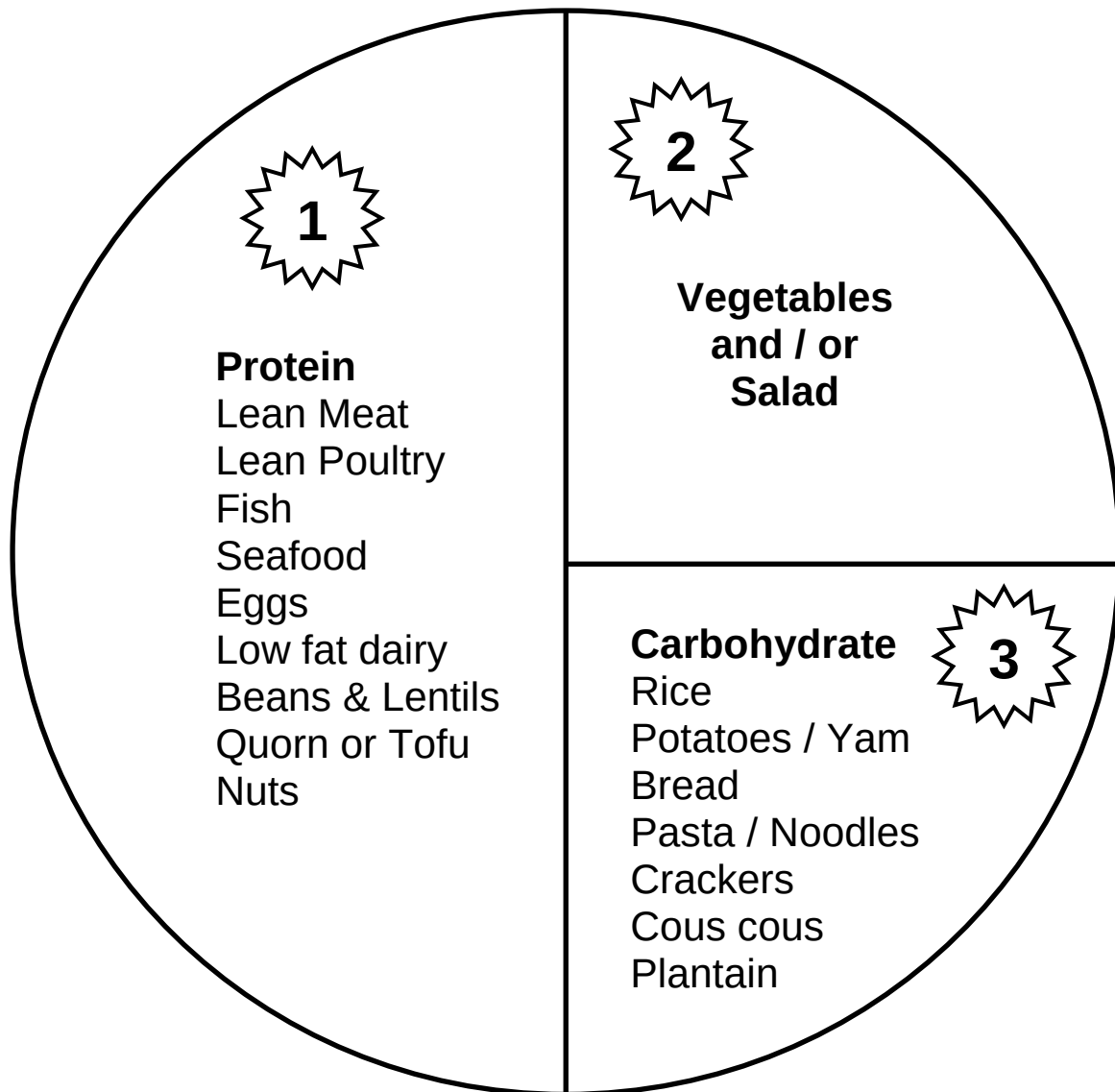


Bariatric Plate

The picture below shows you how to balance your meals after weight loss surgery, once you have finished the post-op diet and returned to normal diet. You should use a side plate (6-7 inches in diameter) and avoid using larger dinner plates as this can cause portions to slowly increase. You should try to eat food roughly in the order 1, 2, 3 (protein, followed by vegetables followed by carbohydrate). This is because the protein part is the most important but also the most filling.



Tips

- Remove all fat and skin from any meat or chicken **BEFORE** cooking
- Use low fat cooking methods such as grilling, baking (wrap in foil to keep things moist), steaming or boiling
- Do not add any oil or butter to vegetables or salads. If you need extra flavour add seasoning or a little low calorie dressing or vinegar
- If you need to use oil to stop food from sticking then use a 1 Cal spray oil
- Add flavour using herbs, spices, seasonings, lemon juice, ginger, onions, garlic.
- Do not add any oil or butter to carbohydrates – keep them simple
- Choose high fibre carbohydrate options wherever possible as these will keep you fuller for longer (try wholegrain bread, pasta, rice, crackers and keep skins on potato)