Life after Bariatric Surgery
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Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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**Please note:**
In this book, the term “Bariatric Surgery” covers care for all treatment options, including gastric bypass and sleeve gastrectomy.
If you would like a digital copy of this book, please visit go.osu.edu/pted3689.
Welcome to your Life after Bariatric Surgery class!
You have traveled a long road to reach this point, but you have made it. Surgery helps you lose weight and improve your quality of life, but lifestyle changes are needed for lasting results.

During these classes, we will talk about the lifestyle changes needed to make surgery a success, such as:

- Vitamin and mineral supplements
- How to eat the first weeks after surgery
- Exercise
- What to expect in the hospital

Your support person is encouraged to attend these classes with you. It is important that they understand the changes you will go through to best support you.

We expect you to be an active participant in this process. You will have goals to work on outside of class. We will review your progress and give feedback to help you reach your goals. The assignments will help you gain better understanding of what life will be like after surgery.

It cannot be said enough that long-term success depends on your level of commitment.

“If you always do what you’ve always done, you will always get what you’ve always got.”

We will give you the most current recommendations to help you succeed. It is our pleasure to guide you through the coming months and onto a healthier life.

To your good health!

Patient responsibilities
I understand that It is my responsibility to:

- Read the information in this book.
- Attend all classes. If I miss a class, I need to schedule a make up class, and I may have to pay an additional cost.
- Arrive on time to class. If I am more than 15 minutes late, I will have to attend a make up class.
- Purchase vitamin, mineral and protein supplements before my surgery and as needed after surgery.
- Attend follow up appointments to check my nutritional status.

I understand that not following the guidelines in this book may cause:

- Vomiting
- Blockage of the pouch
- Weight gain
- Poor healing
- Staple line damage of the pouch
- Readmission to the hospital
- Re-operation
- Malnutrition
None of the weight loss surgeries will cure obesity. You will lose weight at first, but at some point, your success will depend on your lifestyle choices.

**Goals to accomplish before surgery**

- Eat 5 to 6 small meals or snacks per day.
- Eat slowly. Rest about one minute between bites, using this time to cut food into smaller pieces or to set your utensils down. Avoid distracted eating environments, such as eating in front of the TV.
- Limit sugars, sweets, desserts and sugared beverages to prevent dumping syndrome and weight gain. Limit sugars to no more than 10 grams per meal.
- Drink at least eight, 8-ounce cups (64 ounces total) of water a day.
- Sip liquids and practice eating meals without beverages. Stop 10 minutes before eating and wait at least 30 minutes after eating before you resume drinking.
- Wean off of caffeine, carbonated beverages and alcohol. Drink more sugar-free beverages, such as water.
- Take a complete multivitamin and mineral supplement daily to promote long term health.
- Understand the importance of protein and protein sources for the post-op diet.
  - Choose lean protein sources like meat, dairy, beans and nuts/seeds.
- Eat less fried foods, added fats and processed food items.
- Emphasize at-home meal planning and packing. Limit dining out to 1 or 2 times a week.
Behaviors for long-term success

• Maintain a tracking system of daily food intake, such as a food log or a mobile device app. Consider tracking all food, all fluids, time eaten, portion sizes, estimated calories, grams of protein and physical activity.

• Exercise regularly, including both aerobic exercise and strength training.

• Plan ahead for balanced meals, including lean proteins, fruits and vegetables.

• Surround yourself with positive social and behavioral support.

• Get enough sleep. Aim for at least 6 to 8 hours per night.

• Weigh yourself weekly to track your progress.

Behaviors that are red flags for failure

• Starting to eat sweets.

• Eating fast foods often.

• Skipping meals.

• Eating after your stomach is full.

• Eating rapidly.

• Grazing mindlessly.

• Eating when bored, upset, angry or depressed.

• Clinging to the couch and not exercising.

• Choosing favorite carbs first.

• Snacking from vending machines.

• Eating and drinking at the same time.
Roux-en-Y gastric bypass helps you lose weight in two ways. It reduces the size of your stomach and decreases nutrient absorption.

A normal stomach is about the size of a football. It can hold from 1 to 2 quarts. After surgery, your new pouch will be about the size of an egg. It can hold $\frac{1}{4}$ to $\frac{1}{2}$ cup. A small amount of food will make you feel full.

Absorptive area after surgery is reduced by at least $\frac{1}{3}$ of the original area. Certain nutrients are not easily absorbed in the amounts your body needs. You will need to take vitamin and mineral supplements as directed by clinic staff.

**Weight loss**

You can expect a realistic weight loss of 50 to 80% of excess weight by 2 years after surgery. For example: A person who weighs 300 pounds and whose ideal body weight is 150 pounds (150 pounds of excess body weight) would have a successful weight loss at 2 years of 75 to 120 pounds. This person would then weigh **180 to 225 pounds**.

- 300 pounds (current weight) - 150 pounds (ideal body weight) = 150 pounds (excess weight)
- 300 pounds - (50% x 150 pounds) = 300 pounds - 75 pounds = 225 pounds
- 300 pounds - (80% x 150 pounds) = 300 pounds - 120 pounds = 180 pounds

Ideal body weight is equal to 100 pounds for the first 5 feet plus 5 pounds for each added inch for women. For men, it is equal to 106 pounds for the first 5 feet plus 6 pounds for each added inch.
Your expected weight loss

Take your current weight in pounds and subtract your ideal weight to find the amount of your excess weight.

\[
\text{current weight} \quad - \quad \text{ideal body weight} \quad = \quad \text{excess weight}
\]

To find your range of weight loss over 2 years, find 50% and 80% of your excess weight.

\[
\text{excess weight} \quad \times \quad 0.5 \quad = \quad \text{50% of excess weight}
\]

\[
\text{excess weight} \quad \times \quad 0.8 \quad = \quad \text{80% of excess weight}
\]

\[
\text{Expected range of weight loss by 2 years} \quad = \quad \text{50% of excess weight} \quad \text{to} \quad \text{80% of excess weight} \quad \text{pounds}
\]
Sleeve gastrectomy, also called vertical sleeve or laparoscopic sleeve gastrectomy, helps you lose weight by removing a large part of your stomach. Your stomach is smaller, so you feel full sooner and eat less. A normal stomach is about the size of a football. It can hold 1 to 2 quarts of food and fluid at a time. After surgery, your new stomach will be less than half of its normal size and be the shape of a banana. It will be able to hold 1 to 1¼ cups of food 12 to 18 months after surgery. Meal size is often limited to ¼ to ½ cup during the first 18 months after surgery.

After surgery, stomach acid may be reduced. This makes it harder for some nutrients to be absorbed into the body. You will need to take vitamin and mineral supplements as directed by clinic staff.

Weight loss
You can expect a realistic weight loss of 50 to 70% of excess weight by 2 years after surgery. For example: A person who weighs 300 pounds and whose ideal body weight is 150 pounds (150 pounds of excess body weight) would have a successful weight loss at 2 years of 75 to 105 pounds. This person would then weigh 195 to 225 pounds.

- 300 pounds (current weight) - 150 pounds (ideal body weight) = 150 pounds (excess weight)
- 300 pounds - (50% x 150 pounds) = 300 pounds - 75 pounds = 225 pounds
- 300 pounds - (70% x 150 pounds) = 300 pounds - 105 pounds = 195 pounds

Ideal body weight is equal to 100 pounds for the first 5 feet plus 5 pounds for each added inch for women. For men, it is equal to 106 pounds for the first 5 feet plus 6 pounds for each added inch.
Your expected weight loss

Take your current weight in pounds and subtract your ideal weight to find the amount of your excess weight.

\[
\text{current weight} - \text{ideal body weight} = \text{excess weight}
\]

To find your range of weight loss over 2 years, find 50% and 70% of your excess weight.

\[
\text{excess weight} \times 0.5 = \text{50% of excess weight}
\]

\[
\text{excess weight} \times 0.7 = \text{70% of excess weight}
\]

Expected range of weight loss by 2 years = \text{50% of excess weight} to \text{70% of excess weight} pounds
Recommended Weight Loss Before Surgery

We understand that our patients have come to us for surgery because they have had a hard time losing weight, and they need help.

Bariatric surgery is a tool, and we think it is a very powerful tool, for losing a large amount of weight. However, we believe that losing weight before surgery will help you be safer and more ready for your surgery and your weight loss journey. Our surgeons may delay or cancel surgery for patients who do not lose weight or who gain weight before surgery.

Patients who lose weight before surgery have fewer problems during and after surgery.

This is especially true for larger patients who have a BMI of 60 or more.

- Weight loss makes the liver smaller. The stomach is behind part of the liver. The liver has to be moved aside during the surgery for the surgeon to work.
- Smaller patients are less likely to have problems like blood clots after surgery.
- Making changes to eating and exercise habits while you get ready for surgery makes continuing these changes after surgery easier.

Our surgeons recommend losing 5 to 10% of your weight before surgery. At your first appointment with the dietitian, you will discuss your weight loss goals. For most patients, the goal is to eat 500 to 1000 calories less per day. This is done by changing your diet and adding more exercise. These changes will help you lose 1 to 2 pounds per week.

Our staff is here to help you.

- If you want or need more help with losing weight, let us know!
- Staff will check with you at the half-way point of the program to see how you are doing with weight loss.
- If you are having trouble at the halfway point, we can give you more help, such as meeting with a dietitian or nurse practitioner for more advice and possibly using medicine to help with weight loss.
To continue weight loss before surgery, you may be placed on a liver shrink diet.

- You will meet with your surgeon and dietitian. They will give you detailed instructions for the liver shrink diet.
- The diet usually lasts for 2 to 4 weeks before surgery.
- The diet is low in calories and low in carbohydrates.
- It uses shakes to replace some of your meals. They are low in calories and high in protein.
- There are different levels to the diet specific to your weight and health needs. Your level is determined by your surgeon and dietitian.
- If you have diabetes, you may need to lower your diabetes medicines while on this diet to avoid hypoglycemia (low blood sugar). Talk to your health care provider regarding changes to your medicines.
Carbohydrates after Bariatric Surgery

Your body uses carbohydrates for energy. The three main types of carbohydrates in foods are starch, sugar and fiber. Your body needs all three types to function well. A product’s total carbohydrate, dietary fiber and sugars are listed on Nutrition Facts food labels. You will need to read food labels after bariatric surgery to know how many carbohydrates are in a serving of food.

Carbohydrates are simple or complex:

- **Simple carbohydrates**, also called simple sugars, are sugars that can be easily digested, so they are a quick source of energy. Some, like fruit and milk, are healthy. Others, that include processed or refined sugars, are not.

- **Complex carbohydrates**, also called dietary starch, are foods that are rich in vitamins, minerals, antioxidants and fiber. Complex carbohydrates take longer to digest and thus are more filling.

Most carbohydrates eaten should be complex instead of simple.

### Complex carbohydrates sources

Complex carbohydrates are often found in whole plant foods.

- Whole grain or whole wheat breads
- Whole grain cereals, like oatmeal
- Whole grain or whole wheat pasta
- Brown rice
- Quinoa
- Beans, lentils and peas
- Potatoes
- Vegetables

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>6 servings per container</th>
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</thead>
<tbody>
<tr>
<td>Serving size: 1 cup (140g)</td>
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</table>

<table>
<thead>
<tr>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 170</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 8g</td>
</tr>
<tr>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 5mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 22g</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
</tr>
<tr>
<td>Total Sugars: 16g</td>
</tr>
<tr>
<td>Includes 8g Added Sugars</td>
</tr>
<tr>
<td>Protein: 2g</td>
</tr>
<tr>
<td>Vitamin D: 0mcg</td>
</tr>
<tr>
<td>Calcium: 20mg</td>
</tr>
<tr>
<td>Iron: 1mg</td>
</tr>
<tr>
<td>Potassium: 240mg</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.
Simple carbohydrates sources

Simple carbohydrates, like fruit and low fat milk (fat free skim and 1%), are healthy for you. They have vitamins and minerals your body needs.

Other simple carbohydrates need to be avoided. As they are quickly digested, they can lead to dumping syndrome in patients who have had gastric bypass. Simple carbohydrates also lead to weight gain.

Avoid these foods most of the time:

- Baked goods, such as cakes, cookies, muffins, doughnuts or pies. They are made with white flour and not whole wheat flour, like complex carbohydrates.
- Dairy-based goods, such as ice cream, pudding, frozen yogurt, fudgsicles, chocolate milk, hot chocolate and regular yogurt
- Fruit juices, drinks or products, such as orange juice, fruit punch, lemonade, Kool-Aid, frozen juice bar, gelatin, popsicles, pop tarts or fruit bars
- White rice
- Sweetened cereals
- Granola. Some products are high in sugar, so check the nutrition label before buying.
- Sweetened tea
- Regular soft drinks
- Sugar products, with molasses, corn syrup, table sugar, syrup or honey
- Jam and jelly
- Sweetened cereals
- Candy
Dumping Syndrome

About dumping syndrome
Dumping syndrome is most often experienced by people who have had gastric bypass or sleeve gastrectomy surgery. After surgery, the size of your stomach is much smaller. This affects how your stomach regulates the amount of food moving to the intestines for digestion. Your stomach pouch can not hold as much food and fluids as you ate before surgery. When you eat a regular size meal now, the food in the stomach may be “dumped” too quickly into the bowels. Also, when sugars that you have eaten are dumped into the bowels, they may act like sponges. They rapidly absorb water from the body in the intestines.

Signs of dumping syndrome
There are two types of dumping syndrome: early dumping and late dumping.

- **Early dumping:** Happens 10 to 30 minutes after a meal. A person may have nausea, bloating, cramping or diarrhea.

- **Late dumping:** Happens 1 to 3 hours after a meal. A person may feel weak or dizzy, sweat and may want to lie down. Lying down for 30 to 60 minutes may help with these signs. If it does not, call your health care provider.

How to prevent dumping syndrome
You can help to prevent dumping if you:

- Avoid sugar and sweets.
- Eat small meals more often.
- Avoid drinking while eating.

1. **Avoid sugar and sweets.**
   After surgery, sugar and sweets tend to enter the bowel too quickly. This can cause cramps and diarrhea.
   - Read food labels. Limit meals to 10 grams of sugar. This is equal to 2½ teaspoons of sugar.
   - Choose products that are labeled sugar free. Sugar free products have less than 5 grams of sugar per serving. Look for sugar free versions of foods high in sugar, including barbecue sauce, cereals, frozen yogurt, fruit flavored yogurt, fruit juice, granola, jam, gelatin, Kool-Aid, soft drinks, syrup and desserts.
   - Sugar substitutes may be used in moderation, such as Splenda, Sweet’N Low, Equal, Stevia and Sweet One instead of sugar.
   - **Avoid sugar alcohols,** such as sorbitol, malitol, xylitol, mannitol, erythritol, isomalt and lactitol. They may lead to dumping syndrome.
• **Avoid products with sugar as a main ingredient.** If one of the first 3 ingredients on the label is one on this list, do not eat or drink that food:

  - Corn syrup
  - Dextrose
  - Fructose
  - Glucose
  - Sugar
  - Sucrose
  - Molasses
  - Honey

2. **Eat small meals more often.**

   Small meals will make you feel full and are easier to digest.
   - Eat 6 small meals each day, 2 to 3 hours apart.
   - Keep portion sizes small. For example, at meals eat 1 ounce of meat, ¼ cup of vegetables and ¼ cup of unsweetened fruit or starch.
   - Eat slowly. Cut foods into pieces smaller than a dime. Chew food thoroughly.
   - **When you first begin to feel full, stop eating.** Never force yourself to finish a meal. Let your stomach be the guide.

3. **Avoid drinking while eating.**

   - Do not drink with meals. Stop drinking about 10 minutes before meals and restart drinking 30 minutes after meals. Drinking fluids at meals has the same effect as eating large amounts of foods, and may cause dumping syndrome.
   - Drinking with meals may also push food through your stomach pouch too quickly, causing the stoma to widen. This will allow more food to pass quickly. It can lead to eating larger portions of food and weight gain.
Drinking Fluids after Bariatric Surgery

Water is essential before and after surgery. It is found in every cell of your body and functions in many important ways. Water:
- Helps to break down stored fat.
- Promotes kidney function and gets rid of body waste.
- Is the best treatment for fluid retention.
- Maintains proper muscle tone and helps prevent sagging skin.
- Helps relieve constipation, which is common on Step 2 and Step 3 Diets.

After surgery, it may be hard to drink enough fluids.
- Start with a goal of drinking 6, 8-ounce cups a day. Improve over time to 8, 8-ounce cups or more a day.
- Keep a record of your fluid intake.
- Sip water and other sugar-free, decaffeinated, noncarbonated fluids often between meals.
- Count soups, broths and foods that are liquid at room temperature as part of your fluid at meals.

Red flag: Not drinking enough fluids can cause dehydration. This could result in readmission to the hospital.

Carbonated drinks
Avoid carbonated drinks after surgery. Carbonated drinks may cause painful gas and give a false sense of fullness. Even flat carbonated drinks may cause discomfort.

Red flag: Carbonated drinks should not be consumed in the place of water, meals or healthy snacks.

Caffeine drinks
Avoid caffeine for at least the first two months or until you start the Step 4 Diet. You are at the greatest risk for dehydration the first few months after surgery. Drink non-caffeine products. Caffeine causes:
- Stomach irritation, which can cause ulcers.
- Unwanted stimulation of the heart.
- Loss of fluids.
Drinks that contain caffeine, include:
- Coffee, cappuccino and other flavored coffee drinks
- Energy drinks
- Protein drinks (check ingredients to also avoid sugar alcohols)
- Soft drinks
- Tea, such as black, green and oolong (check with a dietitian about herbal tea)

Red flag: Drinks with caffeine should not be consumed in place of water, meals or healthy snacks.

Alcohol
When a person drinks alcohol, it moves from the stomach and to the intestines. Digestion moves the alcohol from the intestines and into the bloodstream. This is when a person feels the effects of drinking alcohol.

Gastric bypass and sleeve gastrectomy patients
Gastric bypass and sleeve gastrectomy have an effect on alcohol digestion and absorption into the blood stream.
- Digestion is faster because most of the stomach has been bypassed or removed.
- Alcohol absorption into the blood is much higher even with small amounts of alcohol.
- It may take longer for blood alcohol levels to return to normal level after alcohol has been consumed.

If you have had gastric bypass or sleeve gastrectomy, do not drink alcohol for the first six months after surgery. Your body needs time to adjust. Food and fluids must be carefully balanced, so your body gets important vitamins and minerals for body function. Alcohol also adds unwanted calories that can lead to weight gain. Over time, you may have alcohol again, but it will always affect you faster, longer and stronger than before.

Red flag: Use caution if you choose to drink.
It is important to take vitamins, minerals and supplements after surgery. Gastric bypass and sleeve gastrectomy change how your body absorbs these vitamins and minerals. To have your body work normally, vitamins and minerals are needed to control:

- Appetite and hunger
- Nutrient absorption
- Metabolic rate or how fast your body burns calories
- Thyroid and adrenal function
- Energy stores
- Glucose regulation or how your body uses sugar
- Wound healing from surgery

**Before surgery**

Take a general multivitamin *every day* before surgery.

**Every day after surgery**

*Take 2 adult, chewable, complete vitamin and mineral supplements.* Take these vitamins until your surgeon or nurse practitioner (NP) tells you to stop, often 2 to 4 weeks after surgery, when you start the Step 3 diet.

**Beginning with the Step 3 Diet**

Take:

- 1 prenatal vitamin or 2 complete multivitamins each day. A prescription for prenatal vitamins can be given to you at your post-operative visit. Bariatric specific vitamins are also an option, but dosage varies. Talk to your health care provider about your options.
- 500 mcg of vitamin B12 dissolved under the tongue (sublingual) each day. Many over the counter sublingual vitamin B12 supplements are larger than 500 mcg. Ingesting greater than a 500 mcg dose each day is generally safe. Follow the dosing instructions that comes with the vitamin's packaging. Vitamin B12 may also be taken each day as mouth drops or nasal spray, or 1,000 mcg injected monthly.
- 1,200 to 1,500 mg of calcium citrate each day. Split into 500 to 600 mg doses and take 4 hours apart until you meet your total for the day. *Take calcium citrate at least two hours before or after taking your multivitamin and other supplements.*
- Talk to your care team about your needs. You may need other supplements for your health.
Protein Supplements after Bariatric Surgery

Protein is important after bariatric surgery. It helps to heal your incision and keep muscle mass after weight loss. Because you will be eating smaller amounts with your new stomach pouch, it can be hard to eat enough protein. When you can’t meet your protein needs through food, try protein supplements, such as protein drinks or protein bars, to boost your nutrition.

What to look for in protein powders or pre-mixed shakes

1. **Protein source and quality:** Aim for 10 to 30 grams of protein for each drink or shake with these ingredients.
   
   Some of the best protein sources for your body are whey protein, casein, soy protein (for those with lactose intolerance or vegetarians) and egg-based supplements.

   Protein quality is different by food group. Protein from animal sources, such as meat and milk products, is better quality than protein from plant sources. Protein from animal sources provides all of the amino acids your body needs.

2. **Sugar content:** Choose drink products with less than 10 grams of sugar and sugar alcohols per serving. When milk is used, it adds sugar to your daily total, but also has more protein than water.

3. **Serving size:** Look on the nutrition label for serving size.

4. **Brand:** There are many brands of protein supplements. Talk with your dietitian about what brand you should choose.

What to look for in protein bars

You can start eating protein bars on the Step 3 Diet if you chew them up very well, and they do not contain hard pieces, like nuts and seeds.

1. **Protein source and quality:** Choose a protein bar with less than 200 calories per serving. If there are 200 calories or more, eat only ½ to ¾ of the bar.

   Most bars have 5 to 20 grams of protein per serving. Try to eat protein bars with at least 10 grams of protein.

2. **Sugar content:** Choose a protein bar with less than 10 grams of sugar and sugar alcohols per serving.
Nutrient Loss

Gastric Bypass and Sleeve Gastrectomy

After surgery, you will have less room in your stomach to eat. It can be hard to get all of the nutrients your body needs for healing and health. You may also hear the terms nutrient deficiency, deficit or insufficiency. These terms mean that you are not getting enough of vitamins and minerals. Your health care provider will talk with you about your blood tests and what is normal. This chart will help you to better understand the signs of nutrient loss.

<table>
<thead>
<tr>
<th>Nutrient and Normal Range</th>
<th>Signs</th>
<th>Food Sources and Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamin or B1 10 to 64 nanogram/milliliter (ng/ml)</td>
<td>Not hungry, muscle cramps, numbness or tingling. Low levels can cause heart failure, breathing problems or fast heart rate.</td>
<td>100 mg/day for 7 days, then 50 mg/day. Found in meat, sunflower seeds, grains and vegetables.</td>
</tr>
<tr>
<td>Cobalamin or B12 200 to 1,000 picogram/milliliter (pg/ml)</td>
<td>Tiredness, anemia or low blood, light-headed, ringing in the ears, not hungry or diarrhea. Very low signs can cause fast heart rate and breathing problems.</td>
<td>❑ 1,000 mcg/week for 8 weeks, then 1,000 mcg/month for life, or ❑ 1,000 mcg/day for 8 weeks, then 500 mcg/day for life. Found in meat, milk and eggs.</td>
</tr>
<tr>
<td>Folate 280 to 791 nanogram/milliliter (ng/ml)</td>
<td>Anemia or low iron in blood or diarrhea.</td>
<td>❑ 1 to 2 mg/day, often found in a prenatal vitamin, or ❑ 2 general multivitamins. Found in leafy green vegetables, fruit and enriched grains, such as bread, pasta and rice.</td>
</tr>
<tr>
<td>Nutrient and Normal Range</td>
<td>Signs</td>
<td>Food Sources and Treatment</td>
</tr>
<tr>
<td>---------------------------</td>
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<td>---------------------------</td>
</tr>
<tr>
<td><strong>Iron</strong> Females: 12 to 150 nanogram/milliliter (ng/ml) Males: 15 to 200 nanogram/milliliter (ng/ml)</td>
<td>Anemia or low iron in blood, trouble swallowing, tired, fast heart rate or hard to focus.</td>
<td>50 to 60 mg of iron 2 or 3 times a day. Should be taken on an empty stomach to improve absorption. Found in meat, fish, poultry, eggs, enriched grains, dried fruit and some beans and vegetables. <strong>Please note:</strong> if taking a multivitamin with calcium or a calcium supplement, <strong>wait at least 2 hours</strong> before taking iron supplements.</td>
</tr>
<tr>
<td><strong>Calcium</strong> 8.5 to 10.2 milligram/deciliter (ml/dL)</td>
<td>Leg cramps and bone loss.</td>
<td>600 mg, 2 times a day of calcium citrate with vitamin D. Found in milk products, leafy green vegetables, beans and fortified foods, such as juices and breads.</td>
</tr>
<tr>
<td><strong>Vitamin D</strong> 25 to 40 nanogram/milliliter (ng/ml)</td>
<td>Leg cramps and bone loss.</td>
<td>50,000 international units (IU) per week for 8 weeks, then 800 to 1,000 IU a day. Found in milk, liver, fatty fish, such as salmon, eggs and fortified cereals with calcium and vitamin D.</td>
</tr>
<tr>
<td><strong>Vitamin A</strong> 20 to 80 microgram/deciliter (mcg/dL)</td>
<td>Poor wound healing and trouble seeing at night.</td>
<td>☐ 2 general multivitamins, or ☐ 1 prenatal vitamin. Found in liver, milk, fish, carrots, dark leafy greens, sweet potatoes and broccoli.</td>
</tr>
<tr>
<td><strong>Protein</strong> 6 to 8 grams/deciliter (g/dL)</td>
<td>Tiredness, swelling in the legs, feet and ankles, dry, flaky skin, brittle hair and slow healing wounds.</td>
<td>Take supplements as directed. Found in meat, eggs, milk, beans and legumes.</td>
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</tbody>
</table>
Bariatric Surgery: Diet Overview

Step 1
- Clear and full liquid diet. Full liquids include opaque liquids, such as milk and protein shakes.
- Sugar free
- No carbonated beverages
- No caffeine
- Hospital diet for the first couple of days after surgery

Step 2
- Liquids and pureed foods or baby foods
- Sugar free
- No raw foods
- Begins in the hospital and continues for 2 to 4 weeks after surgery
- “If you have to chew, it is not Step 2.”

Step 3
- Soft, moist cooked foods, such as soups and chili
- Sugar free
- No raw foods
- Continues up to 2 months after surgery

Step 4
- Regular diet with very, small frequent meals (6 small meals each day, 2 to 3 hours apart)
- Sugar free
- Begins on average at 2 months after surgery
Remember, the opening of the stomach for gastric bypass patients is about the size of a dime, so cut food into pea-size pieces.
Bariatric Surgery: Step 1 Diet

The Step 1 Diet slowly reintroduces liquid foods that your new stomach pouch can tolerate. You will be on this diet for the first couple of days after surgery while in the hospital.

- Take very small sips of your liquids and rest in between them.
- Sip on these liquids all day.
- Do not take large gulps.

Day 1 in the hospital

You will be given a condensed high protein supplement called Liquacel. One ounce of Liquacel gives 16 grams of protein. Liquacel is often mixed with 6 to 8 fluid ounces of ice water. We encourage you to drink 1 fluid ounce of diluted Liquacel every 15 minutes. Do the best you can to meet your fluid goal of at least 48 fluid ounces each day.

If you dislike the taste of Liquacel, please let us know. We can give you Optisource or Bariatric Fusion high protein shakes instead. Sip these beverages throughout the day to try to meet your fluid goal of at least 48 fluid ounces each day.

If you dislike the taste of all high protein shake options provided by the hospital, you may bring a favorite high protein shake from home.

Day 2 in the hospital

You will continue to drink high protein shakes as your main source of nutrition. You may also receive applesauce, cream soups or broth as tolerated.

You may be given any crushed medicine mixed with applesauce.

Most patients are advanced to the Step 2 Diet before leaving the hospital. If you surgeon advises you to remain on the Step 1 Diet when you go home from the hospital, use these sugar free liquids to meet your daily fluid goal:

- Bariatric Fusion Meal Replacement
- Bouillon or clear broth
- Crystal Light
- Decaf coffee or tea
- Diet lemonade
- Diet Snapple
- Diluted juices with no more than 10 grams of sugar per serving, such as apple, white grape and light cranberry juices
- Diluted Gatorade
- Fruit 2 O
- Glucerna shake
- Ice chips or water
- Isopure
- Optisource high protein drink
- Propel (with Splenda)
- Carnation Breakfast Essentials Light Start powder drink mix
- Sugar free popsicles
Bariatric Surgery: Step 2 Diet

The Step 2 Diet consists of full liquids and blended or puréed solids. The portions are very small to help prevent vomiting. These small, high protein meals/snacks will help your new stomach pouch heal.

This diet provides about 600 to 800 calories and 60 grams of protein per day. It starts one week after being home from the hospital.

Warning: This diet does not have enough calories, protein, vitamins, minerals and fiber. Only use this diet while under the supervision of your health care provider for up to 4 weeks after bariatric surgery.

General guidelines

• Your meals will be only liquid or puréed. Puréed food should be the consistency of applesauce and be thin enough to flow through a funnel.

• Sip meals very slowly. Drink 4 to 6 fluid ounces or ½ to ¾ cup over 20 to 30 minutes. Meals should be around 3 to 4 tablespoons (¼ cup) and should last less than an hour. Bites should be smaller than a tablespoon.

• The amount you will be able to eat at one time is very small. Eat at least 5 to 6 small meals/snacks each day.

• Because you will be eating smaller amounts now, it is important to choose foods that are high in protein to eat first at every meal. Protein helps your body heal from surgery and maintain muscle mass. On this diet, begin and end your days with a protein shake as it counts as both a fluid and a meal.

• Drink at least 64 ounces of water or other sugar-free beverages each day. Sugar-free beverages include Crystal Light, V8 Diet Splash, tomato juice, V8 low sodium vegetable juice, sugar-free Kool-Aid, sugar-free decaf iced or herbal tea, flavored waters, sugar-free popsicles and sugar-free gelatin. Stop drinking 10 minutes before meals, avoid drinking during meals and wait 30 minutes after meals to drink. Avoid beverages with alcohol, caffeine and carbonation, such as soft drinks, seltzer water and sparkling drinks.

• Take 2 chewable, complete vitamin and mineral supplements each day as directed. This will help to prevent vitamin and mineral deficiencies. Take one vitamin in the morning and one in the evening with a meal in which you have included some fat to aid absorption.

• Record everything that you eat (what and how much) for at least 3 days. Bring this with you to your next appointment. The dietitian will calculate how many calories and how much protein you are eating if you have not already done so.

• Restaurant foods are NOT recommended for the first 2 months after surgery.
Tips on how to purée foods

- Cut food into small pieces.
- Place food into blender or food processor.
- Add liquid, such as broth or milk.
- Blend or purée until smooth.
- Strain foods that do not blend in a completely smooth consistency.
- Season foods to taste. You may want to avoid spicy foods (Tabasco sauce, white pepper, red pepper, etc.).

Dumping syndrome

You may have diarrhea, abdominal cramping, cold sweats and light-headedness after eating. Eating too much sugar at one time, eating too much food or eating too fast can cause these symptoms. This is called dumping syndrome. Use a sugar substitute and foods made with a sugar substitute instead of sweetened foods. Use sugar free Kool-Aid, Crystal Light, sugar-free lemonade and products like these.

Be sure to sip your drinks slowly.

Weight loss

The following actions may slow or stop your weight loss:

- Drinking regular sweetened pop, Kool-Aid, fruit punch and undiluted fruit juice in large amounts.
- Eating high calorie snacks, such as cookies, candy, chips, cheese puffs, snack cakes, fried foods, ice cream, milkshakes, etc.
- Eating after you feel full. A few more bites at each meal can stretch out your new stomach pouch. Also, you will be eating too many calories.
- Skipping your small meals. Some people are tempted to only eat 2 or 3 times a day. This may decrease your metabolism and slow your weight loss. It may also prevent or prolong healing and recovery.

Planning meals

Use foods from these groups to plan your meals.

Milk and milk alternatives

Check sugar content and look for calcium-fortified. These foods are good sources of protein and calcium:

- ½ cup fat-free skim or 1% low-fat milk
- ½ cup Lactaid milk or other unsweetened milk alternative
- 2 tablespoons nonfat dry milk powder
- ½ cup light yogurt (remove any pieces of fruit in yogurt)
- ½ cup puréed cottage cheese
• ½ cup sugar free pudding (boxed) made with fat-free skim milk
• ½ cup strained cream soup made with fat-free skim milk

**Proteins**
Protein is found in meat, meat alternatives and milk and milk alternatives (as noted above). These foods are good sources of protein, energy, B vitamins, and iron.
• ½ small jar strained baby food meat (plain)
• 1 tablespoon creamy peanut butter
• ¼ cup water-packed tuna or chicken, puréed in broth
• ¼ cup (1 ounce) cooked puréed, moist, low-fat meat, poultry or fish
• ¼ cup (1 ounce) puréed soft tofu
• ¼ cup canned fat-free or vegetarian refried beans

Note: Puréed chicken may not be tolerated well at this stage. Serve with a low-calorie gravy/sauce to moisten. Mixing puréed meat with mashed potatoes or puréed soups improves the taste. Seasoning may be added.

**Vegetables**
These foods are good sources of vitamins, minerals, and fiber and are low in calories.
• ½ cup vegetable juice, such as tomato, carrot and V-8 juice
• ½ small jar of strained baby food
• ¼ cup puréed vegetables such as:
  • Asparagus tips
  • Beets
  • Carrots
  • Green beans
  • Greens
  • Spinach
  • Tomato sauce
  • Vegetable soup
  • Zucchini

**Fruits**
These foods are good sources of vitamins, minerals, and fiber:
• ¼ cup puréed, unsweetened fruit
• ¼ cup canned, fruit (lite, no sugar added or 100% juice), drained, and puréed
• ¼ cup unsweetened applesauce
• ½ small jar strained baby food

**Grains and starchy vegetables**
These foods are good sources of energy, B vitamins, and iron (if fortified).
• ½ cup puréed soup, any kind
• ½ cup cooked cereal, such as Cream of Wheat, Cream of Rice, oatmeal and grits
• ¼ cup puréed, starchy vegetable, such as mashed winter squash, mashed potatoes and mashed sweet potato
Fats
• 1 teaspoon regular margarine or oil
• 2 teaspoons diet margarine
• 1 tablespoon low-fat mayonnaise or salad dressing

Sample menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food item</th>
<th>Protein in grams (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>2 tablespoons Cream of Wheat cooked in ½ cup fat-free skim milk</td>
<td>7</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>Whey protein powder with 8 fluid ounces fat-free skim milk</td>
<td>30</td>
</tr>
<tr>
<td>Lunch</td>
<td>¼ to ½ cup chicken broth or strained cream of chicken soup</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Mid-afternoon</td>
<td>3 to 6 ounces light or Greek yogurt</td>
<td>6 to 14</td>
</tr>
<tr>
<td>Dinner</td>
<td>¼ cup pureed chili or bean soup</td>
<td>3 to 7</td>
</tr>
<tr>
<td>Evening</td>
<td>Whey protein powder with 8 fluid ounces fat-free skim milk, or favorite meal replacement shake</td>
<td>30</td>
</tr>
</tbody>
</table>

Note:
• Stop eating when you feel only slightly full. Feeling too full is a trigger for discomfort.
• In between meals, you may eat sugar-free popsicles, sugar-free gelatin and sugar-free drinks. You may also drink vegetable juice or fat-free skim milk to count toward your daily fluid intake.

Recipes
Look for liquid or pureéd recipes online, such as from:
• www.pinterest.com.
• www.unjury.com/blog/recipes/

You can use a brand of protein supplement other than Unjury® in the recipes on this site. Select recipes that are or can be pureéd, such as soups, puddings, applesauce, pudding pops, smoothies and mashed potatoes.
Bariatric Surgery: Step 3 Diet

The Step 3 Diet consists of blended or pureed foods with one new solid food added daily. The portions are very small to help prevent vomiting. This diet provides about 800 to 1,000 calories and 60 grams of protein per day. Do your best as you plan your meals, and talk to our staff if you have questions or concerns.

Warning: This diet does not have enough calories, vitamins, minerals and fiber. Only use this diet while under the supervision of your health care provider until 8 weeks after bariatric surgery.

General guidelines

• Eat 6 small liquid and pureed meals each day. Eat protein first to help your body heal. We recommend eating 8 servings each day from the milk or meat group or 60 to 80 grams of protein a day. Read Nutrition Facts food labels on food products to learn the protein content of foods.

• Add one solid food item at one meal the first day then add one more solid food each day. All new foods should be soft, cooked or canned. Avoid all raw fruit, raw vegetables, nuts, seeds, popcorn and pickles.

• Chew food well, so it is almost liquid before you swallow. Each bite should be smaller than a dime.

• Continue to eat small amounts slowly.
  ‧ Drink 4 to 6 ounces or ½ to ¾ cup over 15 to 30 minutes.
  ‧ Eat 2 to 3 tablespoons of pureed or blended foods over 15 to 30 minutes.

• Stop eating when your stomach feels full.

• Keep sugar and sugar alcohols to less than 10 grams per meal or snack.

• Record all new foods and any problems you have. Bring this with you to your next appointment with your health care provider.

• Begin lifelong vitamin and mineral supplements as recommended by clinic staff. These may include:
  ‧ 2 complete multivitamins.
  ‧ 500 mcg vitamin B12 dissolved under the tongue (sublingual).
  ‧ 1,200 to 1,500 mg of calcium citrate each day. Remember to take calcium citrate at least two hours before or after taking other supplements.

• Drink 6 to 8, 8-ounce cups of water or other low calorie fluids between meals. Take comfortable sips. Avoid taking large gulps or drinking too fast.

• Avoid beverages that have alcohol, caffeine or carbonation.
• It is better to have a place to eat, such as the kitchen table, and to avoid reading or watching TV while you eat. This helps you to enjoy your food, to concentrate on eating slower and to realize when your stomach is full.

Adding solid food
Try only one small bite of the new food and chew it well. Wait awhile and if there are no problems, take another bite. If at any time, you feel full, feel nauseated or vomit, stop eating and rest. Take only clear liquids at the next meal, and add liquids and pureed foods at the following meal. Try one solid food again the next day.

Planning meals
Use foods from these groups to plan your meals.

Milk group
Choose 4 servings from this food group each day. Check sugar content and look for calcium fortified. These foods are good sources of protein and calcium:
• ½ cup fat free skim or 1% low-fat milk
• ½ cup Lactaid milk or soy milk
• 2 tablespoons nonfat dry milk powder
• ½ cup light yogurt (remove any pieces of fruit in yogurt)
• ½ cup cottage cheese
• ½ package Carnation Breakfast Essentials Light Start powder drink mix with ½ cup fat free skim milk
• 4 fluid ounces commercial diabetic formula or other high protein beverage - sip or drink slowly
• ½ cup sugar-free pudding (boxed) made with fat free skim milk
• ½ cup strained cream soup made with fat free skim milk

Meat group
Choose 4 servings from this food group each day. These foods are good sources of protein, energy, B vitamins and iron.
• 1 egg or ¼ cup egg substitute
• ¼ cup (1 ounce) tender, cooked meat, such as beef, fish, turkey, chicken, pork and veal. Meat must be very moist. Chop fine and chew carefully. Serve with gravy or sauce, or marinate overnight. Chili or tuna salad may be tolerated.
• 1 low fat hot dog
• 1 ounce low fat luncheon meat
• 1 ounce low fat, mild cheese, such as mozzarella, provolone and low fat string cheese
• ½ cup cooked beans, such as pinto, black, kidney, lentils and lima beans
• ½ cup bean soup
• ¼ cup canned fat free or vegetarian refried beans
• 1 tablespoon creamy peanut butter
• ¼ cup (1 ounce) soft tofu or soy meat
• 4 fluid ounces commercial diabetic formula or other high protein beverage - sip or drink slowly
Vegetable group
Choose 1 or 2 servings from this food group each day. These foods are good sources of vitamins, minerals and fiber and are low in calories.

- ½ cup vegetable juice, such as tomato, carrot and V-8 juice
- ¼ cup pureed or ½ cup cooked, tender vegetables, such as:
  - Asparagus tips
  - Beets
  - Broccoli
  - Brussels sprouts
  - Cabbage
  - Carrots
  - Cauliflower
  - Greens
  - Spinach
  - Tomato sauce
  - Vegetable soup
  - Zucchini

Cabbage, cauliflower, broccoli and Brussels sprouts may cause abdominal discomfort and bloating. Avoid all raw vegetables.

Fruit group
Choose 1 or 2 servings from this food group each day. These foods are good sources of vitamins, minerals and fiber.

- ¼ to ½ raw banana. Avoid all other raw fruits.
- ½ cup homemade smoothie
- ¼ cup cooked or canned, unsweetened fruit

Starch group
Choose 2 or 3 servings from this food group each day. These foods are good sources of energy, B vitamins and iron (if fortified).

- ½ cup soup. Avoid soups with pasta or rice.
- 3 saltine crackers
- ¼ to ½ slice toasted bread
- ½ cup cooked cereal, such as Cream of Wheat, Cream of Rice, oatmeal and grits
- ½ cup unsweetened, dry cereal, such as Cheerios, Rice Krispies, puffed wheat, puffed rice, Corn Flakes and Special K. Some patients with gastric bypass may have dumping syndrome from eating unsweetened, dry cereal with milk. This may not happen with sleeve gastrectomy.
- ¼ cup cooked, starchy vegetables, such as peas, winter squash, potatoes (any kind), yams and sweet potatoes

Note: Avoid untoasted bread, rice, pasta and similar grains.
Fat group

Choose 2 servings from this food group each day. These foods are low in vitamins and high in calories.

- 1 teaspoon butter, margarine or oil
- 2 teaspoons diet margarine
- 1 teaspoon of mayonnaise
- 1 tablespoon low fat mayonnaise or salad dressing
- 1 tablespoon salad dressing (oil varieties)
- 1 tablespoon gravy

Sample menu

Average meal size is ¼ to ½ cup.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food item</th>
<th>Protein in grams (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>• ¼ cup fat free skim milk</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• ½ cup Rice Krispies</td>
<td></td>
</tr>
<tr>
<td>Mid-morning</td>
<td>• Favorite protein meal replacement shake</td>
<td>15 to 30</td>
</tr>
<tr>
<td>Lunch</td>
<td>• ½ cup soup (bean or chili)</td>
<td>5 to 8</td>
</tr>
<tr>
<td></td>
<td>or</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ¼ cup chicken or tuna salad made with 1 tablespoon light or low fat mayo</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ¼ cup diced fruit in its own juice</td>
<td></td>
</tr>
<tr>
<td>Mid-afternoon</td>
<td>• ¼ cup cottage cheese</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>• ¼ cup diced peaches in their own juice</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>• ¼ cup (1 ounce) tender, cooked chicken in small pieces</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>• ¼ cup soft, cooked green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 teaspoons diet margarine</td>
<td></td>
</tr>
<tr>
<td>Evening</td>
<td>• Favorite protein meal replacement shake</td>
<td>15 to 30</td>
</tr>
</tbody>
</table>

Note: In between meals, you may eat sugar free drinks, vegetable juice or fat free skim milk as a part of your beverages. Consider adding protein powder to soups and other food items.
More meal ideas

- 1 tablespoon creamy peanut butter and 3 crackers
- ¼ cup cottage cheese and ¼ cup canned, unsweetened fruit
- String cheese or 1 ounce other low fat cheese and ¼ cup canned, unsweetened fruit
- 1 ounce low fat cheese and 3 crackers
- ½ cup light yogurt
- ½ cup unsweetened dry cereal with ¼ cup fat free skim or 1% low fat milk
- 1 hard boiled egg and ¼ cup light fruit
- 1 scrambled egg with 1 ounce shredded low fat cheese
- ¼ baked potato (no skin) with ¼ cup chili or beans
- 1 tablespoon peanut butter and ½ cup sugar free pudding (boxed) made with fat free skim milk
- ¼ cup chicken or tuna salad made with 1 tablespoon light or low fat mayo and 3 crackers

Recipes

Look for pureed recipes online, such as from:
- www.pinterest.com
- https://unjury.com/resources/recipes

You can use a brand of protein supplement other than Unjury® in the recipes on this site. **Select recipes that are or can be pureed**, such as soups, puddings, applesauce, pudding pops, smoothies, mashed potatoes and chocolate peanut butter balls.
Bariatric Surgery: Step 4 Diet

Your surgeon or dietitian will advise you when you may begin adding Step 4 foods to your diet. The Step 4 Diet consists of semi-solid foods with one new solid food added each day. This diet provides about 1,200 calories and 60 grams of protein per day. Consider meeting with a dietitian to plan your meals, and talk to our staff if you have questions or concerns.

General guidelines

- Eat 6 small meals each day. Separate solids and fluids. Eat slowly and chew well. Each bite should be smaller than a dime.
- Add one new food at one meal each day. If you have any problems, wait 1 to 2 weeks before trying it again.
- Drink 8, 8-ounce cups or more of water or other low calorie fluids between meals. Take water with you when you are away from home.
- Continue taking vitamin and mineral supplements as recommended by clinic staff.

Tips for weight loss

- Continue to exercise daily as advised by your health care provider.
- Pay careful attention to your body’s feeling of fullness.
- Be alert to “head hunger” and find other activities to enjoy instead of snacking.
- Try to keep a consistent schedule for meals and snacks.
- Eat your meals while sitting at a table and without TV or other distractions.
- Include a protein food with all meals and snacks.
- Use only small amounts of fats and fatty foods.
- Avoid high fat snack items, such as chips.

Planning meals

Use foods from these groups to plan your meals.

Milk group

Choose 4 servings from this food group each day. Check sugar content and look for calcium fortified. These foods are good sources of protein and calcium:

- ½ cup fat free skim or 1% low fat milk
- ½ cup Lactaid milk or soy milk
- 2 Tablespoons nonfat dry milk powder
• ½ cup light yogurt
• ½ package Carnation Breakfast Essentials Light Start powder drink mix with ½ cup fat free skim milk
• ½ can commercial high protein drink
• ½ cup cottage cheese

Meat group

Choose 4 servings from this food group each day. These foods are good sources of protein, energy, B vitamins and iron.

• 1 egg or ¼ cup egg substitute
• ¼ cup (1 ounce) tender, cooked meat, such as beef, fish, turkey, chicken, pork and veal.
• 1 tablespoon creamy peanut butter
• ½ low fat hot dog
• 1 ounce low fat luncheon meat
• 1 ounce low fat, mild cheese, such as mozzarella, provolone and low fat string cheese
• ½ cup cooked beans, such as pinto, black, kidney, lentils and lima beans
• ½ of a 3-ounce beef or vegetable burger
• ½ cup textured vegetable protein
• ¼ cup (1 ounce) tofu

Note: Red meats, especially, may be difficult to eat. Always cut into very small bites. You may add low fat gravy, mayonnaise or sauce, or marinate overnight to moisten. Chew very well.

Vegetable group

Choose 1 or 2 servings from this food group each day. These foods are good sources of vitamins, minerals and fiber and are low in calories.

• At first, limit salads to ½ cup or less, so you are able to eat the rest of your meal.
• ½ cup vegetable juice, such as tomato, carrot and V-8 juice
• ¼ to ½ cup cooked or raw vegetables, such as:
  › Asparagus tips  › Carrots  › Greens  › Tomatoes
  › Beets  › Cauliflower  › Lettuce  › Zucchini
  › Broccoli  › Cucumber  › Peppers
  › Brussels sprouts  › Eggplant  › Spinach
  › Cabbage  › Green beans  › Squash
Fruit group

Choose 2 servings from this food group each day. These foods are good sources of vitamins, minerals and fiber.

- ½ cup diluted, unsweetened fruit juice with 10 grams or less of sugar
- ¼ cup cooked or canned, unsweetened fruit
- 1 serving raw fruit

Note: Full strength (non-diluted) fruit juice has more sugar and may cause dumping syndrome. You may still need to dilute juice by mixing together ¼ cup juice and ¼ cup water, or use light juice.

Starch group

Choose 3 or 4 servings from this food group each day. These foods are good sources of energy, B vitamins and iron (if fortified). Begin to use whole grain or whole wheat products.

- 1 cup of soup, any kind
- 6 saltine crackers
- ½ cup cooked pasta or macaroni – choose whole wheat or high protein version
- ½ cup cooked cereal, such as Cream of Rice, Cream of Wheat, grits and oatmeal
- ¾ cup unsweetened dry cereal, such as Bran Flakes, Cheerios, Rice Krispies, puffed wheat, puffed rice, Corn Flakes, Wheat Chex, Wheaties and Special K.
- ½ cup cooked, starchy vegetables, such as peas, winter squash, potatoes (any kind), yams and sweet potatoes
- Toast is easier to digest than soft bread. You may only be able to eat ¼ to ½ a slice at first.

Note: Grains, rice and pasta are difficult for some people. They must be fully cooked, or they continue to expand in the stomach, causing discomfort.

Fat group

Choose 3 servings from this food group each day. These foods are low in vitamins and high in calories.

- 1 teaspoon butter, margarine or oil
- 2 teaspoons diet margarine
- 1 teaspoon of mayonnaise
- 1 tablespoon low fat mayonnaise or salad dressing
- 1 tablespoon salad dressing (oil varieties)
- 1 tablespoon gravy
- 1 tablespoon nuts
### Sample menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food item</th>
<th>Protein in grams (g)</th>
</tr>
</thead>
</table>
| **Breakfast** | • 1 scrambled egg  
|          | • ½ to 1 slice toast  
|          | • 2 teaspoons diet margarine                  | 8                    |
| **Mid-morning** | • Favorite protein meal replacement shake   | 15 to 30             |
| **Lunch** | • 1 to 2 ounces lean meat  
|          | • 1 cup salad or ½ cup vegetable soup        | 7 to 14               |
| **Mid-afternoon** | • ¼ cup cottage cheese or 1 ounce cheese  
|          | • 1 fresh peach                              | 7                    |
| **Dinner** | • 1 to 2 ounces tender, cooked chicken, fish or meat  
|          | • ¼ cup cooked broccoli  
|          | • 2 teaspoons diet margarine                 | 7 to 14               |
| **Evening** | • Favorite protein meal replacement shake   | 15 to 30             |

### More meal ideas

- ½ package Carnation Breakfast Essentials Light Start powder drink mix with ½ cup fat free skim milk and 1 tablespoon peanut butter
- Hard boiled egg and one serving of fruit
- 1 tablespoon peanut butter on toast, bread, English muffin or small bagel
- Instant hot cereal made with nonfat dry milk powder
- 1 ounce reduced fat cheese with 1 serving whole grain crackers
- 1 serving of fruit and 1 ounce reduced fat cheese
- Home prepared breakfast egg sandwich
- ½ sandwich made with any low fat cheese or lean meat (including grilled cheese)
- ¾ cup unsweetened dry cereal with ½ cup milk
- ½ cup light yogurt with ¾ cup unsweetened dry cereal or fruit
- 1 small tortilla with 1 scrambled egg and 1 ounce low fat cheese
- ½ cup tuna salad made with 1 tablespoon low fat mayo and 1/2 pita bread
- Salad with chicken, meat, low fat cheese, egg or beans
- Taco
- 1 small tortilla with fat free refried beans and low fat cheese
- 1 cup chili with 1 ounce low fat cheese
- 1 cup bean soup and crackers
Characteristics of Successful Weight Maintenance

• Connect with family, friends and other supports.
• Use healthy, coping strategies that do not involve food to deal with stress.
• Use methods other than weight to assess your health and measure your progress. Other methods include energy level, how well you are sleeping, how comfortable you fit in your clothes, blood sugar levels, blood pressure readings, cholesterol levels, etc.
• Weigh yourself weekly.
• Get 7 or more hours of sleep.
• Limit “screen time” to no more than 10 hours per week.
• Dine out no more than 2 times per week.
• Eat 6 small meals each day, 2 to 3 hours apart.
• Set aside time each week to plan and prepare that week’s meals and snacks.
• Focus on your overall pattern of eating rather than on individual foods or nutrients. Practice consistency.
• Eat a low calorie diet that:
  › Has the amount of protein recommended by your dietitian.
  › Includes fruits and vegetables, whole grains, low fat milk, lean meat, poultry and fish, and brothy soups.
  › Avoids beverages with sugar.
  › Avoids foods with empty calories, such as junk food, as they provide little nutrition.
• Exercise recommendations:
  › American Heart Association: 150 minutes of moderate activity per week for modest weight loss
  › American College of Sports Medicine: 250 minutes per week for significant weight loss
  › JAMA Oncology: 300 minutes of moderate to vigorous activity per week for greatest weight and body fat loss
  › National Weight Control Registry: 420 minutes per week to maintain weight loss
Talk to clinic staff about the amount of exercise you need.
• **We encourage you to follow up with staff in the Bariatric Clinic yearly for help with weight maintenance.**
Lower Fat Food and Cooking Choices

Many high fat foods are known as “slider” foods. They easily pass through the stomach unhindered and thus give you no sense of fullness. Slider foods include:

- Chips
- Crackers
- Popcorn
- Nuts
- Chocolate
- Ice cream
- Oils
- Salad dressings
- Cheese
- Creamy soups

You may find yourself drawn toward high fat foods because they are easy to digest. This can slow your weight loss and cause weight gain.

Eat low fat meals and snacks after bariatric surgery to help you lose weight. Try these low fat foods and cooking methods to help you make lower fat choices.

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sour cream</td>
<td>Low fat yogurt or light sour cream. You can also make your own with 1 cup of low fat cottage cheese blended with 1 tablespoon lemon juice.</td>
</tr>
<tr>
<td>Regular cottage cheese (4% fat)</td>
<td>Low fat cottage cheese (1% fat), pot cheese or farmer’s cheese</td>
</tr>
<tr>
<td>Ricotta cheese</td>
<td>Part skim ricotta cheese</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>Evaporated skim milk, low fat milk or fat free half-n-half</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Low fat milk (1% fat) or fat free skim milk</td>
</tr>
<tr>
<td>Butter</td>
<td>Olive oil or butter substitute with no trans fats</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Low fat salad dressing</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Low fat mayonnaise</td>
</tr>
<tr>
<td>Luncheon meats, hot dogs or sausage</td>
<td>Choose low fat varieties</td>
</tr>
<tr>
<td>Tuna packed in oil</td>
<td>Water-packed tuna or tuna pouch</td>
</tr>
<tr>
<td>Potato chips and corn chips</td>
<td>Pretzels, air popped popcorn, fat free chips</td>
</tr>
<tr>
<td></td>
<td>• Use portion control. Mindless snacking can cause you to stop losing weight.</td>
</tr>
<tr>
<td>Ice cream and ice milk</td>
<td>No sugar added frozen yogurt or frozen banana</td>
</tr>
<tr>
<td>Hard cheese, cheddar</td>
<td>Low fat cheddar, Swiss, part skim Swiss, Muenster, mozzarella. Pick 2% varieties.</td>
</tr>
<tr>
<td>Cooking vegetables in butter</td>
<td>Steam vegetables and flavor with herbs or butter flavor sprays</td>
</tr>
<tr>
<td>Biscuits and croissants</td>
<td>Hard rolls, pita pockets, Italian bread, sandwich bread</td>
</tr>
</tbody>
</table>
### Instead of: | Try:
---|---
High fat crackers | Bread sticks, graham crackers, whole grain crackers, flat breads, Melba toast, oyster crackers, soda crackers, low fat crackers
  - Use portion control. Mindless snacking can cause you to stop losing weight.
Sautéing foods in fat | Sauté in nonstick skillet without oil or use skillet sprayed with nonstick cooking spray
Browning meats in fat | Brown meats in their own fat

### When: | Try to:
---|---
Preparing gravy | Chill until fat congeals. Lift off fat, dip paper towel in gravy to absorb fat, use a gravy skimmer or use low fat gravy mixes.
Cooking poultry | Remove skin then cook as recipe directs.
Cooking meats | Trim all visible fat from meat prior to cooking. Roast, bake, broil or grill meats and fish.
Tips for Lowering Cholesterol and Fat in Your Diet

**Cholesterol** is a fat-like substance that is needed for good health. However, high cholesterol levels in the blood can cause heart and blood vessel diseases. Our bodies make cholesterol. We also get it from eating foods from animals, such as meat, milk, eggs, cheese and butter. Foods from plants, like fruits, vegetables and grains, do not contain cholesterol.

**Saturated fats** are generally solid at room temperature. They tend to increase the amount of cholesterol in your blood.

**Mono-unsaturated fat and polyunsaturated fats** are generally liquid at room temperature. They tend to lower blood cholesterol levels.

**How can I lower my blood cholesterol level?**

- **Increase fiber (soluble fiber in particular) by including at least 5 servings of fruits and vegetables per day.** Other sources of soluble fiber include oat products and dried beans. Be sure to drink plenty of water when increasing your fiber intake.

- **Substitute mono-unsaturated fat (olive oil, peanut oil and canola oil) or polyunsaturated fat (safflower oil, corn oil and sunflower oil) for saturated fat in your diet.** Although mono-unsaturated and polyunsaturated fats are a better choice than saturated fats, all fats should be used in moderation.

- **Limit high cholesterol foods,** such as egg yolks, fatty meats, organ meats, butter, whole milk, cheese and other high fat milk products.

- **Decrease total fat intake, especially saturated fat.** Saturated fat is mainly in animal fats, but it is also present in some foods from plants, such as solid shortenings (Crisco), cocoa butter and coconut and palm oils. These products are used in store-bought baked goods, non-dairy whipped toppings, cream substitutes, some peanut butters and some margarines. The names of common saturated fat and cholesterol sources in foods are listed below.

**Sources of saturated fat and cholesterol**

- Bacon fat
- Beef fat
- Butter
- Chicken fat and skin
- Chocolate
- Cocoa butter
- Coconut
- Coconut oil
- Cream
- Egg and egg yolk solids
- Ham fat
- Hardened fat or oil
- Lamb fat
- Lard
- Meat fat
- Palm kernel oil
- Palm oil
- Partially hydrogenated oil of any type
- Pork fat
- Turkey fat and skin
- Vegetable shortening
- Whole milk solids
To lower the cholesterol and saturated fat in your diet:

**Meat and Meat Substitutes**

- Bake, broil, roast or grill meats. Do not fry meats. Drain off any fat. Use a non-stick skillet and vegetable spray, such as PAM.
- Trim all visible fat from meats.
- Do not eat poultry skin. Remove skin before or after cooking and thoroughly clean poultry of fat before cooking.
- Refrigerate meat drippings and remove hardened fat. This can also be done with soups.
- Choose lean cuts of red meat such as:
  - Beef: Round, sirloin or loin cuts
  - Veal: All trimmed cuts, except commercially ground
  - Pork: Loin, sirloin and tenderloin
  - Lamb: Leg, arm or loin
- Use lean ground round or sirloin instead of ground chuck or regular ground hamburger. Better yet, try ground turkey. Be sure the turkey skin has not been ground into the meat. Ground turkey can be used as a substitute for ground beef in any recipe. If you are limiting sodium, do not use turkey sausage or lunch meats, as they are very high in salt.
- Consider replacing a meat meal with fish, beans, vegetable patties or tofu.
- Fish has a higher content of polyunsaturated fat than red meat. The fat in fish is omega-3 fatty acids. Try adding fish to your diet a few times each week.
- Limit use of egg yolks in baking or eating. Consider using egg whites or egg substitutes (Egg Beaters). Substitute 2 egg whites for one whole egg in recipes.

**Milk Products**

- Use fat free skim or 1% low fat milk whenever possible for drinking and cooking.
- Choose low fat or nonfat milk products (with 5 grams of fat or less per serving):
  - Part skim mozzarella cheese
  - Part skim ricotta cheese
  - Nonfat plain yogurt or low fat flavored yogurt
  - Evaporated skim milk
  - Nonfat or 1% low fat cottage cheese
- Replace regular sour cream, cream cheese and gravies with reduced fat or fat free versions.
- Replace cream, half-n-half, sour cream, whipped cream, non-dairy or frozen whipped toppings with lower fat versions or use these products occasionally in moderation.
- Replace high fat ice-cream with reduced fat ice cream, ice milk, low fat frozen yogurt, sherbet or sorbet.
- If you make pudding or custard, use fat free skim or 1% low fat milk.
**Fruits and Vegetables**
- Use raw or fresh cooked vegetables, plain frozen vegetables or low-sodium canned vegetables.
- Use fresh, frozen or canned fruits (lite, no sugar added or 100% juice). Drain canned fruits before eating.
- Avoid deep-fried vegetables, such as French fried potatoes, zucchini or mushrooms.
- Use herbs to add flavor without adding fat.

**Breads and Starches**
- Use enriched or whole grain breads and cereals, bagels and English muffins. Other good choices are spaghetti, noodles, macaroni, rice and tortillas, but watch your portion sizes.
- Limit commercially prepared biscuits, pancakes, cornbread, waffles, muffins, sweet rolls, coffee cakes and baked desserts. These items can be used in moderation if made at home with low fat ingredients, such as vegetable oil and egg substitutes.
- Limit packaged potato mixes, like au gratin or scalloped potatoes, as they are high in calories and sodium.
- Frozen meals may be eaten on occasion if they have less than 300 calories and at least 15 grams of protein. Look for Healthy Choice, Lean Cuisine and other low fat brands.
- Avoid potato chips, corn chips and buttered popcorn. Use pretzels, fat free chips, air-popped or reduced fat microwave popcorn.

**Fats**
- Use low calorie or diet margarine instead of butter. Look for liquid vegetable oil or water as the first ingredient on the margarine label. Avoid margarines that list “partially hydrogenated” vegetable oils on the ingredient list.
- Use low calorie or low fat mayonnaise and salad dressings. Good choices are:
  ‣ Hellman’s Light or Low Fat Mayonnaise
  ‣ Miracle Whip Light or Miracle Whip Fat Free
  ‣ Any Weight Watcher’s mayonnaise or margarine
  ‣ Any reduced fat or light salad dressings
- When dining out, order salad dressings and mayonnaise to be served on the side then use only part of the portion they serve you. Dip your fork in the salad dressing and then into your salad.
- Avoid gravies and rich sauces, like Hollandaise or cheese sauces. Use low fat or fat free gravy.
- Avoid cream sauces on vegetables. Avoid any vegetable cooked with meat fat or bacon.
- Avoid fried food, especially if it is breaded. Frying food can actually triple the amount of calories, all from added fat! Use non-stick vegetable oil spray, such as PAM, for quick frying.
Lean Dining Tips

Restaurant foods are often high in calories, fat, cholesterol and sodium. For this reason, limit eating restaurant foods to 1 or 2 times a week. This includes fast food, sit down restaurants and carry out. When you do choose to eat out, review these tips.

Note: We do not recommend eating restaurant foods while you are on the Step 2 and Step 3 Diets.

Plan ahead

- Know your nutrition concerns, such as low fat, low sugar and smaller portions.
- Call the manager if you have questions. The best time is from 9:00 to 11:00 AM and 2:00 to 5:00 PM. Ask about serving sizes and how food is prepared.
- Most restaurants have websites with nutrition information, which you can use to plan your meal before going out.

General tips

- When your order is not what you requested, send it back or modify it at the table.
- Think about your priorities. This may change with each dining experience. Is your choice worth the calories and fat?
- Remember the hunger scale where 1 = beyond hungry and 10 = beyond full, and listen to your body’s cues for hunger and fullness. Learn to eat when you feel slightly hungry (level 4) and stop when you are satisfied (level 6). Plan what to do when you are satisfied, such as asking for a doggie bag at the beginning or end of the meal, placing your napkin on your plate or having your server clear your plate.

Tips to reduce calories, fat and cholesterol

- Restaurant meal portions are large and contain more than one serving. Share a meal with another person or take the extra food home for leftovers.
- Ask your server about ways to make a healthier meal. Avoid deep fried foods, remove skin from poultry and cut off visible fat. Try grilled chicken instead of fried chicken to reduce fat and calories.
- Consider ordering an appetizer for your meal. Size is often 2 to 4 ounces compared to 8 to 10 ounces for an entrée. Ask questions about how appetizers are prepared. Many appetizers are fried.
- Choose non-caloric beverages, such as water with lemon. If not non-caloric, be careful of portion size. Avoid alcohol, caffeine and carbonation.
• If you are able to eat bread, plain is a better choice. Garlic bread is 2 times the calories. Same with cornbreads, croissants, buttered breadsticks and muffins.
• Choose leaner cuts of meat, fish or poultry prepared with no added fat. Broiling, grilled, baked and roasted are usually good choices.
• Get sauces, gravies, margarine, butter, salad dressing and sour cream on the side. Use small amounts of these for flavor.
• Ask for other high fat ingredients on the side, like croutons, cheese, nuts and seeds. Many salads are loaded with high fat ingredients like these. You can still eat some of them, but if you get them on the side, you can control the amount.
• Pizza is usually high in fat and sodium because of the large amount of cheese. Choose a thin crust to lower calories and select vegetables over pepperoni, bacon, ham and sausage. If you want meat on a pizza, chicken is a better choice. Remember to eat pizza in moderation. Reduce the amount of pizza you eat by eating a side salad first.
• Ask if fresh fruit is available for dessert. It is often available even when not listed on the menu. Other desserts are often 400 to 1000 calories per portion.
• Watch the amount of sugar in desserts and share with others if you must have a taste.
• Ask if there is added cream or liquor in desserts.

Tips to reduce sodium
• Salt is the main source of sodium in the diet. When eating out, talk to your server to find out how foods are prepared. Ask that foods be prepared without salt when possible.
• Avoid soy sauce and teriyaki sauce, which contain very large amounts of sodium or ask them to prepare your meal without these ingredients.
• Order foods plain or ask for condiments and sauces on the side. Ask that salt not be added to French fries and hamburgers. Plain hamburgers are usually not too high in sodium.
• Cheeseburgers, specialty burgers, sauces, Southern-style chicken and condiments (ketchup, barbecue sauce and prepared mustard) contain large amounts of sodium. Try lettuce, tomato and onion instead.
• Avoid sausage, hot dogs, bacon, ham and all cured meats. They contain too much sodium. Plain grilled chicken may have less sodium.
• Select a fresh fruit cup or vegetable salad to start your meal as an appetizer instead of soup or other appetizers.
• Choose fresh meats (broiled or baked), fish or poultry prepared without sauces and gravies.
• Choose plain rolls instead of salted breadsticks or crackers.
• Ask that salad dressing, sauces and gravies not be added to foods or that they be served on the side and only use small amounts.
• Baked potatoes and steamed vegetables are good side choices. Avoid potato chips, potato sticks, onion rings, hash brown potatoes and au gratin potatoes.
• Select a restaurant that has a salad bar. Assemble your salad with fresh, raw vegetables. Use only small amounts of these high sodium foods: olives, pickled beets, bacon bits, ham, regular salad dressing and cheese. Consider oil and vinegar for salad dressing.
Restaurant foods to choose
Below are some key words to help you choose low fat foods. However, some low fat foods are very high in sodium. If you need to limit your sodium, avoid those marked as such.

### American food

<table>
<thead>
<tr>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• BBQ sauce (high sodium)</td>
<td>• Bacon (strips, crisps or crumbled)</td>
</tr>
<tr>
<td>• Cocktail sauce (high sodium)</td>
<td>• Blue cheese</td>
</tr>
<tr>
<td>• Green or red onions</td>
<td>• Butter or garlic butter</td>
</tr>
<tr>
<td>• Honey mustard</td>
<td>• Cheese (grated, melted, topped or smothered)</td>
</tr>
<tr>
<td>• Lettuce and tomatoes</td>
<td>• Sausage</td>
</tr>
<tr>
<td>• Mustard</td>
<td>• Sour cream</td>
</tr>
<tr>
<td>• Sautéed onions, peppers or mushrooms (with little or no oil)</td>
<td>• Food that is battered or fried</td>
</tr>
<tr>
<td>• Foods that are mesquite marinated, grilled, charbroiled or broiled</td>
<td>• Food that is described as large, jumbo, piled high, stacked, layered or stuffed</td>
</tr>
<tr>
<td>• Guacamole (eat in small amounts as it is high in fat, but healthy monounsaturated fat)</td>
<td></td>
</tr>
</tbody>
</table>

### Chinese food

<table>
<thead>
<tr>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Assorted vegetables</td>
<td>• Duck</td>
</tr>
<tr>
<td>• Bean curd</td>
<td>• Egg Foo Young with cashews</td>
</tr>
<tr>
<td>• Light wine sauce</td>
<td>• Hoisin sauce</td>
</tr>
<tr>
<td>• Lobster sauce (high sodium)</td>
<td>• Food that are breaded, fried or crispy</td>
</tr>
<tr>
<td>• Sizzling platter</td>
<td></td>
</tr>
<tr>
<td>• Foods that are simmered, steamed, roasted or stir fried</td>
<td></td>
</tr>
</tbody>
</table>
### Continental / French food

<table>
<thead>
<tr>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cajun spiced</td>
<td>• Foods that are au gratin or with cheese sauces or melted cheese</td>
</tr>
<tr>
<td>• Cilantro</td>
<td>• Bacon or sausage</td>
</tr>
<tr>
<td>• Roasted red peppers</td>
<td>• Casserole</td>
</tr>
<tr>
<td>• Vinaigrette</td>
<td>• Cream sauce</td>
</tr>
<tr>
<td>• Wine and herbs</td>
<td>• Creamy, mushroom sauce</td>
</tr>
<tr>
<td>• Wine sauce</td>
<td>• Drawn butter or butter sauce</td>
</tr>
<tr>
<td>• Foods that are blackened, roasted, steamed, poached, grilled, marinated or broiled</td>
<td>• Hollandaise</td>
</tr>
<tr>
<td></td>
<td>• Pastry shell or phyllo dough</td>
</tr>
<tr>
<td></td>
<td>• Foods that are stuffed with bread crumbs</td>
</tr>
</tbody>
</table>

### Italian food

<table>
<thead>
<tr>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Artichoke hearts</td>
<td>• Alfredo sauce</td>
</tr>
<tr>
<td>• Cacciatore (high sodium)</td>
<td>• Cannelloni</td>
</tr>
<tr>
<td>• Capers</td>
<td>• Pasta alla Carbonara</td>
</tr>
<tr>
<td>• Clam sauce (high sodium)</td>
<td>• Creamy sauce</td>
</tr>
<tr>
<td>• Florentine</td>
<td>• Egg and cheese batter</td>
</tr>
<tr>
<td>• Herbs and spices</td>
<td>• Manicotti</td>
</tr>
<tr>
<td>• Light mushroom sauce (high sodium)</td>
<td>• Oil</td>
</tr>
<tr>
<td>• Light red or wine sauce</td>
<td>• Pancetta</td>
</tr>
<tr>
<td>• Mushrooms</td>
<td>• Parmigiana</td>
</tr>
<tr>
<td>• Peppers</td>
<td>• Prosciutto</td>
</tr>
<tr>
<td>• Primavera</td>
<td>• Saltimbocca</td>
</tr>
<tr>
<td>• Shallots or onions</td>
<td>• Veal sausage</td>
</tr>
<tr>
<td>• Spicy marinara sauce (high sodium)</td>
<td>• Foods that are stuffed with cheese or fried</td>
</tr>
<tr>
<td>• Sun dried tomatoes</td>
<td></td>
</tr>
<tr>
<td>• Sautéed or grilled foods</td>
<td></td>
</tr>
</tbody>
</table>
## Mexican food

<table>
<thead>
<tr>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Black bean soup (high sodium)</td>
<td>• Bacon</td>
</tr>
<tr>
<td>• Enchilada sauce</td>
<td>• Cheese sauce</td>
</tr>
<tr>
<td>• Lettuce and tomatoes</td>
<td>• Chorizo</td>
</tr>
<tr>
<td>• Mole sauce</td>
<td>• Fried taco bowls</td>
</tr>
<tr>
<td>• Picante sauce (high sodium in large amounts)</td>
<td>• Refried beans</td>
</tr>
<tr>
<td>• Salsa (high sodium in large amounts)</td>
<td>• Sour cream</td>
</tr>
<tr>
<td>• Soft corn tortillas</td>
<td>• Tortilla chips</td>
</tr>
<tr>
<td>• Spicy beef or chicken</td>
<td>• Foods that are covered with cheese</td>
</tr>
<tr>
<td>• Foods that are grilled, marinated or simmered</td>
<td>• Fried foods</td>
</tr>
<tr>
<td>• Guacamole (eat in small amounts as it is high in fat, but healthy monounsaturated fat)</td>
<td></td>
</tr>
</tbody>
</table>
Getting Facts on Fast Food

With today’s busy lifestyle, many of us find it easier to drive through a fast food restaurant than to take the time to make a home cooked meal. Use these tips to make healthier choices.

**Tips for better health choices**

- Have grilled chicken instead of beef. This will reduce fat and calories.
- Avoid breaded meats and deep fried choices.
- Limit or avoid cheese and bacon.
- “Hold the mayo” or ask for reduced-fat mayo to cut back on fat and calories.
- Select a baked potato with reduced fat sour cream instead of French fries.
- Try salads but stick with fresh greens and other fresh vegetables or fruits. Ask for fat free or light salad dressing. If you use regular dressing, use a small amount. Also, try salsa on the side to use as a dressing.
- Try fat free or light condiments, like ketchup, mustard, lettuce and tomatoes, on sandwiches. They add flavor without as many calories and fat.
- Be careful with drinks! A large soda is 300 to 400 calories and a large shake can be 850 calories. Pick water, unsweetened tea or low fat milk to cut out these calories.
- Try to eat out no more than 1 to 2 times a week. By limiting the times you eat at restaurants, you will be able to avoid large amounts of calories, fat and sodium.

**Making better choices**

Portion control is very important! Portion sizes for most restaurant foods and convenience foods have grown to be sometimes 2 or 3 times normal size. Try ordering a kid’s meal or the smallest size available to cut back on calories and fat. Here are some examples of calories you can avoid by making better choices. Best choices are usually salads or items that are not deep fried.

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Instead of this (calories)</th>
<th>Choose this (calories)</th>
<th>Calorie savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arby’s</td>
<td>Double Roast Beef (510) and Curly Fries Large (650)</td>
<td>Roast Beef ‘n Cheese Slider (240) and Curly Fries Snack (250)</td>
<td>670</td>
</tr>
<tr>
<td><a href="https://arbys.com">https://arbys.com</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burger King</td>
<td>Whopper Sandwich (660) and Large Onion Rings (500)</td>
<td>Whopper Jr. Sandwich (310) and Value Onion Rings (150)</td>
<td>700</td>
</tr>
<tr>
<td><a href="http://www.bk.com">www.bk.com</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restaurant</td>
<td>Instead of this (calories)</td>
<td>Choose this (calories)</td>
<td>Calorie savings</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Chipotle</td>
<td>Burrito with chicken, white rice, pinto beans, fresh tomato salsa, sour cream and cheese (1085)</td>
<td>Burrito bowl with chicken, brown rice, pinto beans, fajita vegetables, fresh tomato salsa and romaine lettuce (570)</td>
<td>515</td>
</tr>
<tr>
<td>Kentucky Fried Chicken</td>
<td>Original Recipe Chicken Breast (390), Mashed Potatoes with Gravy (130) and a Biscuit (180)</td>
<td>Kentucky Grilled Chicken Breast (210), Green Beans (25) and Corn on the Cob (70)</td>
<td>395</td>
</tr>
<tr>
<td>McDonald’s</td>
<td>Double Quarter Pounder with Cheese (720) and Large French Fries (490)</td>
<td>Cheeseburger (300), Small French Fries (220), Side Salad with Newman’s Own Low Fat Balsamic Vinaigrette (50)</td>
<td>640</td>
</tr>
<tr>
<td>Subway</td>
<td>Italian BMT Wrap (670)</td>
<td>6 inch Italian BMT Sandwich (380)</td>
<td>290</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Baconator (950) and Large Classic Chocolate Frosty (590)</td>
<td>Grilled Chicken Sandwich (370) and Jr. Classic Chocolate Frosty (200)</td>
<td>970</td>
</tr>
</tbody>
</table>