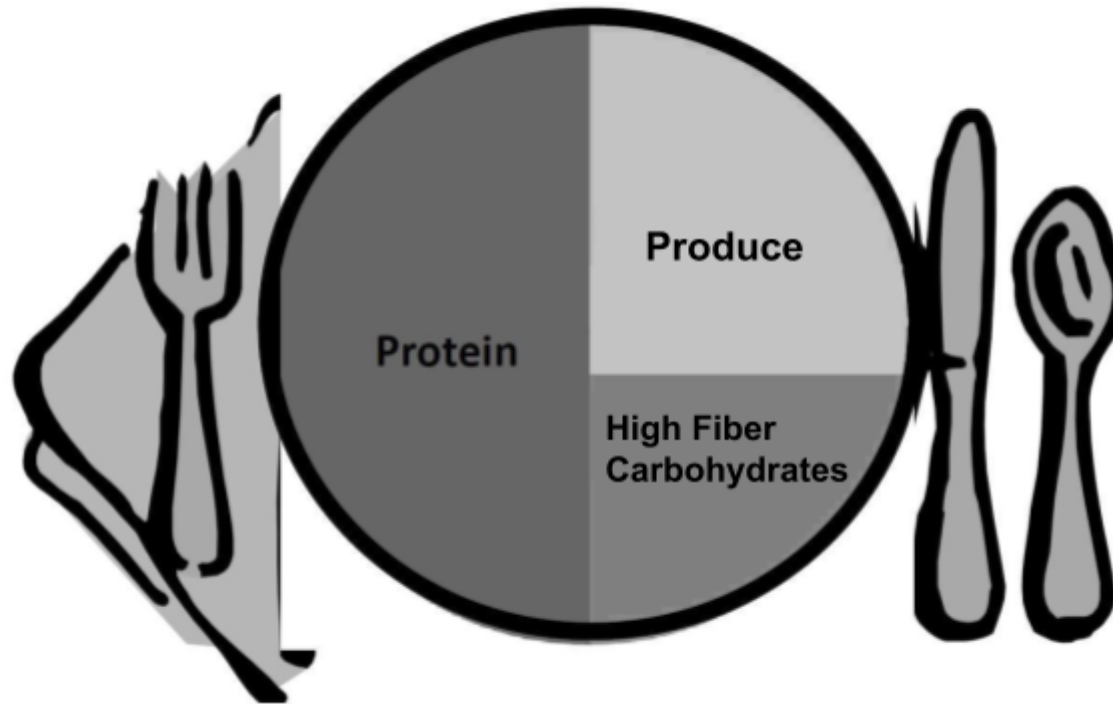


Balancing your Plate



- **50% of your plate should be lean and low-fat protein.** Your protein foods should consist of lean and low fat options such as; poultry, seafood, dairy, eggs, beans, and soy based products. You should limit processed or packaged protein source
- **30% of your plate should be produce.** Eat a colorful assortment of non-starchy vegetables and fruits to get adequate vitamin and fiber intake.
- **20% of your plate should be high fiber carbohydrates.** Eat fruits, whole grains and starchy vegetables to contribute to higher fiber and lower carbohydrate intake.
- **Accompany meal with healthy fats.** Unsaturated fats such as olive oil, nuts, seeds, hummus, avocado, low fat condiments

Tips:

Use 4 to 6 inch salad and appetizer sized dishes and bowls for meals

buy small Tupperware for portion control outside of the home.

If dining out, take at least half home (perhaps more, depending on portions).

Bariatric Meal Planning Guidelines

High Fiber Carbohydrates

Carbohydrates include grains, beans, breads, starchy vegetables, and fruits.

Grains, Beans, & Starchy Vegetables: (2/day)

- ¼ cup cooked cereal
- ¼ cup cooked rice or pasta (whole grain)
- 1 slice whole grain bread
- 1 small sweet potato
- ¼ cup starchy vegetables
- ½ cup cooked beans

Fruit: (2/day)

- ½ banana
- ¼-½ cup chopped fruit
- 1 small piece of fruit

Non-Starchy Vegetables: (3-4/day)

- ¼ cup raw
- ¼ cup cooked

Protein & Meat

Each meal or snack should contain 1-4 servings of protein/meat.

Breakfast = 2-3 servings

Lunch & Dinner = 3-4 servings

Snacks = 1-2 servings

One serving of protein/meat:

- 1 oz. lean meat, chicken, or fish
- ½ cup tofu
- ¼ cup cottage cheese
- 1 oz. cheese
- 1 whole egg
- 2 egg whites
- ¼ cup egg substitute
- 1 serving protein powder
- 1 cup skim milk
- ½ cup or 5 oz. yogurt (low fat or nonfat, no sugar added)

Fats

Each meal should contain no more than 2 servings of fat.

This includes fats used in cooking.

One serving of fat:

- 1 tsp butter or plant-based spread
- 1 tbsp low-fat mayonnaise
- 1 tsp oil (olive oil, canola, vegetable)
- 1 tbsp yogurt-based dressing
- 2 tbsp avocado
- 1 oz. hummus
- 1 tbsp natural nut butter
- 1 oz. nuts (almond, cashew, peanut, pistachio)
- 1 tbsp seeds (sunflower, pumpkin, chia, flax)

Free Foods

Free foods contain less than 20 calories per serving.

These foods should be limited to 2-3 per meal.

- 2 Tbsp. tomato sauce
- 1 Tbsp. fat-free gravy
- 1 Tbsp. fat-free salad dressing
- 1 Tbsp. fat-free cream cheese
- 2 Tbsp. sugar-free syrup
- 3 Tbsp. salsa
- 2 tsp BBQ sauce
- 1 Tbsp. ketchup
- 1 Tbsp low fat sour cream
- sugar free gelatin
- ½ cup unsweetened almond milk