

Pre Surgery “Rules” of Eating:

- Eat ½ hour-1 hour after waking.
- Eat 3x/d: Morning, Noon, and Night
 - Plan your meal times
- Eat between meals only if physically hungry

| | Breakfast | Snack (Only if Physically Hungry) | Lunch | Snack (Only if Physically Hungry) | Dinner | Snack (Only if Physically Hungry) |
|--------------|------------------|--|--------------|--|---------------|--|
| Time: | | | | | | |

- Drink 64oz fluid per day (calorie free, non-carbonated, noncaffeinated beverages)
 - Take small bites
 - Put your fork down between bites
 - Chew each bite 25-30x
- Eat slowly: Pause 1 minute between bites

Protein

*Eat 3x per day: **1-2** ounces at breakfast, **3-4** ounces at lunch, **3-4** ounces at dinner*

Beans and Lentils (Eat these often!): black beans, chickpeas (garbanzo beans), kidney, great northern, lima, navy, pinto, split peas, white beans, edamame (1/2 cup = 1 ounce equivalent)

Small Oily Fish and Shellfish (High in Omega 3s): sardines, herring, mackerel, smelt, shrimp, crab, oysters, scallops

Other Fish: canned light tuna, halibut, orange roughy, mahi-mahi, red snapper, salmon, sole, lox (smoked salmon)

Lean poultry (Use organic when possible): white meat chicken or turkey, no skin

Egg: whole eggs, egg whites or egg substitute (1 egg, 2 egg whites or ¼ cup egg substitute = 1 ounce equivalent)

Cheese: nonfat or reduced fat/ lowfat cheese

Cottage Cheese, Ricotta Cheese: nonfat or lowfat (1/4 cup = 1 ounce equivalent)

Dairy: 1 cup skim milk or 6 ounces nonfat Greek yogurt

Beef (Use grass-fed when possible): Use 90/10% when possible.

Pork: (Use organic when possible): ham, sausage, bacon. *Note: Use organic when possible and use the least amount possible. Use these only to “flavor” recipes.*

Vegetarian Protein: tofu, tempeh, TVP

Other: Protein powder, ready to drink protein shakes, protein bars (Use 10:1 Rule*)

Vegetables

Eat 2-4 times per day

(Example: at lunch and dinner and in between meals if physically hungry)

OK to eat large portions of these: 2-3 cups raw or 1-1 ½ cups cooked each time

| Leafy Green | Solid Green | Non-Green |
|--|------------------------------|--|
| spinach | Broccoli | carrots |
| kale: curly kale, dino kale | broccoflower | cauliflower |
| arugula | celery | tomatoes, cherry tomatoes, grape tomatoes |
| Lettuce: romaine, butterleaf, boston, endive, red leaf lettuce | cucumbers | cabbage |
| collard greens | green beans | yellow beans |
| mustard greens | asparagus | radish |
| turnip greens | Artichokes, artichoke hearts | mushrooms |
| Swiss chard | Brussels sprouts | fennel |
| | green bell peppers | red, yellow, orange bell peppers |
| | okra | scallions |
| | snap peas, snow peas | shallots |
| | green zucchini | yellow zucchini |
| | | eggplant |

Get Good at Veggie Swaps!

Fruits

Eat 2-4 servings per day

(Ex: 1 with breakfast and up to 3 throughout the day)

1 serving=

½ large fruit: grapefruit, banana, cantaloupe, mango, papaya

1 medium whole fruit: apple, orange, pear, peach

2 small whole fruits: apricots, plums, kiwi, tangerines

1 cup berries, grapes, cherries

½ cup canned fruit (in own juice) or cut fruit: mandarin oranges, pineapple, etc.

Use Fresh Fruit as Much as Possible vs. canned or dried

Starchy Vegetables and Other Carbohydrates (AKA “Carbs”)

OK to eat 1-2x per day

(NOTE: Following your weight loss surgery, you won’t eat as many of these)

Use ½-1 cup portion or 150 calories as a guideline to appropriate portion sizes:

- 3-6ounce sweet potato
- ½-1 cup spaghetti squash
- ½-1 cup quinoa

| Colorful Starchy Vegetables | Color-less Starchy Vegetables | Other Starchy/High Carbohydrate Foods |
|---|--------------------------------------|--|
| beets | turnips | quinoa |
| winter squash: butternut, acorn, kabocha, spaghetti squash, pumpkin, etc. | parsnips | oats (old fashioned or steel cut oats) |
| sweet potatoes/yams | jicama | brown rice |

AVOID: white bread, white rice, white pasta, instant oats!

Practice using “Veggie Swaps:” cauliflower rice instead of white rice, spiralized zucchini instead of noodles, etc.

Healthy Added Fats

Limit to 1 servings/d

Use 1 Tablespoon or 100 calories as a guideline for serving size

Best choices for cooking: olive oil, coconut oil, small amount of butter is ok too.

Best choices if uncooked: extra virgin olive oil, canola oil, grapeseed oil, walnut oil, safflower oil, sesame oil, peanut oil

Other: ground flaxseeds, chia seeds, guacamole, avocado (1/4 = 1 serving) Learn to substitute plain nonfat Greek yogurt for mayonnaise and sour cream.

- Avoid fried food
- Learn how to cook without oil
- Use low-fat cooking methods: bake, broil, grill, roast, steam, poach.

Nuts, Seeds, and Nut Butters

Eat 1-2x/d

Use 1oz or ¼ cup for nuts/seeds and 2 Tablespoons for nut butters as guide to serving sizes

Nuts/Seeds: almonds, walnuts, cashews, pecans, peanuts, sunflower seeds, pumpkin seeds, etc.

Nut butters: peanut butter, almond butter, sunflower seed butter, etc.



Sample Menus

| Breakfast | Example |
|--------------------------------------|---|
| Protein Fruit Healthy fat | 6oz Fage 0% Greek Yogurt + 1 cup berries + 1tsp. ground flaxseeds |
| Snack | |
| Fruit | 1 apple |
| Lunch | |
| Protein Vegetables Healthy fat | Turkey lettuce wrap sandwich: 3 ounces turkey + 1-ounce lowfat cheese + ¼ avocado: Roll up Romaine lettuce leaf or collard green leaf. Eat with 2-3 cups baby carrots |
| Snack | |
| Fruit | 1 orange |
| Dinner | |
| Protein Vegetables Carbs | 3 ounces salmon 1 ½ cups steamed asparagus 1 cup quinoa |
| Snack | |
| Fruit | ½ frozen banana |

| Breakfast | Example |
|--|---|
| Protein Fruit Carbs Healthy fat | 4 egg white omelet. Add ¼ diced avocado and serve atop 1 slice toasted Ezekiel sprouted bread. Eat with 1 cup berries. |
| Snack | |
| Fruit | 1 apple |
| Lunch | |
| Protein Vegetables Healthy fat | Salad (2-3cups lettuce and raw vegetables of choice) : Top with Starkist tuna, chicken or salmon pouch. Add ¼ diced avocado. Add salsa or balsamic vinegar for dressing if needed. |
| Snack | |
| Fruit | 1 peach |
| Dinner | |
| Protein Vegetables Carbs | 4 ounces grilled chicken 1 1/2cups steamed broccoli: Sprinkle with Molly McButter 3 ounce baked sweet potato: Sprinkle with cinnamon |
| Snack | |
| Fruit | 1 cup frozen grapes |

Label Criteria for Protein Powders, Ready to Drink Protein Drinks, and Protein Bars

- * **“10:1 Ratio Rule”**: Calories should be less than 10x the grams of protein
- Sugar: Less than 10 grams per serving
- Grams of Protein should be higher than grams of Carbohydrates

| <u>Good Example</u> (Premier Protein - meets all the criteria) | <u>Bad Example</u> (Equate Ultra Weight Loss - meets NONE!) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|--------------|----------------------|-----------------|--|--------------|----|------------------|----|--------------|--|------------------|----|--------------|----|-----------------|-----|-----------------------|----|------------------|-----|-----------|--|-------------|-----|---|--------------------|--|--------------|----------------------|----------------|--|--------------|----|------------------|----|--------------|--|--------------------------|--|--------------------------|--|------------------|----|--------------|----|-----------------|-----|------------------------|----|------------------|-----|------------|--|-------------|-----|
|  <p>Nutrition Facts Serving Size 1 Shake (11 fl oz) (325 mL) Servings Per Container 1</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td>Calories 160</td> <td>Calories from Fat 25</td> </tr> <tr> <th colspan="2">% Daily Value *</th> </tr> <tr> <td>Total Fat 3g</td> <td>5%</td> </tr> <tr> <td> Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 20mg</td> <td>7%</td> </tr> <tr> <td>Sodium 210mg</td> <td>9%</td> </tr> <tr> <td>Potassium 450mg</td> <td>13%</td> </tr> <tr> <td>Total Carbohydrate 5g</td> <td>2%</td> </tr> <tr> <td> Dietary Fiber 3g</td> <td>12%</td> </tr> <tr> <td> Sugars 1g</td> <td></td> </tr> <tr> <td>Protein 30g</td> <td>60%</td> </tr> </tbody> </table> | Amount Per Serving | | Calories 160 | Calories from Fat 25 | % Daily Value * | | Total Fat 3g | 5% | Saturated Fat 1g | 5% | Trans Fat 0g | | Cholesterol 20mg | 7% | Sodium 210mg | 9% | Potassium 450mg | 13% | Total Carbohydrate 5g | 2% | Dietary Fiber 3g | 12% | Sugars 1g | | Protein 30g | 60% |  <p>Nutrition Facts Serving Size 1 bottle (325mL) Servings Per Container 6</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td>Calories 180</td> <td>Calories from Fat 50</td> </tr> <tr> <th colspan="2">% Daily Value*</th> </tr> <tr> <td>Total Fat 6g</td> <td>9%</td> </tr> <tr> <td> Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td> Polyunsaturated Fat 1.5g</td> <td></td> </tr> <tr> <td> Monounsaturated Fat 3.5g</td> <td></td> </tr> <tr> <td>Cholesterol <5mg</td> <td>2%</td> </tr> <tr> <td>Sodium 180mg</td> <td>8%</td> </tr> <tr> <td>Potassium 670mg</td> <td>19%</td> </tr> <tr> <td>Total Carbohydrate 23g</td> <td>8%</td> </tr> <tr> <td> Dietary Fiber 4g</td> <td>16%</td> </tr> <tr> <td> Sugars 18g</td> <td></td> </tr> <tr> <td>Protein 10g</td> <td>20%</td> </tr> </tbody> </table> | Amount Per Serving | | Calories 180 | Calories from Fat 50 | % Daily Value* | | Total Fat 6g | 9% | Saturated Fat 0g | 0% | Trans Fat 0g | | Polyunsaturated Fat 1.5g | | Monounsaturated Fat 3.5g | | Cholesterol <5mg | 2% | Sodium 180mg | 8% | Potassium 670mg | 19% | Total Carbohydrate 23g | 8% | Dietary Fiber 4g | 16% | Sugars 18g | | Protein 10g | 20% |
| Amount Per Serving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories 160 | Calories from Fat 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 3g | 5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 1g | 5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 20mg | 7% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 210mg | 9% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potassium 450mg | 13% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 5g | 2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 3g | 12% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugars 1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 30g | 60% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amount Per Serving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories 180 | Calories from Fat 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 6g | 9% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 0g | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Polyunsaturated Fat 1.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Monounsaturated Fat 3.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol <5mg | 2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 180mg | 8% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potassium 670mg | 19% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 23g | 8% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 4g | 16% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugars 18g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 10g | 20% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Acceptable Beverages
Drink 64ounces per day

- ★ Water
- ★ “Spa Water”/ “Fruit Infused Water:” (Water + added slices of lemon/cucumber/lime/orange,etc.)
- ★ Hint Water (Kroger, Target, Sprouts)
- ★ Water + flavor extracts (ex: McCormick’s)
- ★ Peppermint extract
- ★ Orange extract
- ★ Coconut extract
- ★ Tea unsweetened or artificially sweetened
- ★ Crystal Light
- ★ Powerade Zero
- ★ Gatorade Zero
- ★ Vitamin Water Zero
- ★ Bai
- ★ Propel
- ★ Diet Snapple
- ★ Water + sugar free flavoring
 - ★ -Mio Drops
 - ★ -Dasani Drops
 - ★ -Generic sugar free flavor packets/drops
 - ★ -SweetLeaf Stevia Sweet Drops/Water Drops
- ★ Broth

Sweeteners:

OK to use Artificial sweeteners/Reduced Calorie Sweeteners: Splenda, Stevia, Sweet-n-low, Equal, Monk Fruit, Xylitol, etc.

LIMIT Calorie Containing Sweeteners: Sugar, raw sugar, honey, agave

NOT ACCEPTABLE

Beverages with more than 10 calories per 8 ounces: No soda, fruit juice, lemonade, Kook-Aid, Gatorade, Powerade, Horchata, etc.

NOTE: FOR THE FIRST MONTH FOLLOWING SURGERY, NO CAFFEINATED OR CARBONATED BEVERAGES WILL BE ALLOWED.