

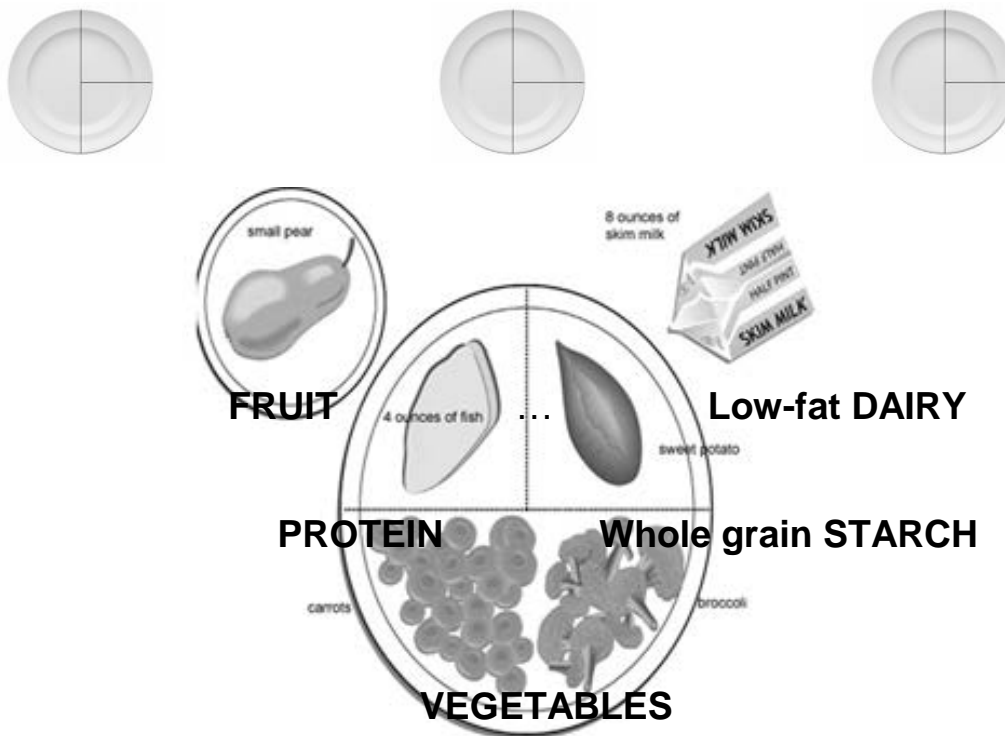
BARIATRIC LIFESTYLE MAINTENANCE MEAL PLAN

**1300 - 1500 CALORIES DAILY
60 GRAMS PROTEIN**

LOW FAT....LOW SUGAR

The bariatric meal plan consists of three well balanced meals daily with at least one snack

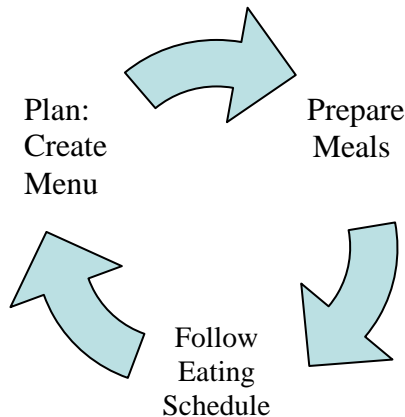
Strive to build a meal plan that includes all of the food groups.



This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day while keeping your calorie intake no higher than 1500 calories daily

Meal Planning is essential to ensure you will lose weight and maintain your weight loss.

Meal Planning



PLAN FOR MEALS – Food shop weekly. Think about what you will eat during the week, buying the foods from all food groups to build your menu. Each food group contributes different nutrients that are needed for good health.

PREPARE FOR MEALS– Think ahead each week to what meals you will be preparing for lunch and dinner and do some preparation ahead of time.

FOLLOW ROUTINE – Eat meals close to the same time everyday. 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.

Develop a mindset that seeks to establish healthy eating behaviors as a life style approach as opposed to the quick fix approach of many short term diets from the past.

IMPORTANT TIPS to remember forever:

- Eat Protein first
- Eat one hour after waking up
- Eat every 4-5 hours
- **Chew foods well and eat slowly(at least 30 minutes)**
- Keep meals small
- Don't drink with meals
- DO NOT DRINK CARBONATION (SODA)
- Do not smoke
- Stop eating when full or have met meal size
- Sip fluids slowly
- Continue with your vitamin regimen everyday



Multivitamin with Folic Acid
Vitamin B 12
Iron
Calcium

- **Make an appointment once a year for your Annual check up for the rest of your life**

DO NOT DRINK YOUR CALORIES. Liquids will pass through the reduced stomach pouch quickly and you will not feel full. This is a great way to gain all your weight back!!

DO NOT



AVOID

- High calorie drinks
- Beverages made with sugar
- Alcohol
- Milkshakes
- Special coffee drinks
- Soda
- Juice – only 4 ounces daily

Pay attention

TO PORTION SIZES – keep portion sizes small

See handout on food groups

If you routinely eat too much, the small stomach pouch may stretch!

To ensure long range success at losing and maintaining your weight loss follow the recommended servings as a guide. Keeping in mind that you will stop eating when your hunger is gone or when you feel comfortable.



Continue to use a scale and measuring cups consistently to keep yourself in check.

Continue to eat small pieces of food and chew your food thoroughly and eat slowly.

EAT ON A SCHEDULE

You will increase your chance of success if you follow an eating routine of planning meals at the same time frame daily.



Keep yourself in check once in a while by writing a food journal.



AVOID

HIGH FAT FOODS

- Fast food
- Dining out often
- Fried foods
- Creams & Gravies
- Foods made with cream or gravy
- High fat dairy (cheese, ice cream)
- Junk food (chips ect..)
- Donuts, cakes, cookies, pastries, chocolate
- High fat meats like bacon and sausage
- High fat casseroles
- High fat convenient foods (frozen pizza, boxed meals)



Do not fill up on empty calorie foods that are high in calories and low in nutritional value. Avoid the so called “Junk” foods that are high in fat and sugar.

CONSUMING HIGH FAT FOOD ON A REGULAR BASIS WILL HELP YOU RE-GAIN YOUR WEIGHT.

- The food you eat should be as healthy as possible. Your small stomach pouch can only hold about a **1 cup – 1 ¼ cup** of food. Therefore your goal is to attain the highest quality nutrient intake with a minimal volume of food.
- Your meal plan needs to be high in protein, vitamins and other important nutrients to be successful at attaining a healthy lifestyle.
- To increase satiety, try to plan meals and snacks by combining carbohydrate foods with protein, fiber and a small amount of fat.
- A well planned meal should satisfy feelings of hunger for three to four hours and provide the energy you need as you progress through the day. Sources of carbohydrates and fiber include whole grains, fruits and vegetables. Protein sources are lean meats, meat substitutes and low fat dairy.

YOU MUST

STAY ACTIVE: to burn calories, build muscle mass and increase your metabolism. You will increase your chance of success if you follow a fitness routine weekly.

Establish a weekly exercise routine.
Same day, same time every week.

- Strive to be physically active every day.
- Walk or ride your bike to locations whenever possible.
- Take the stairs instead of the elevator
- Park further away from entrances in parking lots.



POTENTIAL PROBLEM FOODS:

Some foods have difficulty passing through the opening of the stoma and may cause blockage. These include foods such as:

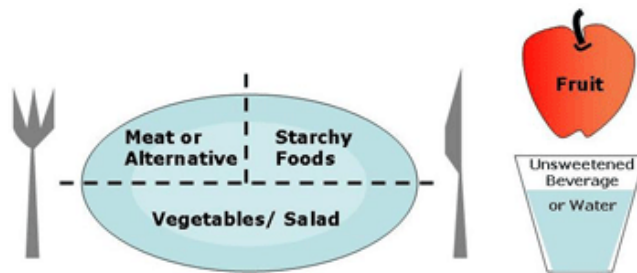
- red meat (beef and pork)
- shrimp
- untoasted or doughy bread
- pasta
- rice
- peanut butter
- dried fruit
- nuts
- coconut
- popcorn
- greasy food or fried food
- seeds and skins of fruits and vegetables
- membrane of citrus fruits
- fibrous vegetables like corn, asparagus and celery*



***Fibrous food should be avoided as they have the potential to block the stoma.**

If you would like to eat asparagus or other fibrous foods once in a while, then you must be sure to cook them well, cut them into very small pieces first and then chew thoroughly.

FOOD GROUPS AND SERVING SIZES



PROTEIN (8-9 ounces daily)
(Lean Meats or Meat Substitutes)

With each meal and at one snack

FRUITS

1- 3 servings daily
(1/2 cup serving)

VEGETABLES

3 or more servings daily
(1 ½ cups or more)

DAIRY (LOW FAT)

3 - 4 times daily

Cheese low fat 1 oz
Yogurt lowfat light 8oz
Low Fat Milk 8oz
Soy milk 8oz
½ cup cottage cheese 1%

STARCH (WHOLE GRAINS)

3 – 6 servings daily
½ cup pasta, rice, potato

½ cup hot cereal
1 cup cold cereal
1 slice bread





FATS

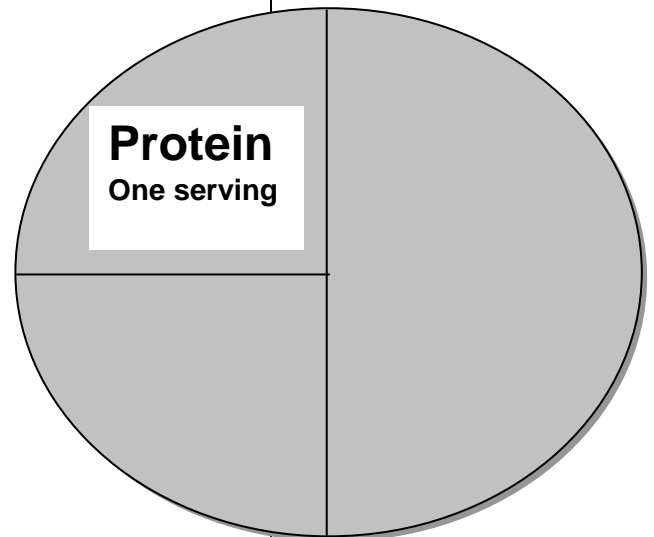
3-4 teaspoons/day
Oil, Margarine, Mayonnaise
Use low fat salad dressings in
Moderation.

PROTEIN


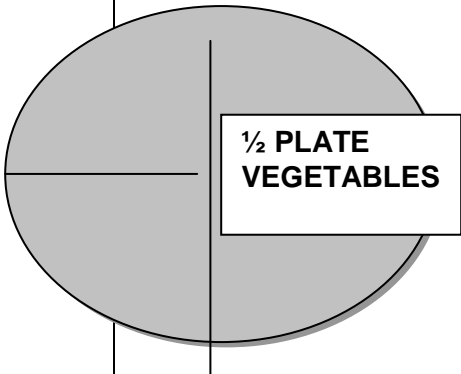

ONE SERVING WITH EACH MEAL (3 TIMES DAILY)

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

<u>FOOD GROUPS</u>	<u>Portion for 1 Serving</u>	<u>Tips</u>	<u>Omit</u>
<u>Lean Meat</u> Turkey, chicken (No skin) Fish Water packed tuna Venison Lean beef, pork, Lean lamb, veal 98% FF luncheon meats Canadian bacon	3 ounces	Typical portion sizes 3 oz. Meat = size of deck of cards or palm of hand 	<ul style="list-style-type: none"> •Poultry skin, duck, goose, wings, dark meat •Breaded meats
<u>Eggs</u> Egg whites Egg with yolk Eggbeater	2-3 1 ¼ cup 1 ounce	<u>Cooking</u> Bake, broil or grill loin or round cuts 	<ul style="list-style-type: none"> •Fish fry, battered fish or fish canned in oil •Spareribs, hot dogs, bacon, sausage, pepperoni, ham hocks •Prime cuts of beef, well marbled meats, chuck Salami, bologna, liverwurst
<u>Dairy</u> Milk 1% or fat free Soy Milk unsweetened Yogurt light low fat Cheese LOW FAT Low fat cottage or ricotta cheese	8 oz. = 1 ounce		<ul style="list-style-type: none"> •2 % Milk •Whole Milk; •Chocolate milk •Regular cheeses •4 % milk fat cottage cheese
<u>Meat Substitutes</u> Legumes (beans) Peanut butter Turkey or Fat free Hot Dog Soy or bean based Burger Bean based soup Tofu Nuts	1 oz. = 1 ounce ½ cup = 2 ounces ½ cup = 1 ounce 1 Tbsp = 1 ounce 2 oz. link = 2 ounces 1 pattie = 2 ounces 1 cup = 1 ounce ½ cup = 1 ounce 1 oz. = 1 ounce		



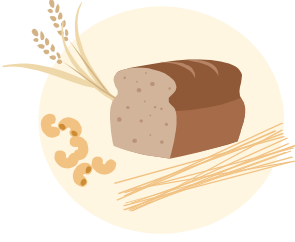


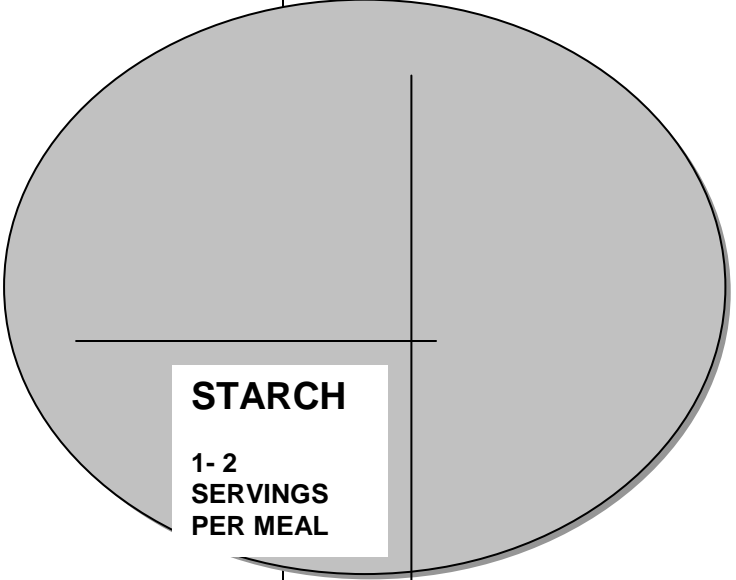
VEGETABLES & FRUIT




FOOD GROUP	Portions for 1 Serving	Examples of non-starchy vegetables:	Omit
<u>NON STARCHY VEGETABLES</u> 1 ½-2 ½ CUPS/DAY Fill Half your plate with vegetables Satisfy your appetite by choosing more vegetable servings Emphasize choosing more raw vegetables for added fiber.	1 C. leafy raw vegetables 1/2C. cooked vegetable  <u>THESE ARE UNLIMITED!!!</u>	Greens, broccoli, green/wax beans. Brussels sprouts, cabbage, cauliflower, carrots, celery, cucumber, eggplant, mushrooms, peppers, onions, spinach, tomato, zucchini, summer squash 	<ul style="list-style-type: none"> •Vegetables prepared in cream or cheese sauce •Fried vegetables •Avoid fatty meats in cooked leafy green vegetables. Try skin free smoked turkey, liquid smoke or skimmed chicken broth
FOOD GROUP	Portions for 1 Serving	Portions for 1 Serving	Omit
<u>FRUIT</u> <u>1 -2 CUPS/DAY</u> Emphasize choosing more fresh fruits for added fiber.	<u>½ CUP</u> <ul style="list-style-type: none"> •Canned fruit packed in Fruit juice or water <ul style="list-style-type: none"> •100% Juice •Frozen fruit <u>(No sugar added)</u> <u>(No sugar added)</u> 1 Cup <ul style="list-style-type: none"> •Fresh berries <u>or</u> Melon 	1/4 Cup dried fruit 1 medium fresh fruit 15 grapes 	<ul style="list-style-type: none"> •<u>Be careful drinking too much fruit juice, calories can add up quickly</u> •Coconut
FOOD GROUP	Servings for 1 Portion	Servings for 1 Portion	Omit
BEVERAGES 6-8 CUPS OR MORE/DAY FOR ADEQUATE HYDRATION	Calorie Free Non Carbonated <ul style="list-style-type: none"> •Decaffeinated Tea •Unsweetened Iced Tea •Water, Flavored Water •Diet Snapple •Crystal Light •Decaffeinated Coffee 	Sip Slowly no more than 1 ounce at a time.	<ul style="list-style-type: none"> •Carbonation •Caffeine (No more than 6oz/Day)

STARCH / CARBOHYDRATES

3-6 SERVINGS/DAY

1-2 SERVINGS PER EACH MEAL

<u>FOOD GROUP</u>	Portion for 1 Serving		Omit
Bread/Cereal/Grains <ul style="list-style-type: none"> • Cooked pasta • Cooked rice • Hot cereal • Lentil/Bean soup 	1/2 cup		<ul style="list-style-type: none"> • Donuts, Danish, biscuit, muffins • Waffles and pancakes prepared with added fat • French fries, home fries • Pasta and rice dishes with butter, cream or cheese sauce • Chow mien noodles • Fried rice
<ul style="list-style-type: none"> • Cold cereal (No sugar coated) • Broth or Tomato based Canned soup • 98% FF cream soup made with fat free milk 	1 cup		
<ul style="list-style-type: none"> • Bread 	1 Slice		CHOOSE MORE OFTEN
<ul style="list-style-type: none"> • English Muffin • Hamburg Roll • Hot Dog Roll • Small Bagel • Pita 	1/2 Each		<ul style="list-style-type: none"> • Choose more whole grain products and legumes • Choose breads and cereals with 2 grams fiber or more per serving
1 Waffle 1 Pancake	1 (4 inch across)		
1 Tortilla	1 (6 inch across)		
<u>Starchy Vegetables</u> <ul style="list-style-type: none"> • Corn • Peas • Potato • Sweet Potato • Winter Squash • Legumes (kidney bean, lentils Lima beans ect.) 	1/2 cup	 <div data-bbox="954 1747 1166 1927"> STARCH 1- 2 SERVINGS PER MEAL </div>	

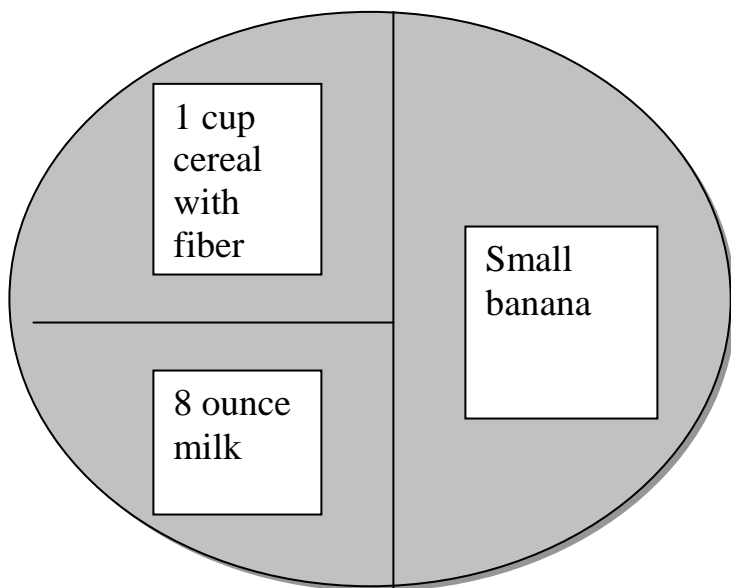
	<u>HEALTHY SNACKS</u>		
SNACKS	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	Omit
<p>Add a snack when meals are > 4 hours apart to keep appetite satisfied.</p> <p>•FREE FOODS- Sugar free Jell-O, Sugar free popsicles</p>  	<p>•Check label: < 150 calories < 5 grams of fat < 5 grams of sugar per snack serving</p> <p>•Sugar free Non fat fudge bars •Sugar free, low fat pudding •Sugar free, non-fat ice cream Granola/cereal bar</p> 	<p>Include fiber or protein to satisfy appetite longer</p> <p>1 rice cake + 1 Tbsp Peanut Butter</p> <p>1 Small fresh fruit + 1Tbsp Peanut Butter</p> <p>Raw Vegetables + ¼ cup hummus</p> <p>Light low fat yogurt + Small piece fresh fruit</p> <p>1oz Reduced fat cheese + 10 almonds</p> <p>2Tbsp Reduced fat salad dressing + raw veggies</p>	<ul style="list-style-type: none"> •Cakes •Cookies •Pies •Pastries •Candy •Chips
	<u>DAIRY</u>	3 TIMES DAILY	
1% or less Cottage Cheese	½ cup		
1% Lowfat Cheese	1 ounces		
Yogurt light	8 ounces		
Low Fat Milk 1% or less	8 ounces		

FAT

<u>FOOD GROUP</u>	<u>Portion for 1 Serving</u>	<u>Portion for 1 Serving</u>	<u>Omit</u>
<p>3-4 Servings / Day</p> <p>•1 tsp. = thumb tip</p> <p>•1 tsp. margarine= postage stamp</p> <p>Closely monitor fat portions as they are your most concentrated calorie source</p>	<p>MONOUNSATURATED <u>FATS:</u></p> <p>1 Tsp. Canola, olive oil, or peanut oil</p> <ul style="list-style-type: none"> • 8 Large olives • 10 Peanuts • 7 Almonds • 2 tsp. Peanut butter • 1/8 or 2 Tbsp. Avocado <p>Free Fats:</p> <ul style="list-style-type: none"> • non-fat vegetable spray • liquid non-fat margarine spray • Spread horseradish or mustard on sandwiches to replace mayonnaise 	<p><u>Other Fats:</u></p> <p>1 Tsp.</p> <ul style="list-style-type: none"> • regular mayonnaise, or margarine with liquid oil as first ingredient <p>1 Tbsp.</p> <ul style="list-style-type: none"> • light mayonnaise, • regular salad dressing • light margarine • sunflower seeds • sesame seed • chopped walnuts • ground flaxseed • Benecol <p>2 Tbsp.</p> <ul style="list-style-type: none"> • Parmesan Cheese (1 serving / day) • light sour cream • light cream cheese • reduced fat salad dressing <p>10 soy nuts</p>	<p><u>Saturated Fats; Trans Fatty Acids:</u></p> <ul style="list-style-type: none"> • Butter • Coconut or palm oil • Hydrogenated vegetable oils i.e. regular stick margarines • Lard / fat back and salt pork, pork rinds • Regular whipped topping, sour cream & cream cheese • Cream, half and half
<u>Food Group</u>	<u>Portions for 1 Serving</u>	<u>Portions for 1 Serving</u>	<u>Omit</u>
<p>Calorie Free Sweeteners/ <u>Seasonings</u></p>	<p>Sweeteners</p> <p>Use as Desired</p> <p>Equal Splenda Sugar Twin Sweet 'N Low</p>	<p>Spices and Herbs</p> <p>Use as Desired To add Flavor</p>	<ul style="list-style-type: none"> • Table Sugar • Honey • Maple Syrup • Regular Jam • Brown Sugar

SAMPLE MENU

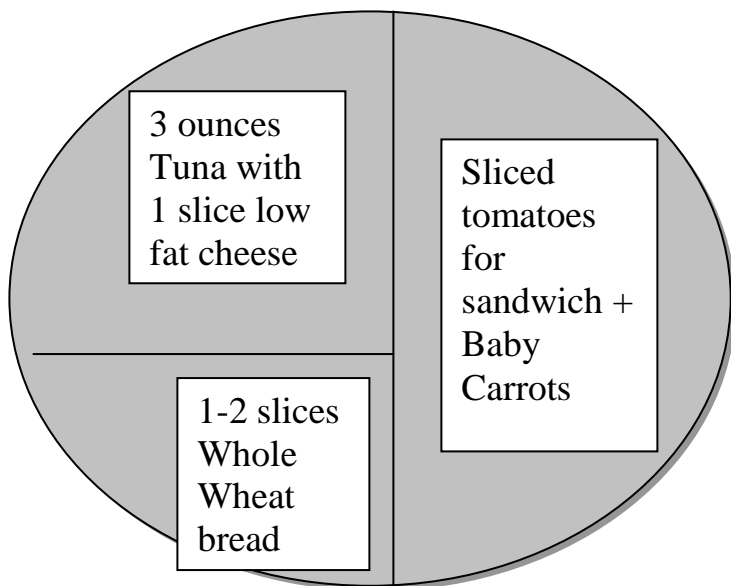
BREAKFAST



SNACK

Cheese
Stick
or
Yogurt

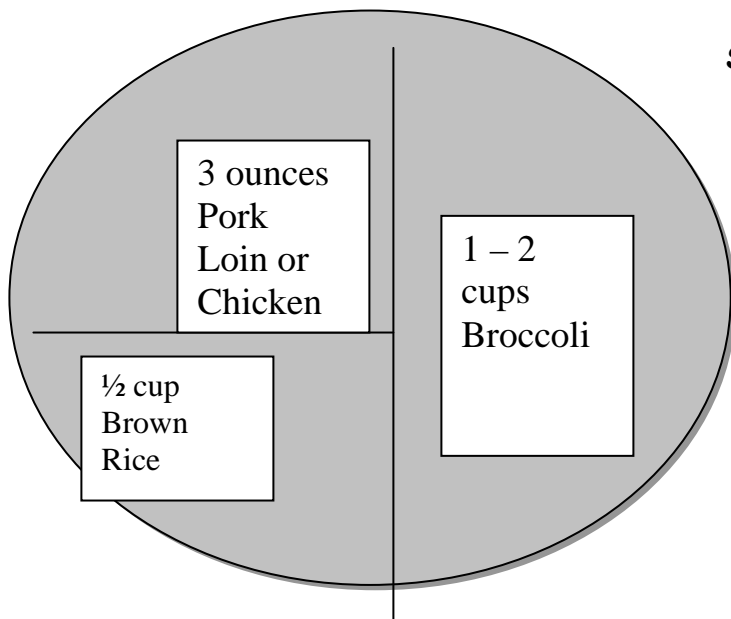
LUNCH



SNACK

Apple Slices
With 1
tablespoon
Peanut butter

DINNER



SNACK

Sugar free
Fudge Bar