

## Bariatric Nutrient Guide

| Protein   | Fat  | Starches   | Veggies  | Fruit   |
|---|--|--|--|---|
| <p><b>Have at least 3 servings per day</b><br/> <b>Eat protein first &amp; completely w/ every meal</b><br/> <b>Goal: 70-100g per day; 20-30g per meal</b></p> <p>All fresh fish (salmon, tilapia, trout, tuna)<br/>           All shellfish (crabs, shrimp, lobster, scallops)<br/>           Canned fish (tuna, salmon); frozen fish<br/>           Chicken (skinless breast, skinless thighs, rotisserie, chicken meatballs, burgers, bacon, sausage)<br/>           Turkey (deli, turkey meatballs, burgers, bacon)<br/>           Ground chicken or turkey – 90-98% lean<br/>           Lean pork, lean beef (90% lean or higher ground, or lean cuts)<br/>           Reduced fat cheeses (string cheese, cheddar, mozzarella, Laughing Cow light wedges, cottage cheese)<br/>           Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)<br/>           Fresh eggs (can use yolks/yellow)<br/>           Egg beaters, Boiled eggs<br/>           Vegan protein (tempeh, tofu, TVP, soy burgers, bacon, crumbles, hot dogs, Impossible or Beyond products)</p> <p><b>Supplements when you're NOT hungry (not as filling):</b><br/>           Ready-made protein shakes<br/>           Protein powders, protein bars</p> | <p><b>Limit these to the serving size - high in calories and may cause stomach upset.</b></p> <p><b>Can choose low fat versions for fewer calories</b></p> <p>1 tbsp – all fats:<br/>           All oils (olive, coconut, canola, vegetable, etc.)<br/>           Butter<br/>           Spreads</p> <p>Nuts, seeds:<br/>           ¼ cup</p> <p>Peanut butter, almond butter, cashew butter,<br/>           Sun butter:<br/>           2 LEVEL tablespoons</p> <p>Salad Dressings:<br/>           2 level tablespoons</p> <p>Mayo: 1 tbsp</p> <p>Avocado: 1/3 of the avocado</p> | <p><b>Eliminate for 3 weeks before surgery (liver shrinkage) and for 6 months after surgery (to meet your protein goals).</b><br/> <b>Goal: 50g net carbs/day</b></p> <p><b>After 6 months you may re-introduce smart starches via the Bariatric Plate Method. Try to avoid Slider Starches as often as possible.</b><br/> <b>Goal: 50-100g net carbs/day (will vary per person)</b></p> <p><b>Smart Starches:</b><br/>           Sweet or white potato (not fried)<br/>           Brown rice<br/>           Beans<br/>           Peas, Corn<br/>           Oatmeal<br/>           Whole grain breads, pasta, cracker<br/>           Whole wheat wraps<br/>           Quinoa, barley, farro</p> <p><b>“Slider” Starches:</b><br/>           White bread, rice, pasta<br/>           Chips, crackers<br/>           Cookies, cake, candy, sweets<br/>           Popcorn, pretzels<br/>           Pizza, fries<br/>           Cereals (sugary)</p> | <p><b>Choose any and many!</b></p> <p><b>Non-starchy veggies:</b><br/>           Artichokes, arugula, asparagus, Bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, pars-ley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), Swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans<br/>           Steamer, frozen veggies<br/>           Zucchini noodles<br/>           Spaghetti squash</p> | <p><b>1 serving = ½ cup to ¾ cup</b><br/> <b>Or 1 small piece</b></p> <p><b>CAN have 3 weeks before and for 6 months after surgery</b></p> <p>All fresh fruit<br/>           (up to 3 servings per day)</p> <p>Unsweetened applesauce</p> <p>Canned or packaged fruit in own juice (less than 15 grams sugar per serving)</p> <p><i>(Note: pair fruit with a protein to prevent blood sugar spikes)</i></p> |