

Estimating Amounts of Food



1 die = 1 tsp. butter or margarine

4 dice = 1 ounce cheese



Ping Pong

2 ping pong balls = 2 tbsp. peanut butter



1 computer mouse = a medium (6 ounce) potato



1 package dental floss = 1 ounce chocolate



deck cards = 3 ounces of chicken or fish



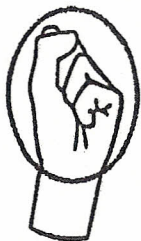
1 tennis ball = $\frac{3}{4}$ cup or a medium piece of fruit



1 baseball = 1 cup of rice, pasta or fruit



Using your Hand to Estimate Amounts



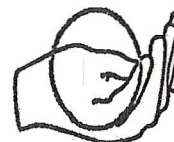
A fist = 1 cup



The palm of the hand = 3 ounces



The tip of the finger = 1 teaspoon



A handful = 1 ounce snack



The thumb = 1 ounce

Nutritional Guidelines

PHASE ONE – Soft Proteins

One of the most important issues for the bariatric patient is eating enough protein. It is important to eat good sources of protein to avoid nutrition related complications.

The foods listed below are recommended at this time to help you meet your daily protein goal and to limit food intolerances.

Protein Sources (SOFT PROTEINS ONLY at this time)

EACH SERVING OF FOOD LISTED BELOW MAY BE COMBINED TOGETHER, WHEN YOU ARE READY, TO CREATE ONE MEAL (see next page for examples):

1 Serving	Food	Protein (g)
¼ cup	Cottage cheese or ricotta cheese, low fat	7
1 oz	String cheese (up to 2 oz per day) or Sliced cheese (1 oz per day)	7
1 oz	Lean luncheon meat (chicken, turkey, or ham) – lower sodium preferred; NO nitrites or nitrates	7
½ cup (4 oz)	Soft Tofu	7
6oz	Low fat or nonfat Greek yogurt (100 - 130 calories)	12-18
½ cup	Beans or lentils/legumes (variety of canned or homemade)	7
1	Egg	7
¼ cup	Egg substitute (egg whites only)	7
¼ cup	Canned tuna (packed in olive oil or water)/canned chicken/ canned salmon	13

- ☐ Your individual daily protein goal is based on your gender and height. It may take time for you to reach your protein goal. Take your time and do not force yourself.

☒ My daily protein goal is: 55 - 82 grams

- ☐ Measure your food using measuring cups or a scale.
- ☐ Introduce one food at a time to limit intolerances.
- ☐ Remember to eat until you are no longer hungry, not until you are too full or have finished.
- ☐ Keep a food diary of all foods and beverages consumed; supplements taken; and exercise.

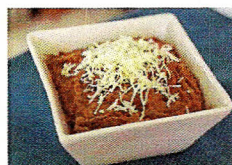
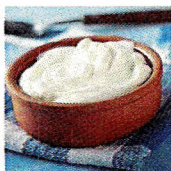
Sample Meal Ideas

If you are having a difficult time meeting your protein goal with the soft proteins, substitute one of your meals with a high protein shake

Sample	DAY ONE
1 st Meal	6 oz Greek yogurt
2 nd Meal	1 oz sliced turkey wrapped around ½ slice Monterey Jack cheese with a slice of avocado
3 rd Meal	½ cup refried beans with 2 Tbsp shredded cheddar cheese <i>OK</i>

Sample	DAY TWO
1 st Meal	1 scrambled egg with 2 Tbsp shredded cheddar cheese
2 nd Meal	½ cup canned tuna with 2 tsp light mayonnaise
3 rd Meal	Chicken Parmesan (see recipes)

Sample	DAY THREE
1 st Meal	½ cup black beans with 2 Tbsp shredded cheese
2 nd Meal	½ cup pan fried tofu cut in cubes with ¼ cup shelled edamame
3 rd Meal	1 oz sliced ham wrapped around 1 oz string cheese and a slice of avocado



Sample	DAY FOUR
1 st Meal	1 scrambled egg with 2 Tbsp shredded cheddar cheese
2 nd Meal	½ cup three bean combo salad (garbanzo, kidney, black) with 2 tsp light vinaigrette dressing
3 rd Meal	½ cup Baked Ricotta (see recipes)

Sample	DAY FIVE
1 st Meal	½ cup cottage cheese <i>OK</i>
2 nd Meal	1 string cheese ¼ cup canned chicken with 1 tsp light mayonnaise
3 rd Meal	1 small Salmon Croquet (see recipes)

Sample	DAY SIX
1 st Meal	6 oz Greek yogurt
2 nd Meal	1 oz sliced turkey wrapped around ½ slice cheddar cheese
3 rd Meal	½ cup lentils with 2 Tbsp shredded cheddar cheese



Essential Fatty Acids

Essential Fatty Acids (EFAs) are necessary fats that humans cannot make on their own, and must be obtained through diet from plant foods.

You can begin to add these and other fats to your protein source today. Remember that all the fats listed below are high in calories if consumed in excess.

Aim for approximately one fat serving per meal (3 servings per day).

One serving = 5 grams fat and 45 calories.

Monounsaturated Fats

Olive oil, canola oil, avocado oil, safflower oil, sunflower oil (1 tsp.)

Avocado (1 small slice or 2 Tbsp. mashed)



Polyunsaturated Fats

Corn oil, soybean oil, grape seed oil (1 tsp.)

Mayonnaise or Miracle Whip (Regular) (1 tsp.)

Mayonnaise or Miracle Whip (Light) (1 Tbsp.)

Margarine (tub) (1 tsp.) – **look for** “non-hydrogenated” oils



Omega 3 Fats (Great source) - help **REDUCE** INFLAMMATION in our bodies

Fish – all types; salmon is a great source (called EPA and DHA)

Canola oil, flax seed oil, flax seed meal (called Alpha Linolenic Acid)

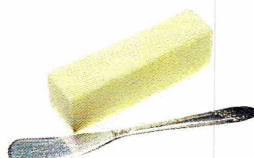


Saturated Fats (**Limit because these may raise** blood cholesterol levels) – **THESE ARE NOT ESSENTIAL FATTY ACIDS**

Butter (1 tsp.)

Cream cheese (1 Tbsp.)

Sour cream (2 Tbsp.)



Vitamins and Minerals

Bariatric Advantage® (www.bariatricadvantage.com) or 1-800-898-6888 is a recommended source to purchase the vitamins and minerals.

The list below is required after surgery:

Multivitamin

2/day (Take both at 1st meal of the day.)

Calcium Citrate

2-3x/day (Take one 500 mg tablet, 2-3x/day on an empty stomach, in between meals.)

1200-1500 mg/day (in diet and in supplemental form in divided doses)

Iron

1/day (Take with 2nd meal of the day. **DO NOT TAKE IRON AND CALCIUM AT THE SAME TIME – wait at least one hour.**)

Men: 30-45 mg/day

Women: 45-60 mg/day

B₁₂

3,000 mcg/week sublingual (under the tongue)

OR 1,000 mcg daily taken orally

Take anytime during the day.



Bariatric Advantage® also has some products that contain the multivitamin, iron, and B12 in one product.

Bowel Movements

After surgery your bowel movements may become less frequent due to decrease in food intake and therefore less waste production. It is normal to go 2-3 days without a bowel movement. It is extremely important for you to drink plenty of water to help prevent constipation.

The choices listed below are over the counter products available at Target, Walmart, most supermarkets and drug stores.

Benefiber: Benefiber contains the soluble fiber wheat dextrin. It dissolves in water easily. You can put this directly in water, a protein shake, or in your yogurt. This product does not have any taste. Follow the directions for the recommended dose.

FiberChoice: FiberChoice contains the soluble fiber inulin. Inulin dissolves clear in water and may be a better choice for some. You can put this directly in water, a protein shake, or in your yogurt. Follow the directions for the recommended dose.

Metamucil Metamucil contains psyllium husk. You can put this directly in water. However, this product absorbs water quickly and can produce a very thick consistency, which may not be tolerated well. Half of the recommended dose in 8 oz water may be helpful.

Metamucil Clear and Natural contains the soluble fiber inulin. Inulin dissolves clear in water. You can put this directly in water, a protein shake, or in your yogurt

Citrucel: Citrucel contains methyl cellulose from plant walls. You can put this directly in water. However, this product absorbs water quickly and can produce a very thick consistency, which may not be tolerated well. Half of the recommended dose in 8 oz water may be helpful.

Fleet: Please call your surgeon or dietitian prior to using.



SHOPPING LIST (PHASE 1- SOFT PROTEINS)

PROTEINS/MEATS

- Eggs or egg whites
- Turkey/Chicken Breast & Ham (Lunchmeat style) – low sodium is best and no Nitrates or Nitrites (Boar's Head, or try Mother's Market, Sprouts, Trader Joes)
- Soy Beans (Edamame)
- Tofu (firm okay, but **packed in water**)

DAIRY

- Cottage Cheese (Low Fat)
- Ricotta Cheese (Low fat)
- String Cheese
- Sliced Cheese
- Greek Yogurt (Non Fat)

ESSENTIAL FATS

- Oils (such as Olive, Canola)
- Avocados
- Mayonnaise (Light/Low Fat is best – TRY type made with Canola or Olive Oil)
- Margarine (tub style) – no stick margarine

CANNED ITEMS

- Pinto/Black/Kidney/Navy/Butter/White/Garbanzo Beans (or beans made from scratch)
- Refried Beans (Vegetarian – NO LARD)
- Lentils (homemade or try Mother's, Sprouts, or Trader Joes)
- Chicken Breast packed in water
- Tuna packed in olive oil or water
- Salmon packed in water

Condiments are fine too such as herbs, spices, hot sauce, thin salsa, etc.

Cook Books for After Weight Loss Surgery

Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery, Patt Levine, Michele Bontmpo-Saray, William B. Inabnet, Meredith Urban-Skuros

Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You (Healthy Living Cookbooks), Margaret Furtado, Lynette Schultz

Before & After, Revised Edition: Living and Eating Well After Weight-Loss Surgery, Susan Maria Leach

Extraordinary Taste: a festive guide for life after weight loss surgery, Shannon Owens-Malett

Cooking For Weight Loss Surgery Patients, Dick Stucki

The High-Protein Cookbook: More than 150 healthy and irresistibly good low-carb dishes that can be on the table in thirty minutes or less, Linda West Eckhardt, Katherine West Defoyd

Cooking with CJ: Post-Bariatric Surgery Cuisine for the Entire Family, C.J. Walters

Shakin' It Up!, Chef Dave Fouts

Weight Loss for One, Enzo D. Soviero

Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient, David Fouts