

OUNCES EXPLAINED BY VOLUME AND WEIGHT

What does it mean when a bariatric surgeon or RD tells you to eat 1-2oz of food per meal?

That's highly confusing to patients. In the early days, they are almost always talking about LIQUID measurements of foods such as: protein drinks, yogurt, cottage cheese, soups, or other foods measured as FLUIDS.

Often, they continue to discuss this volumetric number to patients. But it grows confusing when solid food comes into play, especially protein. Most often doctors talk about wanting us to start at 1-3 ounces of protein per meal. But that is a SOLID measurement based on weight not volume. And they mistakenly think that 1oz of weight = 1 oz of volume. But that is not the case as you will see below in my illustration.

So it's important to ask your surgeon and RD to clarify what they mean by "ounces." This was one of the MOST confusing things to me and it aggravated me no end!

I don't honestly even know if THEY understand the confusion they cause!

VOLUME is king in our world. For the most part, our new tummies don't "weight food," they are limited by volume or real estate available in the new and irritated tool.

In the early days, when docs and RDs refer to "ounces" they are talking BY VOLUME. That means roughly we should aim for these volumes. For the most part people will swing either 1 step up or down on the time scale for volume. In early days when real estate is totally at a premium, we concentrate and fill that volume with protein first. As we mature, we can handle other things in addition to meeting our protein goals. Protein starts in liquid form and becomes more solid as we progress. So we start with liquid measurements then progress to tracking it by weight AND volume.

When dealing with PROTEIN, it's important to go by weight first. Because with weighing protein you can approximate how many actual grams of protein we're consuming. And most of us have a target of 60-80g of protein daily for females and 80-100g daily for men.

And this is where it gets tricky cuz 1oz BY VOLUME does NOT equal 1 oz by weight. That's why I still weigh my protein into a measuring cup first so that I know I get my protein needs met and don't exceed my 1 cup per meal volume prescription that is part of my forever diet prescription:

BY VOLUME:

1-2 weeks post op:

1 oz by volume = 2 tbsp of food = 1/8 cup by volume = 1 medicine cup of volume

2 oz by volume = 4 tbsp of food = 1/4 cup by volume

3-4 weeks post op:

3 oz by volume = 6 tbsp of food = approx 1/3 cup by volume

4 oz by volume = 8 tbsp of food = 1/2 cup by volume

5-8 weeks post op:

5 oz by volume = 10 tbsp of food = approx 2/3 cup by volume

9-12 weeks post op:

6 oz by volume = 12 tbsp of food = 3/4 cup by volume

13 weeks to forever post op:

7 oz by volume = 14 tbsp of food = approx 7/8 cup by volume

8 oz by volume = 16 tbsp of food = 1 cup by volume

BY WEIGHT:

1 oz by WEIGHT = 28.35g by WEIGHT METRIC = 1/4 cup by volume (approx) = approx 7g of protein by macro/cooked

2 oz by WEIGHT = 57g by WEIGHT METRIC = 1/2 cup by volume (approx) = approx 14g of protein by macro/cooked

3 oz by WEIGHT = 85g by WEIGHT METRIC = 3/4 cup by volume (approx) = approx 21g of protein by macro/cooked

4 oz by WEIGHT = 113g by WEIGHT METRIC = 1 cup by volume (approx) = approx 28g of protein by macro/cooked

1 oz by WEIGHT = 28.35g by WEIGHT METRIC = 1/8 cup by volume (approx) for veggies cooked al dente

2 oz by WEIGHT = 57g by WEIGHT METRIC = 1/4 cup by volume (approx) for veggies cooked al dente