

Beginning with the Basics

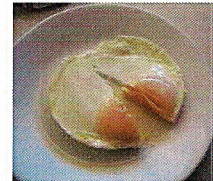
Remember the 4 Program Principles

1. **PROTEIN FIRST.** You must eat protein at every meal. If there are other items on your plate, use the 3:1 eating rule (3 bites protein, 1 bite other).
2. **WATER.** Drink a minimum of 64 ounces every day. No soda, diet soda, **LIMIT** crystal light or flavored waters. Also, remember the 30-20-30 rule; no drinking with meals.
3. **EXERCISE.** Thirty (30) minutes every day.
4. **MEALS.** Three (3) meals a day. One to two (1-2) protein snacks as needed.

What can I eat now?

Soft lean proteins—essential for healing

Healthy Fats—unsaturated fats vs. saturated fats



Behavior Modification—change thinking to change behavior and habits

Have a plan for special occasions (holidays, social events, dining out)

Plan ahead for meals and snacks

Eat in a designated area, such as a table and limit distractions

Eat meals at scheduled meal times to avoid unplanned eating

Small bites

Slow down

Chew well

Avoid drinking any liquids with meals

Restrict behaviors, not portions!!!



Food Journal

Name _____

Date:	Multi-vitamin (2 daily at 1 st meal)		Calcium Citrate (2-3 daily in between meals)				Iron (1 daily at 2 nd meal)		B ₁₂ (3/week)	
Water	16 oz bottle		16 oz bottle		16 oz bottle		16 oz bottle		Total/day	
Protein	gm	gm	gm	gm	gm	gm	gm	gm	gm	Total/day
Exercise	Minutes		Minutes		Minutes		Minutes		Total/day	

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Protein	gm	gm	gm	gm	gm	gm	gm	gm	gm	Total/day
Exercise	Minutes		Minutes		Minutes		Minutes		Total/day	

St. Joseph Hospital Bariatric Care Center

Success Habits checklist

I took responsibility for my actions today.

Yes ☐ No ☐

I feel in control of myself today.

Yes ☐ No ☐

I will do my best to master the St. Joseph Hospital Bariatric Program Principles one more day.

Yes ☐ No ☐

I have eaten the proper quantity for my stomach size at each meal.

Yes ☐ No ☐

I have eaten three meals today, taking 20 minutes to eat.

Yes ☐ No ☐

I have only eaten what I planned to eat today.

Yes ☐ No ☐

I have a lean protein source at every meal.

Yes ☐ No ☐

I eat according to the meal plan phase that I am currently in.

Yes ☐ No ☐

I stop eating as soon as I am no longer hungry.

Yes ☐ No ☐

I drink at least 64 ounces of water daily.

Yes ☐ No ☐

I do not drink carbonated beverages.

Yes ☐ No ☐

I stop drinking 30 minutes before eating and do not resume drinking until 30 minutes after I finish eating.

Yes ☐ No ☐

I exercised today.

Yes ☐ No ☐

I exercised within my target heart rate zone today.

Yes ☐ No ☐

I made an effort to be more "active" today.

Yes ☐ No ☐

My blood work had been done within the past 12 months.

Yes ☐ No ☐

I took my multivitamin, calcium, B12, and iron today.

Yes ☐ No ☐

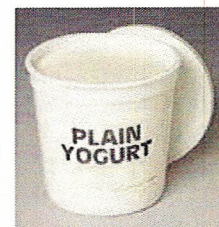
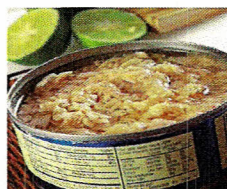
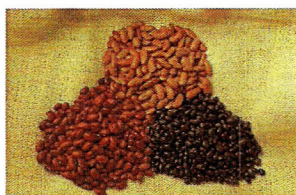
Protein List

Remember that the protein foods continue to be the priority when planning your meals. Please review your individual protein goal from Phase 1. **If you are not meeting your protein goal, then no other food should be added at this time.**

Remember that the serving sizes listed below are based on providing approximately 7 grams of protein. Your portion may be different.

1 Serving	Food	Protein (g)
¼ cup	Cottage cheese or ricotta, 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, NO nitrites or nitrates	7
½ cup (4 oz)	Soft Tofu	7
6-8 oz	Low fat or nonfat Greek yogurt (100 - 130 calories)	7-16
½ cup	Beans or lentils/legumes (canned or homemade)	7
1	Egg	7
¼ cup	Egg substitute (egg whites)	7
¼ cup (2 oz)	Canned tuna (packed in olive oil or water)/canned chicken/canned salmon	13

NEW ADDITIONS		
1 oz	Chicken, fish, beef, or pork (weigh after cooking)	7
8 oz	Nonfat or Lowfat/Lactose-free/Lactaid Milk	8



Protein List

One protein/meat serving (exchange) equals 7 grams of protein. Serving sizes for meat portions are **one ounce by weight**. **More than one ounce may be eaten at meals.** Beans and lentils are the only protein sources with a good amount of fiber.

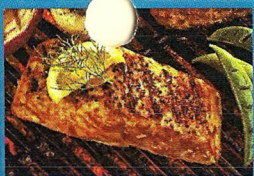


DESCRIPTION	PROTEIN (grams)	FAT (grams)	CALORIES PER OUNCE
1 oz Very lean protein	7 grams	0-1 gram fat (0 added fat/oz)	35 calories
1 oz Lean protein	7 grams	3 grams fat (1/2 added fat/oz)	55 calories
1 oz Medium-fat protein	7 grams	5 grams fat (1 added fat/oz)	75 calories
1 oz High-fat protein	7 grams	8 grams fat (1 1/2 added fat/oz)	100 calories
1 oz Very high-fat protein	7 grams	15 grams fat (3 added fat/oz)	170-200 calories

Notice how the calories from FAT increase as you move from very lean proteins to lean, medium, high-fat, and then very high-fat proteins.

To keep the calories lower and continue to consume protein, choose very lean and lean proteins daily. See the following pages for details.

Cooked weight = Cal. Counts



Protein List

Very Lean Protein List (7 grams protein, 0-1 grams fat, and 35 calories) Serving Size

Poultry: Chicken or turkey (white meat, no skin), very lean ground turkey or chicken, turkey keilbasa 1 oz

Fish:

Fresh or frozen cod, flounder, haddock, halibut, trout, tilapia 1 oz

Lox (smoked salmon) 1 oz

Canned tuna (in water) $\frac{1}{4}$ cup

Shellfish: Clams, crab, lobster, scallops, shrimp, imitation shellfish 1 oz

Game: Duck or pheasant (no skin), venison, buffalo, ostrich 1 oz

Other: Deli sandwich meats with 1 gram of fat or less per ounce,

such as deli thin, shaved meats, turkey, chicken, ham (NO nitrites or nitrates)..... 1 oz

Egg whites..... 2

Fat-free milk 1 cup

Plain fat-free yogurt or plain fat-free Greek Style yogurt $\frac{3}{4}$ cup (6 oz)

Vegetarian

Fat-free or low-fat cottage cheese..... $\frac{1}{4}$ cup

Other:

Beans (black, garbanzo, pinto, kidney, white, navy, edamame)..... $\frac{1}{2}$ cup

Lentils $\frac{1}{2}$ cup



Protein List

Lean Protein List (7 grams protein, 3 grams fat and 55 calories).....Serving Size

Poultry: Chicken, turkey (dark meat, no skin), lean ground turkey and chicken, breakfast turkey sausage..... 1 oz

Fish:

Oysters6 medium

Salmon (fresh or canned) 1 oz

Sardines (canned)2 medium

Tuna (canned in olive oil, drained) ¼ cup

Pork: Lean pork, such as tenderloin, center loin chop..... 1 oz

Beef: USDA Select or Choice grades of lean beef trimmed of fat,
such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump);
steak (T-bone, porterhouse, cubed), ground round 1 oz

Lamb: Roast, chop, leg..... 1 oz

Veal: Lean chop, roast 1 oz

Game: Goose (no skin), rabbit 1 oz

Other: Deli sandwich meat with 3 grams of fat or less..... 1 oz

Vegetarian

Cheese: with 3 grams of fat or less fat per ounce..... 1 oz

String Cheese..... 1 oz

Other:

1% milk or soy milk..... 1 cup

Protein List

Medium-Fat Protein List (7 grams protein, 5 grams fat, and 75 calories)	Serving Size
Poultry: Ground turkey or ground chicken (breast, dark meat, and skin)	1 oz
Pork: Top loin, chop, Boston butt, cutlet	1 oz
Beef: Most beef products fall into this category (corned beef, short ribs, Prime grades of meat trimmed of fat, such as prime rib).....	1 oz
Lamb: Rib roast, ground	1 oz
Veal: Cutlet (ground or cubed, unbreaded)	1 oz
Other: Eggs	1

Vegetarian

Cheese: with 5 grams of fat or less per ounce

Feta	1 oz
Reduced fat cheddar, Swiss, Monterey Jack, etc.	1 oz
Reduced fat Ricotta	¼ cup (2 oz)

Other:

2% milk	1 cup
Tofu	4 oz or ½ cup



Protein List

Please note that consuming these foods often may slow down weight loss and are not considered heart healthy.

High-Fat Protein List (7 grams protein, 8 grams fat, and 100 calories)..... Serving Size

Pork: Spareribs, ground pork, pork sausage 1 oz

Other:

Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked 1 oz

Bacon 3 slices (20 slices/lb)

Hot dog (beef, pork, turkey, chicken or combination)..... 1 (10/lb)

Vegetarian

Cheese: All regular cheeses, such as provolone, cheddar,
Monterey Jack, Swiss (BEST TO LIMIT TO 1 oz per day)..... 1 oz



Protein List

Very High-Fat Protein List (7 grams protein, 15 grams fat, and 170-200 calories) Serving Size

Vegetarian

Nut butters

Almond butter.....	2 Tbsp
Peanut butter.....	2 Tbsp
Sesame butter (tahini)	2 Tbsp

Nuts and Seeds

Almonds	¼ cup (1 oz); about 24
Cashews.....	¼ cup (1 oz)
Filbert (hazel nuts)	¼ cup (1 oz); about 12
Mixed nuts, dry or oil roasted	¼ cup (1 oz)
Peanuts	¼ cup (1 oz)
Pecans.....	¼ cup (1 oz)
Pignolias, pinenuts	¼ cup (1 oz)
Pistachios.....	¼ cup (1 oz); about 47
Pumpkin or squash seeds	¼ cup (1 oz)
Sunflower seeds, shelled.....	¼ cup (1 oz)
Sunflower seeds, with hulls	1/2 cup (1 oz)
Walnuts.....	¼ cup (1 oz)



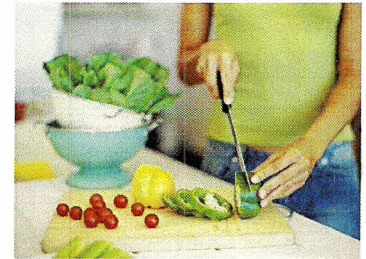
Vegetables and Fruits

Continue with a high protein source at every meal. (Protein source from above list.) At this point your body is more capable of tolerating normal consistency foods. Remember your meals should focus on **lean protein**.

Use 3:1 eating rule (3 bites protein, 1 bite vegetable/fruit).

Vegetables:

- 1) **Start with overcooked vegetables before moving on to raw vegetables.**
- 2) Serving size is 1/2 cup cooked and 1 cup raw.
- 3) **Include up to 2-3 vegetable servings daily as tolerated.**



VEGETABLES NOT TO INCLUDE BECAUSE THEY CONTAIN A LARGE AMOUNT OF STARCH:

- | | |
|--|---|
| ☐ Yams/Sweet potato | ☐ Plantain |
| ☐ Corn | ☐ Potato (baked, boiled, or mashed) |
| ☐ Parsnips | ☐ Winter Squash (acorn, butternut, or pumpkin) |
| ☐ Peas | |

The starchy vegetables will be introduced when grains/breads are introduced into your meal plan (Phase 4 class).

Fruit:

- 1) **Start with skinless fruit before eating fruit with skin.**
- 2) You should choose fresh or frozen fruits. Limit canned fruits because they often contain added sugar.
- 3) Servings sizes are listed on page 73.
- 4) **Include up to 1 fruit serving daily as tolerated.**



Fruit List

One fruit serving (exchange) equals **15 grams carbohydrate and 60 calories**. Fresh or frozen fruit will be the best choice.

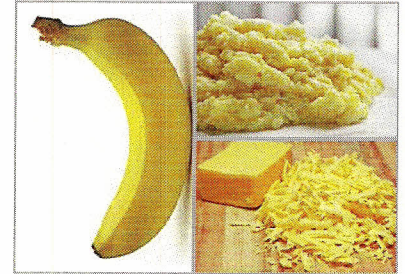
Fruit	Serving Size
Apple, unpeeled, small	1 (4 oz)
Apricots, fresh	4 whole (5 ½ oz)
Banana, small	1 (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	1/3 melon (11 oz) or 1 cup cubes
Cherries, sweet, fresh	12 (3 oz)
Dates	3
Figs, fresh	1 ½ large or 2 medium (3 ½ oz)
Gooseberries	½ cup
Grapefruit, large	½ (11 oz)
Grapefruit sections, canned	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice (10 oz) or 1 cup cubes
Kiwi	1 (3 ½ oz)
Mandarin oranges, canned	¾ cup
Mango, small	½ fruit (5 ½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6 ½ oz)
Papaya	½ fruit (8 oz) or 1 cup cubes
Peach, medium, fresh	1 (4 oz)
Pear, large, fresh	½ (4 oz)
Pineapple, fresh	¾ cup
Plums, small	2 (5 oz)
Plums, dried (prunes)	3
Pomegranate, medium	½
Raisins	2 Tbsp.
Raspberries	1 cup
Strawberries	1 ¼ cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	1 slice (13 ½ oz) or 1 ¼ cup cubes

Sample Menu

The sample menu below may or may not be how much you can eat in one day. Remember that your individual portion may be more or less than this example.

Meal #1

- 2 scrambled eggs (2 protein servings)
- 1 oz. shredded cheddar cheese (1 protein serving)
- 1/2 medium banana (1 fruit serving)

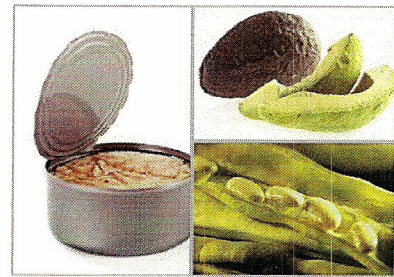


Snack

- 1 oz string cheese (1 protein serving)

Meal #2

- 1/2 cup canned tuna (2 protein servings)
- 1 tbsp. Light mayonnaise (1 fat serving)
- 1 slice avocado (1 fat serving)
- 1/2 cup cooked green beans (1 vegetable serving)



Snack

- 6 oz nonfat Greek yogurt (1-2 protein servings)

Meal #3

- 3 oz. scallops (3 protein servings)
- 1/2 cup cooked mushrooms, cauliflower, and broccoli (1 vegetable serving)
- 1 tsp. oil, garlic powder (or fresh pressed garlic), salt, pepper (1 fat serving)



RECIPE

Mix oil, garlic, salt and pepper. Lightly brush scallops, mushrooms, cauliflower, and broccoli with oil mixture. Pour remaining oil mixture in skillet. Heat stove and place mushrooms, cauliflower and broccoli in skillet. Cook for approximately 6 minutes. Add scallops. Cook for approximately 6-10 minutes turning scallops continuously or until opaque. Serve and enjoy.

Salt Choices

If you are watching your sodium intake, don't forget that many condiments contain sodium. Below are a few common examples. Average per choice: 250 milligrams sodium

Condiment.....	Serving Size
Salt.....	1/8 tsp.
Seasoned salts (onion, garlic, etc.).....	1/8 tsp.
Accent	1/4 tsp.
Barbeque sauce	2 Tbsp.
Bouillon.....	1/3 cup
Catsup.....	1 1/2 Tbsp.
Chili sauce.....	1 1/2 Tbsp.
Dill pickle.....	1/6 large(1/2 oz)
Mustard	4 tsp.
Olives, green	2 medium (1/3 oz)
Olives, black.....	3 large (1 oz)
Soy sauce.....	3/4 tsp.
Light soy sauce.....	1 tsp.
Steak sauce	2 1/2 tsp.
Taco sauce.....	2 Tbsp.
Tamari sauce	3/4 tsp.
Teriyaki sauce	1 1/4 tsp.
Worcestershire sauce.....	1 Tbsp.

