> Chewable	1	<b>Highland</b> , CVS, Walmart
<i>Flintstone's</i> Complete Chewable	1	CVS, Walmart, Internet
Alive Once Daily Ultra Potency	1	CVS, Walgreens, Internet
<i>Centrum</i> Adults	1	CVS, RITEAID, Internet
<i>Equate</i> Complete Multivitamin/mineral	1	Walmart, Internet
<i>NatureMade</i> Multicomplete	1	CVS, Walgreens, Internet
<b>Calcium Citrate with Vitamin D</b>		
<i>Citracal</i> Maximum	4 (2 pills, 2x/day)	Walmart, Walgreens, Internet
<i>Citracal</i> Petite	6 (2 pills, 3x/day)	Walgreens, CVS, Internet
Calcium with Vitamin D products	Talk with Pharmacist	<b>Highland</b> , Internet
<i>Celebrate</i> Calcium Plus 500 (chewable)*	2-3 (1 tablet, 2-3x/day)	<b>Highland</b> , Internet
<i>Celebrate</i> Calcium Soft Chew (500 mg)	2-3 chews/day	<b>Highland</b> , Internet

\* Bariatric specific

# Food Diary

Date \_\_\_\_\_

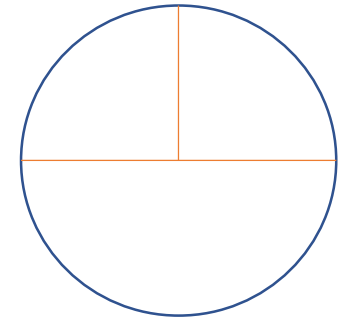
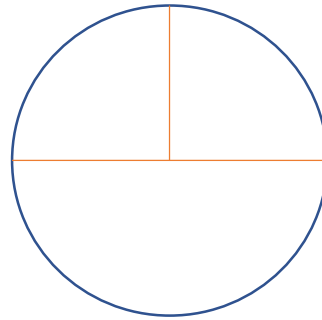
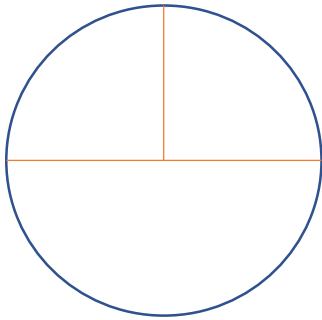
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Date \_\_\_\_\_

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

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

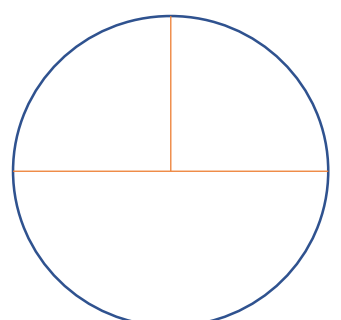
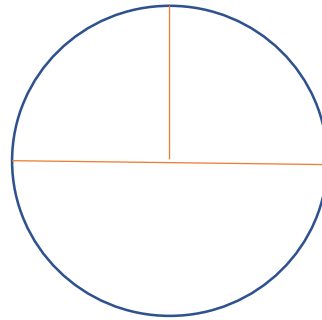
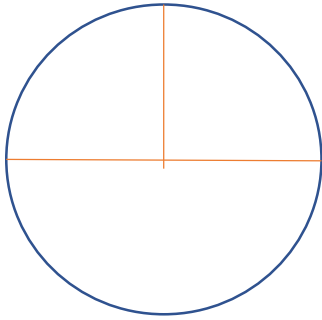
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Meal \_\_\_\_\_ Time \_\_\_\_\_

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

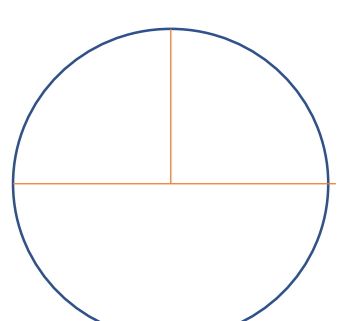
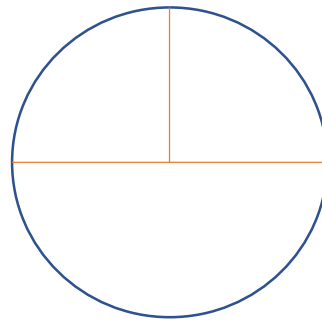
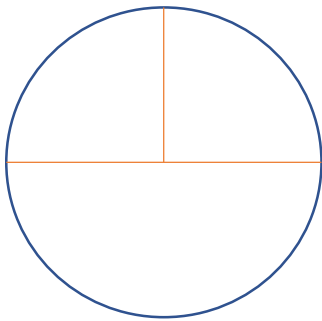
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Snacks

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Snacks

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Snacks

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Please indicate time of day, the meal you're having, and the duration of that meal.  
Include the name of food, how it was prepared and portion size.

# Food Diary

Date \_\_\_\_\_

Day \_\_\_\_\_

Be sure to record all meals and snacks.

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