



SSMHealth[®]

Weight Management Services

Bariatric Nutrition Packet

Large Print

SSM Health Weight Management Services

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For questions regarding your diet, please call 314-344-6157, or you can email them to AskSSMRD@ssmhealth.com



ssmhealth.com

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Introduction

Thank you for selecting SSM Health Weight Management Services for your bariatric surgery. You have chosen a solution for treating severe obesity, and you now have a lifelong tool to help you reach and maintain your goal weight.

At SSM Health, our ongoing support continues long after you have recovered from your surgery. Please feel free to contact us if you have a nutrition question during your hospital stay or after your return home.

Bariatric surgery is only the first step in treating obesity. You must also change your eating habits and behaviors permanently to achieve and maintain your desired weight loss.

You also will need lifelong vitamin and mineral supplements to maintain optimal health. SSM Health Weight Management Services provides this nutritional packet to help you achieve weight loss and maintain success, and also to help you prevent future nutritional deficiencies.

After surgery, you should develop proper eating habits. This way, you can achieve goals such as desired weight loss, avoid disruption of the staple line, and keep the stomach opening unobstructed.

Before beginning to eat, it is helpful to visualize the new stomach. It is much smaller than before and has been reduced to the size of a small egg. This new pouch will act as a reservoir for food and beverages. For gastric sleeves, the stomach is narrowed into a “sleeve” and acts as a reservoir for food and beverages as well.

The outlet leading from the pouch is approximately the size of a dime. This will prevent the new stomach from emptying its contents into the intestines too quickly. This will create a feeling of fullness for a longer period of time. Because you will be satisfied with a far smaller amount of food than is possible on traditional weight loss diets, you will lose weight if you are compliant with the recommendations provided by SSM Health Weight Management Services.

During your hospital stay, you will begin drinking water, then low-sugar liquids and protein supplements. Additional foods are added as the new stomach heals and full gastric function returns. Your surgeon will advise you when to advance the diet.

Because of the reduced size of the stomach, the amount of food you will be able to eat at one time will be very limited and will be discussed elsewhere in this booklet. Adequate fluid intake is essential. Drinking fluids hourly is recommended.

Since the new stomach is small, you will be unable to consume and absorb adequate amounts of vitamins and minerals. Lap band patients will experience volume restriction with scheduled band fills.

A new way of life and a new way to eat!

Key diet principles

- **No carbonated beverages.**
- Continually sip liquids every hour to prevent dehydration (at least 64 ounces daily).
- **Drink liquids between meals.** Stop drinking 15 minutes before meals and do not resume drinking until at least a half hour or longer after meals – times may vary among individuals.
- Limit caffeine to 1-2 cups per day. No more than 16 ounces. No energy drinks.
- No alcohol until advised by the surgeon, typically one year following surgery.
- Eat three meals a day with high protein snacks in between as needed.
- Meal volume will increase gradually from 1-2 ounces of liquids up to 1 cup of food per mealtime at six to nine weeks.
- Eat slowly, take small bites and chew thoroughly.
- Add new foods one at a time to assess tolerance.
- Always eat protein-rich foods first.
- All foods should be low fat and low in simple sugars.
- Avoid sugar, honey, molasses, corn syrup, and other foods high in sugar to prevent “dumping syndrome.”
- Do not lie down within one hour after meals.
- Do not chew gum until six months after surgery and never swallow gum.

- If nausea or vomiting occurs, stop eating solids and return to clear liquids for 24 hours. Call your surgeons' office if these symptoms persist.
- Ask your nurse or doctor for guidance regarding any medications.
- Do not take aspirin or non-steroidal anti-inflammatory drugs.
- Food and fluids will be advanced slowly per your individual tolerance.
- You may begin using straws one week after surgery.

Keys to success

- Lifelong effort is required.
- Always eat protein foods first to ensure adequate protein intake and to increase satiety (fullness).
- No "grazing."
- No high-calorie snacks or drinks between meals.
- Drink plenty of liquids, preferably non-caloric beverages.
- Exercise as directed.
- Attend the Bariatric Support Group as often as possible (second Monday of every other month from 12 pm - 1 pm, in person or virtual. Follow SSM Health Weight Management Services on Facebook for updated information).

Protein

Protein is an essential component of the human body and is involved in many important functions such as wound healing, immunity, hair and nail growth, and maintaining muscle mass. Since protein can be obtained only through food, the quality and amount of protein in your diet, as well as the knowledge of protein sources, are very important.

The amount of protein needed each day is based on body weight. Added stress to the body such as surgery or infection will increase these requirements. It is essential to eat sufficient protein of high biological value for adequate wound healing and maintenance of muscle mass.

High biological value proteins are considered “complete.” This means that they contain all the essential amino acids needed by the body. High biological value protein includes dairy products, eggs, meat, fish, seafood, and poultry.

For Sleeve and RYGB:

Women should have a minimum of 60-80 grams of protein daily, and men should have a minimum of 80-100 grams of protein daily. Remember to eat all protein foods first at each meal. Then proceed with vegetables, fruits, grains, and cereals. Eventually, you will be able to include one or two ounces of protein, two or three times per day. One ounce is about the size of a small matchbox.

For DS/LL/SADI:

Women should have a minimum of 80-100 grams of protein daily, and men should have a minimum of 100-120 grams of protein daily. Then proceed with vegetables, fruits, grains, and cereals. Eventually, you will be able to include one or two ounces of protein, two or three times per day. One ounce is about the size of a small matchbox.

Protein content of selected foods

Amount	Food	Protein (grams)
8 ounces	skim milk	8-9
5-6 ounces	yogurt (Greek, non-fat)	12-18
1 (medium)	egg	7
1 ounce	poultry, fish, pork, lean beef	7
1/4 cup	tuna	7
1/4 cup	nonfat/low-fat cottage cheese	7
1 ounce	low-fat cheese	7
1/2 cup	tofu	5
1/2 cup	beans, lentils	5-9

Feeding your hunger with protein

Sometimes life gets busy and there may be times when you have to wait too long until your next meal. At these times it is okay to have a small, healthy, and high-protein snack to satisfy your appetite and meet your nutritional needs.

Things to keep in mind:

- Ask yourself if you are truly hungry. Many times our desire to snack is based on boredom, emotions, or simply just a habit that we get into.
- Keep snacks at 80-100 calories.
- Make sure you include protein in your snack to help meet nutritional needs and truly satisfy your hunger.
- Try to **pre-make** snacks and keep them with you if you know you are going to have a busy day. This will help you avoid fast or convenience foods that are unhealthy and don't have any "staying power."

Feeding your hunger with protein (continued)

5-10 gram protein snack ideas

- 1 small container yogurt (less than 100 calories, check label)
- 3 (1 oz) slices deli ham, chicken, or turkey - rolled up
- 1/4 cup low-fat tuna salad on three whole wheat crackers
- 1/2 cup fresh veggies dipped in 2 tablespoons hummus
- 1 hard-boiled egg
- 1/2 small apple and one slice of reduced-fat cheese
- 10 walnuts or almonds
- 1/4 cup low-fat cottage cheese and three whole wheat crackers
- 1/4 cup low-fat cottage cheese mixed with 1/4 cup unsweetened applesauce
- 1/2 cup low-fat, low-sugar yogurt with 1/4 cup blueberries or raspberries
- 4 slices honey ham with 2 teaspoons honey mustard, rolled in lettuce leaf
- 1 slice deli ham, turkey, or chicken rolled with one slice low-fat cheese
- 1/2 cup veggies dipped in 1 tablespoon of light cream cheese
- 2 medium dill pickles, zucchini, or cucumber spears each wrapped in one slice of deli ham



Protein contents of foods

Food	Serving	Grams of protein
High Protein (4 grams or more)		
Beans: lima, kidney, baked or garbanzo, canned	1/2 cup	5-7
Beans: white, navy or great northern, canned	1/2 cup	9
Beef, ground sirloin	1 ounce	8
Beef, top round, braised	1 ounce	10
Cereal, breakfast, higher protein	1/2 cup	4-6
Cheese, low-fat	1 ounce	7
Cheese, cottage, low-fat	1/2 cup	14
Cheese, parmesan	2 Tbsp	4
Cheese, ricotta, fat-free	1/2 cup	14
Chicken breast	1 ounce	9
Dried beans and peas	1/2 cup	6-9
Egg substitute	1/4 cup	7.5
Egg, whole or hard-boiled, large	1 each	7
Fish, fillet or steak	1 ounce	6.5-7.5
Lamb	1 ounce	7
Lentils	1/2 cup	9
Lunch meat: ham, turkey, chicken	1 ounce	3-4
Milk, skim or 1%	1 cup	8
Milk, evaporated, canned	1/2 cup	9.7
Milk, nonfat dry solids	1/3 cup	8
Nuts: cashews, walnuts	1 ounce	4-5
Nuts: peanuts, pistachios	1 ounce	6
Peanut butter	2 Tbsp	8
Pork tenderloin	1 ounce	9
Pudding, prepared w/skim milk	1/2 cup	4.5

Food	Serving	Grams of protein
High Protein (4 grams or more)		
Sardines	1 ounce	7
Sausage, turkey patty	1 ounce	5
Seeds, pumpkin	1 ounce	9.5
Seeds, sunflower	1 ounce	5.5
Shellfish or crab	1 ounce	5.5
Soy milk	1 cup	8-11
Soybeans	1/2 cup	14
Tofu, firm	1/4 cup	5
Tuna, canned, drained	1 ounce	7
Turkey	1 ounce	8
Veggie or soy patty	1 each	11

Food	Serving	Grams of protein
Low Protein (3 grams or less)		
Beans, green or yellow	1/2 cup	1
Beets	1/2 cup	1.5
Bread, pita, 4"	1 each	2.5
Bread: wheat, rye, white	1 slice	2.5
Broccoli	1/2 cup	2
Brussels sprouts	1/2 cup	2
Cauliflower	1/2 cup	1
Cereal, bran or wheat	1/2 cup	2-3
Cream cheese, light or fat-free	1 ounce	2
Cream of wheat	1/2 cup	3
Cream, light/half-and-half, fat-free	2 Tbsp	1
Greens: collard, beet, mustard, kale	1/2 cup	2

Food	Serving	Grams of protein
Low Protein (3 grams or less)		
Muffin	2 ounces	3
Mushrooms, canned	1/2 cup	1.5
Oatmeal	1/2 cup	3
Pancake or waffle, 4"	1 each	2
Sour cream, light or fat-free	1/2 cup	2.5
Spaghetti, whole wheat	1/2 cup	3.5
Spinach	1/2 cup	3
Squash	1/2 cup	1.5
Tomato sauce	1/2 cup	2
Tortilla, flour	1 each	2.5
Fats and oils	1 Tbsp	0
Fruit and fruit juices not previously listed	1 piece or 1/2 cup diluted with water 1:1	<1
Vegetables and vegetable juice not previously listed	1/2 cup	1-2

- Unless otherwise noted, all foods are cooked; meat is roasted, fish is cooked with dry heat, vegetables are cooked from fresh, and fruit is raw.
- This is a guide. Actual values may vary depending on product and/or processing. Values are rounded to the nearest 0.5 gram increment and may be averaged with similar foods in group.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page, ars.usda.gov/ba/bhnrc/ndl; accessed September 29, 2009.

Source: Nutrition Data.com: Nutrition Facts and Information, nutritiondata.com; accessed April 28, 2008.

Guidelines for protein supplements and powders

Strive for 20 grams or more of protein per supplement or protein powder serving. The amount of protein should be at least twice the amount of carbohydrate. For example, a supplement with 20 grams of protein should have no more than 10 grams of carbohydrate. Whey protein isolate supplements are a better quality source of protein.

Read labels and exercise caution with products that contain sugar alcohols as these generally cause bloating, gas, and/or diarrhea. Examples of commonly used sugar alcohols are manitol, sorbitol, maltitol, xylitol, lactitol, erythritol, and generally ending in -ol.

Products such as Ensure[®], Boost[®], and Glucerna[®], are NOT acceptable since they contain too much carbohydrate. Ensure[®] MAX is acceptable. The Weight Loss Institute neither endorses particular brands nor benefits from the sale of these products.

Protein beverages

Continue to strive for 60 grams or more of protein (women) or 80 grams (men) daily. This will initially come in the form of liquid protein supplements and gradually be replaced with solid foods. Continue protein supplements until you are absolutely sure you are consuming more than the minimum requirements in solid foods. Some people will continue consuming one protein supplement routinely “just to make sure.” Remember, it is never intended that liquid protein supplements should be your only source of nutrition for any long-term period. A current list may be provided by our caregiver.

Protein Supplement Food Label (Example)

Amount Per Serving: 1
Calories: 150
Fat, g: 3.5
Saturated Fat, g: 0
Trans Fat, g: 0
Cholesterol, mg: 15
Sodium, mg: 430
Potassium, mg: 490
Carbohydrate, g: 5
Dietary Fiber, g: 2
Sugars, g: 1
Protein, g: 25

High protein supplement options

Protein sources after weight-loss surgery

Your need for protein increases significantly after weight-loss surgery. Protein supplements are needed if you are unable to get the recommended amount of protein through a food source. When selecting a protein supplement, choose one that is low in carbohydrates (< 10 grams), low in sugar (< 5 grams), and low in calories (< 190 calories).

Types of protein:

- Whey protein is a dairy protein (contains lactose) and provides amino acids needed for protein synthesis and muscle growth.
- Casein protein is a dairy protein (contains lactose) and is a slow-digesting protein that has delayed digestion and absorption.
- Egg protein is very easily digested and provides all nine essential amino acids. It is lactose free.
- Soy protein is made from vegetarian sources and is lactose free.

The SSM Health Pharmacy at SSM Health DePaul Hospital offers a variety of protein products from Bariatric Advantage (bariatricadvantage.com) and ProCare (procarenow.com).

High protein supplement options

Daily post-surgery requirement

Sleeve/RNY:

Women: 60-80 grams protein; Men: 80-100 grams protein

DS/LL/SADI:

Women: 80-100 grams protein; Men: 100-120 grams protein

High protein supplement	Calories*	Carbo-hydrate*	Protein*	Lactose free
Atkins Strong (Walmart or Target)	190	8	30	Yes
Ensure® Max Protein (11 oz)	150	4	30	Yes
Muscle Milk® (14 oz)	160	8	25	Yes
Muscle Milk Pro Series (14 oz)	200	10	40	Yes
Celebrate Protein Mini (3 oz) (celebratevitamins.com)	70	0	15	No
SlimFast Advanced Nutrition (11 oz) (Walmart)	190	6	20	No
Bariatric Advantage ClearlyProtein (bariatricadvantage.com)	80	0	20	No
Premier Protein® Shake (11 oz) (Costco or Sam's)	160	5	30	Yes
Fairlife Nutrition Plan	160	5	30	Yes
Fairlife Core Power	170	8	26	Yes
Fairlife Core Power Elite	240	11	42	Yes
Nurri Ultra-Filtered Milk Shake (Costco)	150	2	30	Yes

High protein supplement options (continued)

High protein supplement	Calories*	Carbo- hydrate*	Protein*	Lactose free
Unjury Protein Powder (per 1 Scoop) (unjury.com)	100	4	20	Yes
Protein2o Protein Water (drinkprotein2o.com)	60	1	15	Yes
Elevation (Aldi)	160	5	30	No
Equate High Performance Protein (Walmart)	160	5	30	No

*Calories, carbohydrate, and protein amounts may vary slightly with each different flavor. Supplements must contain at least twice the protein amount as carbohydrate.

Sleeve and RYGB bariatric vitamins

Multivitamin options:

- ProCare Once Daily Bariatric Multivitamin with 45mg Iron (1/day) (Capsule or Chewable)
- Bariatric Advantage Ultra Solo with 45mg Iron (1/day) (Capsule or Chewable)
- Bariatric Pal Multivitamin One with 45mg Iron (1/day) (Capsule or Chewable)

- *Take multivitamin and calcium two hours apart.*

Calcium Citrate options - Take 3 times per day:

- Procare Calcium Soft Chew 500mg
- Bariatric Advantage Calcium Citrate Chewy Bite 500mg
- Bariatric Pal Calcium Citrate Soft Chew 500mg
- Procare Powdered Calcium Citrate 500mg

- *Do not take all four doses at the same time.*

- *Doses must be taken at least two hours apart.*

Multivitamins and calcium citrate can be purchased from:

- SSM Health Pharmacy at SSM Health DePaul Hospital
- ProCareNow.com
- BariatricAdvantage.com

See page 21 for additional information.

Duodenal switch/long limb bariatric vitamins

Multivitamin options:

- ProCare' DS/SADI Core Multivitamin with 60mg Iron (1/day)
- Bariatric Advantage Chewable Advanced Multi EA (2/day)
- Bariatric Advantage Chewable High ADEK Multi (2/day)
- Bariatric Advantage Ultra Multi with 45mg Iron Capsules (3/day)

- *Take multivitamin and calcium two hours apart.*

Calcium Citrate options – Take 4 times per day:

- Procare Calcium Soft Chew 500mg
- Bariatric Advantage Calcium Citrate Chewy Bite 500mg
- Procare Powdered Calcium Citrate 500mg

- *Do not take all four doses at the same time.*

- *Doses must be taken at least two hours apart.*

Multivitamins and calcium citrate can be purchased from:

- SSM Health Pharmacy at SSM Health DePaul Hospital
- ProCareNow.com
- BariatricAdvantage.com

For both sleeve and RYGB, duodenal switch/long limb bariatric vitamins

Prilosec®/Omeprazole 20mg:

- Over the counter or prescription (Take 1/day for six months)

Preoperative instructions

- Begin taking bariatric vitamins and calcium supplements when you begin your pre-op liquid diet.
- If your pre-op liquid diet is less than one week in duration, begin vitamin and calcium supplements one week before surgery.

Postoperative instructions

- You will begin taking your vitamins and calcium after your one month post-op visit.
- Take no more than two pills at a time for one month after surgery. Wait 20-30 minutes before taking additional oral medications.
- Do not swallow pills larger than an aspirin for one month after surgery.

Preoperative information

High-protein liquid diet

Your surgeon may have determined that you need to follow a high-protein liquid diet for up to two weeks prior to your surgery date. Compliance to this diet is mandatory and necessary, as research has shown it lowers your surgical risk. It also assists with preoperative weight loss. This diet consists of protein drinks and sugar-free, clear liquids. See below for specifics.

*Diabetics - please contact your primary care physician for monitoring insulin/diabetic meds as they may need to be decreased.

Foods/beverages allowed:

Clear liquids

1. Tea and coffee (decaf products preferred, you may use artificial sweeteners)
2. Crystal Light®, sugar-free Kool Aid®
3. Flavored waters, non-carbonated with zero calories
4. Clear broth, preferably low sodium
5. Sugar-free Jell-O®
6. Sugar-free popsicles
7. Sugar-free sports drinks (Gatorade Zero, Powerade Zero)

Protein drinks

- Please note: In order to get adequate protein and calories in your diet, you must drink a minimum of four to five protein drinks per day.
- Refer to pages 14-15 for a list of appropriate protein drinks.

Carbohydrate drinks

During your preoperative class before surgery we will discuss the ENERGY project. This project involves carbohydrate drinks before surgery in order to maintain blood sugar during surgery and promote an overall quicker recovery.

Please note: The carbohydrate drinks are only for certain surgery types and you will be directed during your preoperative class if you should take these drinks before surgery.

Carbohydrate drinks include:

- 100% apple juice
- 100% cranberry juice
- 100% pulp-free orange juice
- 100% grape juice
- Stay away from cocktail juice
- Gatorade (original)

Instructions:

- Drink 24 oz the night before surgery.
 - » No specific time frame that night beforehand
- Drink another 24 oz the morning of surgery.
 - » Drink must be finished four hours before your surgery time.

Constipation

During your liquid diet and after surgery, constipation may occur. Remember that food intake is very small compared to before surgery; therefore, bowel movements will be decreased. If stools are hard, be sure to drink an adequate amount of fluid (minimum of 64 ounces per day) between meals. Also when appropriate, include some fiber-containing foods. Below are over the counter medications that you can take to assist with constipation.

Please note: If you have gone 3 or more days without a bowel movement, call the office to speak to one of the nurses.

Over-the-counter medications:

- Stool softeners (ex. Colacer, Senna-S) may take up to 2/day
- MiraLAX® OR Milk of Magnesia 1/day
- Benefiber powder

Diet progression

In the hospital

Start: After surgery, you will begin ice chips and sips of water when ordered by your physician. You will be advanced to Phase 1 diet if you are tolerating ice chips and water.

Phase One

Start: As directed by surgeon

Duration: About one week until first follow-up appointment

Diet: Clear liquids and protein supplements

Goal: Start with 1-2 ounces hourly on day one and advance up to 4-6 ounces of liquid hourly by day two for a total of 64 ounces daily. Reach a minimum of 60 grams (women)/80 grams (men) of protein daily from supplements. Most people will not reach this minimum for several days.

- Clear, diet juice (no citrus) – apple, cranberry, or grape
 - » Limit juice to three servings daily.
- Clear broth or bouillon (low sodium, low-fat)
 - » Chicken, beef, vegetable, bone broth
- Tea or coffee (2 cups per day)
 - » Green, black, herbal (All caffeine free)
 - » No cream or sugar
- Sugar-free gelatin
- Sugar-free Kool Aid,[®] Crystal Light,[®] or Wyler's Light[®]
- Sugar-free popsicles
- Sugar-free sports drinks

Phase Two

Start: As directed by surgeon (approximately one week after surgery)

Duration: About three weeks. New foods will be added one at a time.

Diet: Semi-solid moist foods slowly working up to approximately 1/2 cup each meal

Goal: Remember to eat protein foods first! You need to focus on the volume of food you consume. Initially, you may be able to eat only 1 to 2 tablespoons. Gradually increase the amount of food you eat to 1/2 cup. Use a standard dry measuring cup. Remember to chew thoroughly.

- All foods from previous stages, including protein powders or supplements to meet protein goals.
- Continue protein supplement beverages. (Unflavored whey protein powder can be added to foods to increase protein content.)
- Cream of Wheat, Cream of Rice, or oatmeal, pureed with no lumps
- Unsweetened smooth applesauce
- Cottage cheese – low-fat or non-fat
- Hummus
- Yogurt – non-fat, light (No fruit chunks and less than 10 grams of sugar per serving. Greek yogurt has a higher protein content.)
- Ricotta bake
- Potato – boiled and mashed with skin removed, instant potatoes (Do not eat fried potatoes.)
- Add the following pureed soups – chicken noodle, chicken rice, cream of chicken, cream of mushroom, turkey noodle, vegetarian vegetable, cream of potato, tomato.

- Sugar-free pudding
- Seasonings may be used such as Mrs. Dash, cinnamon, and artificial sweeteners.

Phase Three

Start: Five weeks after surgery

Duration: One week

Diet: Addition of protein foods – meals increase from a few bites up to 1/2 cup each meal (three meals/day)

Goal: Protein: 60 grams for women/80 grams for men per day from meals and supplements

- Deli-shaved chicken or turkey
 - » Many may not tolerate white meat poultry unless it is very moist.
 - » Ham (thinly sliced or chopped)
- Seafood
 - » Moist white fish or shellfish and water pack tuna or salmon, cod, tilapia, haddock
 - » No calamari or other “chewy” seafood and no fried fish
- Lean ground beef, ground turkey, or ground chicken
- Scrambled moist egg
- Tofu and tempeh
- Peanut butter, powdered peanut butter
- Cheese containing less than 5 grams of fat per ounce
- Crackers containing less than 3 grams of fat per serving, such as saltine crackers, no more than three to four
 - » Approximately 2 ounces of solid food (or 2 tablespoons with crackers)

Phase Four

Start: Six weeks after surgery

Duration: Two weeks

Diet: Addition of fruits and vegetables. Remember to continue to eat protein foods first.

Goal: Increasing meal size to 3/4 cup (three meals per day)

- Cold cereals in limited amount of skim milk (low sugar – sugar not listed in the first five ingredients)
 - » No more than 3 grams of sugar per serving
- Vegetables (Peel all skins and soft cook)
 - » Carrots
 - » Squash
 - » Cauliflower
 - » Eggplant
 - » Zucchini
 - » Green beans
 - » Broccoli
- Fruits
 - » Canned peaches, pears (no sugar added, in water or 100% juice)
 - » Fresh apples, peaches, pears (all peeled from the skins)
 - » Watermelon (avoid seeds)
 - » Honeydew, cantaloupe
 - » Bananas
 - » No grapes, citrus, or seeds (blackberries, strawberries, raspberries)

Phase Five

Start: Eight weeks after surgery

Duration: One week

Diet: Whole grain starches. Continue to eat protein foods first.

Goal: Meal size 3/4 cup-1 cup total per meal (three meals per day)

- Pasta (whole-wheat) and brown rice
 - » Use no-sugar-added red sauces with no more than 5 grams of sugar.
 - » Do not use white sauces as they are usually high in fat.
- Bread – whole-wheat recommended
- Rice, quinoa, couscous
- Beans – pinto, kidney, black (not fried), lentils
- Raw, crunchy, peeled vegetables, such as broccoli tops (chew well)
 - » Dill or sugar-free bread and butter pickles
- Raw lettuce (dark leafy greens)

Phase Six

Start: Nine weeks after surgery

Duration: Final phase and ongoing

Diet: Addition of nuts and protein bars. Eat protein foods first.

Goal: Meal size 1 cup of food total

- Grapes, nuts, seeds, unpeeled fruits and vegetables, and raisins
- Low-carbohydrate protein bars
 - » Be aware that many low-carbohydrate protein bars contain sugar alcohols and may cause bloating, gas, and diarrhea.
 - » Look for protein bars that have at least 10 grams protein and less than 10 grams sugar.

3 MONTHS after surgery

- Citrus, lean meat and pork – visible fat trimmed (Chew well - do not fry.)
- Beef jerky

6 MONTHS after surgery

- Sugar-free gum (Do not swallow.)
- Popcorn

Always avoid

- Shredded coconut (not easily digested, but may use sugar-free flavorings)
- Carbonated beverages

Bariatric Plate Example:

Actual plate size: 5 inches

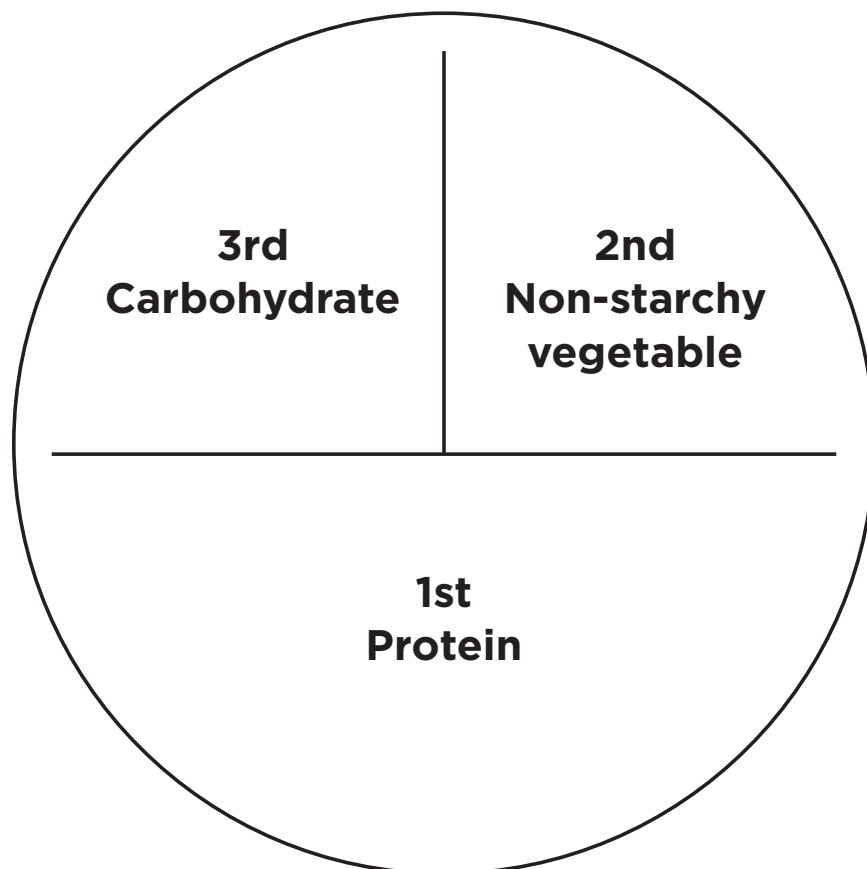
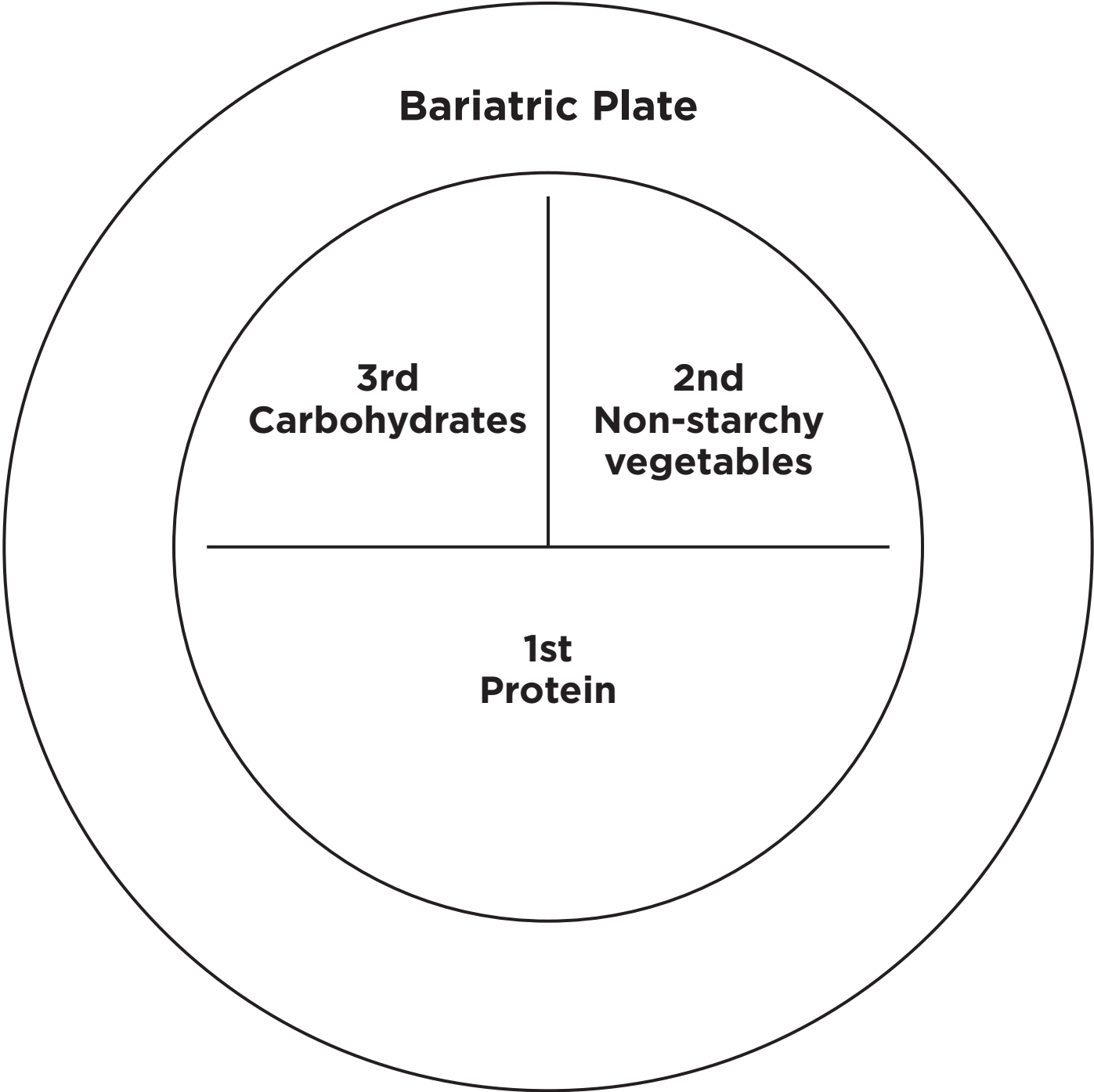


Plate portion guide

(Actual size 5 inches)



Sample bariatric meal plan

Phase One (week one): Portion allowed: 4-6 ounces of sugar-free liquids every hour for a total of 64 ounces daily. Reach minimum of 60 grams (women)/80 grams (men) of protein daily from supplements.

Phase Two (weeks two, three and four) Portion allowed: up to 1/2 cup/meal (= 4 oz or 8 Tbsp)

Breakfast - 7 am	Protein grams
<ul style="list-style-type: none">1/4 cup yogurt (low-sugar Greek, no chunks of fruit)	5
<ul style="list-style-type: none">1/4 cup cooked cereal	2
Protein shakes or protein powders between meals	
Lunch - noon	
<ul style="list-style-type: none">1/4 cup cottage cheese (1% or fat-free)	7
<ul style="list-style-type: none">1/4 cup sugar-free pudding	1
Protein shakes or protein powders between meals	
Dinner - 5 pm	
<ul style="list-style-type: none">1/4 cup pureed chicken noodle soup	3
<ul style="list-style-type: none">1/4 cup mashed potato	2
Total protein (meals)	20

Phase Three (week five): Portion allowed: up to 1/2 cup/meal
(= 4 oz or 8 Tbsp)

Breakfast - 7 am	Protein grams
<ul style="list-style-type: none">• 1/4 cup scrambled egg	7
<ul style="list-style-type: none">• 1/4 cup cooked cereal	2
Protein shakes or protein powders between meals	
Lunch - noon	
<ul style="list-style-type: none">• 2 oz thin deli meat	14
<ul style="list-style-type: none">• 1/4 cup pudding (sugar free)	1
Protein shakes or protein powders between meals	
Dinner - 5 pm	
<ul style="list-style-type: none">• 1/4 cup ground turkey	14
<ul style="list-style-type: none">• 1/4 cup mashed potato	2
Total protein (meals)	40

Sample bariatric meal plan

Phase Four (weeks six and seven): Portion allowed: up to 3/4 cup/meal (6 oz) (12 Tbsp)

Breakfast - 7 am	Protein grams
• 2 oz egg beaters omelette	7
• 2 oz turkey sausage (one patty)	14
Protein shakes or protein powders between meals	
Lunch - noon	
• 1 Tbsp peanut butter	7
• 2-4 crackers	2
• 1/2 banana	0
Protein shakes or protein powders between meals	
Dinner - 5 pm	
• 2 oz baked fish	14
• 1/4 cup potatoes	2
• 1/4 cup carrots	1
Total protein (meals)	47

Lap bands complete adding food groups after week six.

Sample bariatric meal plan

Phases Five and Six (weeks eight and nine): Portion allowed: up to 1 cup/meal (8 oz) (16 Tbsp)

Breakfast - 7 am	Protein grams
• 1/2 cup oatmeal + 1 egg	3
• 1/4 cup of canned fruit	0
Protein shakes or protein powders between meals	
Lunch - noon	
• 1/2 cup of tuna	14
• 4 crackers	1
• 1 string cheese	7
Protein shakes or protein powders between meals	
Dinner - 5 pm	
• 3 oz grilled salmon	21
• 1/4 cup green beans	1
• 1/4 cup of whole wheat pasta	2
Total protein (meals)	49

Food groups to choose and limit

Food groups	Foods to choose	Foods to limit
Grains	<ul style="list-style-type: none"> • High protein cereal such as Kashi® Go Lean • Sugar-free hot cereal such as Quaker® Weight Control or sugar-free oatmeal • High protein pasta such as Barilla Protein+® • Brown rice • Low carbohydrate or light bread • Light popcorn, such as Skinny Pop® • Whole grain bread and pasta • Whole grain crackers • Whole grain tortillas and low-carb tortillas 	<ul style="list-style-type: none"> • Pretzels and chips • Granola bars • Stuffing • Cakes, cookies, and other pastries • Pretzels and chips • Granola bars
Vegetables	<ul style="list-style-type: none"> • All leafy green vegetables • Peppers • Beans (chew well) • Broccoli • Tomatoes • Most other varieties of vegetables 	<ul style="list-style-type: none"> • Starchy vegetables: peas, corn, and potatoes • French fries • Fried vegetables • Limit sauces and butters
Fruit	<ul style="list-style-type: none"> • Apples and pears • Canned fruit in light syrup or juice, rinse off prior to eating. 	<ul style="list-style-type: none"> • Fruit juice • Dried fruit

Food groups	Foods to choose	Foods to limit
Fruit <i>Continued</i>	<ul style="list-style-type: none"> • Bananas • Melon • Frozen fruit (no sugar) • Most other varieties of fruit 	<ul style="list-style-type: none"> • Canned pie fillings/frostings
Dairy	<ul style="list-style-type: none"> • Skim or 1% milk • Lactaid® milk • Plain or light soy milk • Sugar-free yogurt • Reduced-fat cheese • Fat-free cheese singles • Low-fat or fat-free cottage cheese • 2% or part-skim shredded cheese 	<ul style="list-style-type: none"> • Whole milk • Full-fat cheese • Frozen yogurt • Ice cream • Creamer • Sour cream • Whipped cream
Meat	<ul style="list-style-type: none"> • Lean ground chicken, turkey, or beef (94% lean or better) • Baked or broiled fish • Thinly shaved lean luncheon meat (turkey, chicken, or ham) • Moist skinless poultry • Shellfish • Egg, egg substitute, or egg white • Beans • Meat-alternative products 	<ul style="list-style-type: none"> • Fried chicken and fish • High-fat beef such as ground chuck, prime cuts, and ribs • High-fat luncheon meats such as bologna, salami, and pepperoni • Processed meat such as sausage, hot dogs, bacon, and hamburgers • Poultry with skin or dark meat • Fish in butter or cream sauce

Food groups to choose and limit

Food groups	Foods to choose	Foods to limit
Fats	<ul style="list-style-type: none"> • Olive or canola oil • Light butter or margarine • Reduced-fat salad dressing, cream cheese, or sour cream • 6-10 almonds or walnuts (chew thoroughly) • 1 Tbsp avocado • 1 Tbsp ground flaxseed • Reduced-fat Miracle Whip or mayonnaise 	<p>All fats are very high in calories, overconsumption will stop your weight loss!</p> <ul style="list-style-type: none"> • All frying oils • Butter or margarine • Regular salad dressing
Condiments	<ul style="list-style-type: none"> • Salsa • Relish • Pickles • Salt-free seasonings and spices • Ketchup and mustard • Spray butter • Fat-free salad dressing, cream cheese, sour cream, Miracle Whip, and mayonnaise • Fat-free Cool Whip 	<ul style="list-style-type: none"> • Full-fat Miracle Whip and mayonnaise • Chocolate or caramel sauce • Sweet and sour sauce • Low sugar BBQ sauce

Reading the food label

Check the nutrition facts on food labels for nutrient information.

- The nutrition facts information is based on a standard serving size.** However, that serving size may not be the same as the serving size used in carbohydrate counting.
- Always start by checking the serving size on the label.** Is this the serving size you will be eating? How many servings are in the package?
- The label shows how many calories are in the standard serving.** It also lists the amount of fat, cholesterol, sodium, and some vitamins and minerals. Talk to your dietitian to learn about your goals for these nutrients. If foods are very low in calories (less than 20 calories per serving) or carbohydrates (less than 5g carbohydrate per serving), you may not need to count them. Ask your dietitian about these “free” foods.
- Next look at the total carbohydrate.** It is measured in grams (g). (1 carbohydrate serving is the amount of food with 15g carbohydrate.) You don’t need to count grams of sugars. They are included in the total carbohydrate.
- Then look at the protein.** It is measured in grams (g). When selecting a high protein source, choose foods with 4 grams or more per serving.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

After surgery

Dumping syndrome

“Dumping” occurs when too many simple carbohydrates (the type of carbohydrate found in table sugar, ice cream, regular soda, juice, candy, and other desserts) or fatty foods enter the intestines too quickly after eating. Symptoms include abdominal fullness, nausea, cramping, or abdominal pain followed by diarrhea. Patients also report feeling warm, dizzy, weak, or faint. They sometimes experience an increased heart rate or may break out into a cold sweat. To avoid dumping, avoid simple sugars and fatty foods.

Nausea and vomiting

One of the causes of nausea and vomiting is noncompliance with nutrition guidelines; therefore, following the provided guidelines is very important. If you have any problems with nausea and/or vomiting, ask yourself the following questions and modify your behavior(s) appropriately:

- Did I eat or drink too quickly?
- Did I drink fluids with my meal or too soon before/after the meal?
- Am I eating more than I should?
- Am I chewing solid foods until they resemble a pureed consistency?
- Did I lie down too soon after my meal?
- Did I eat hard-to-digest foods such as tough meat or fresh bread?
- Did I eat foods from the next stage of the menu plan before being cleared by the physician to do so?
- Am I getting enough protein?

Repeated vomiting may cause stress on the new stomach and result in irritation – or even worse, rupture – of the staple line. If vomiting persists throughout the day, do not eat solid foods. Return to consuming only clear liquids. If symptoms persist for more than 24 hours, contact your physician.

Lactose intolerance

Tolerance of dairy products will vary among individuals. Be aware that many people develop lactose intolerance after surgery. Lactose-free milk such as Lactaid® is recommended. Lactaid chewable tablets are also available. Lactose-free protein shakes are available.

Constipation

During your liquid diet and after surgery, constipation may occur. Remember that food intake is very small compared to before surgery; therefore, bowel movements will be decreased. If stools are hard, be sure to drink an adequate amount of fluid (minimum of 64 ounces per day) between meals. Also when appropriate, include some fiber-containing foods. Below are over-the-counter medications that you can take to assist with constipation.

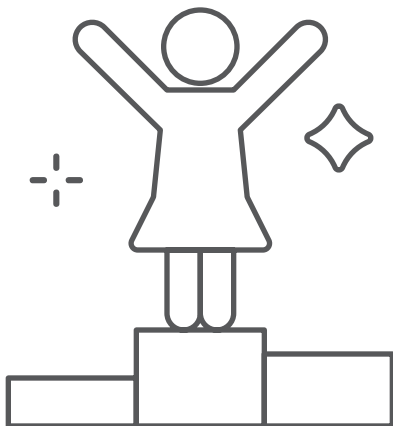
Please note: If you have gone 3 or more days without a bowel movement, call the office to speak to one of the nurses.

Over the counter medications:

- Stool softeners (ex. Colace, Senna-S) may take up to 2/day
- MiraLAX OR Milk of Magnesia 1/day
- Benefiber powder

Goals for a lifetime of success

- Always eat your protein foods first.
- Continue to drink minimum of 64 ounces of sugar-free fluids daily (water or a calorie-free beverage is preferred).
- Develop healthy eating habits.
- Eat only when hungry and stop at first sign of fullness.
- Eat three small healthy meals a day. Some people may require one to two small high protein, sugar-free snacks between meals.
- Follow low-fat, sugar-free guidelines.
- Chew your food thoroughly. This will aid in digestion and food tolerance.
- Remember to take the recommended bariatric surgery vitamins for life.
- Exercise daily 30-45 minutes or as instructed by the bariatric nurse or physician.
- Attend support groups. Visit **ssmweightloss.com** for a list of support group topics and special events.
- Follow the SSM Health Weight Management Services page on Facebook.



Suggested fluid list

Below is a list of choices to help you get 64 ounces of fluid daily. Remember, it is very important to stay hydrated. If you are having trouble getting your fluids in, start using your timer again. You can set an alarm clock on your cell phone and have it go off every 15-30 minutes to remind you to drink. Also, remember to choose beverages that are caffeine-free and not carbonated.

Juice rule: If the juice has less than 15 grams of carbohydrates per 8 ounces, you do not have to dilute. If the juice has more than 15 grams of carbohydrates per 8 ounces, dilute with equal parts of water. Do not drink more than 4 ounces of either juice per hour.

Tea and coffee rule: Limit caffeine intake to 16 oz per day. If the product does not say “caffeine-free” or “decaf,” it contains caffeine. Green tea and white tea are included in this rule.

- **Wyler's® Light**
- **Sugar-free Kool-Aid®**
- **Sugar-free Hawaiian Punch®**
- **Decaf tea**
- **Decaf coffee**
- **Sugar-free Tang®**
- **Fuze Slenderize®**
- **Lipton® Teas To-Go**
- **Flavored water:** Aquafina® FlavorSplash, MiO®, Dasani® Flavors, etc.
- **Crystal Light®:** all flavors except for the “energy brand” which contains 60-120mg caffeine per serving/bottle
- Make your own flavored water by adding lemon, lime, or cucumbers
- Make your own flavor! Add **sugar-free coffee syrups** to any liquid. They are also great for mixing in with protein shakes to change the flavor.

Exercise: The key to weight control

Cleaning the bathroom burns a lot more calories than watching the TV. In fact, most light household chores burn twice as much as sitting. This chart will show you how being more active makes a big difference in the number of calories you burn. Make a pact with yourself now to sit less and move more!

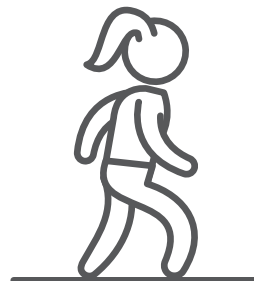
How often? On most days:

30 minutes - to prevent chronic disease

60 minutes - to prevent weight gain

60-90 minutes - to sustain weight loss

- Setting aside 30 to 60 consecutive minutes each day for planned exercise is one way to make room for physical activity, but it is not the only way.
- Physical activity can be cumulative; for example, try three to six sessions (10 minutes each) over the course of a day.
- Take a look at this example to see how easy it is to fit 60 minutes of moderate activity in your day:
 - » Cleaning the house for 10 minutes
 - » Walking briskly at lunch for 10 minutes
 - » Cooking dinner for 10 minutes
 - » Exercise with home video for 30 minutes



Watching TV, computer	38
Moderate activity	
Laundry, folding clothes	76
Making the bed	76
Preparing dinner	78
Washing dishes	81
Vacuuming, sweeping	90
Walking (slowly)	110
Grocery shopping	129
Cleaning the bathroom	129
Washing the car	163
Gardening	172
Very active	
Working out at the gym	200
Yoga	210
Walking (briskly)	211
Aerobics	215
Biking easily on flat road	235
Soccer	250
Spinning	254
Swimming	321
Jogging	360
Kickboxing	384

Tips for your bone health

When you lose weight quickly, you also risk losing bone mass. Because of this, it is important to have well-rounded nutrition to maintain your bone health after bariatric surgery.

Ways to prevent bone fractures:

Eat your protein three meals/day and snacks.

- Protein helps maintain/build muscle and bones, and helps heal fractures.
- Eat the minimum daily goal for protein based on your procedure.

Take your calcium/vitamin D supplements as recommended in addition to eating foods with calcium.

- Take 500mg three times a day for a daily recommendation of 1200-1500mg.
- Take supplements at least two hours apart.

Avoid packaged, processed, and restaurant/fast foods that are high in sodium.

- Foods high in sodium can cause calcium to be excreted in the urine.
- Consume less than 2400mg per day.

Exercise regularly and include strength training with your exercise.

Attend your follow-up appointments as recommended to assess nutrient deficiencies.

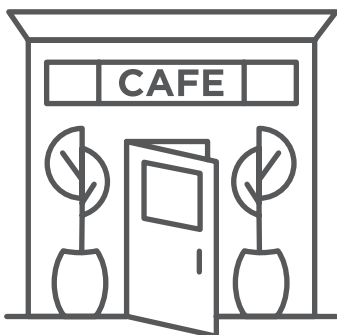
Tips for dining out

Once solid foods are tolerated, feel free to enjoy dining out with family and friends. However, be aware about the choices made, the quantity eaten, and the length of time it takes to eat. It is very important that foods are chewed thoroughly. The following tips can help you make good choices when dining out:

Plan ahead: Decide what to order before going to the restaurant. Most restaurants have a menu available online. Once the main course arrives, decide how much to eat and stick to it. Ask for a to-go box when you order, after sectioning off your intended portion for this meal, immediately place the rest in the to-go box to be used for meals later in the week. Ask that the complimentary bread and chips not be placed on the table.

Be familiar with menu descriptions: Breaded, fried, creamed, scalloped, au gratin, and rich means extra calories and fat. Instead choose items that are poached, roasted, boiled, steamed, or stir-fried, as they are usually lower in fat.

Ask about serving sizes: Restaurants may not be able to accommodate every request, but most will try to make reasonable changes or assist in making appropriate choices. Request half portions, share a full entrée with a dining partner, or order a la carte. Some restaurants permit ordering off the children's menu.



Ask about ingredients and preparation: Ask if vegetables and meats are cooked and served with fats such as cream, butter, or sauce. Always request that sauces or dressings be omitted or served on the side; then use sparingly or not at all. Broiled, grilled, baked, steamed, or poached fish, poultry, and seafood are excellent choices. Many entrees are basted with large amounts of fat. Ask to have the entrée prepared without added fat and for chicken to be prepared without skin or request lemon juice or a non-fat item to be used instead.

Ask for items that are not on the menu: Non-fat or low-fat milk is usually available upon request. Light, broth-based soups and fresh fruit are often available, even though they may not be included on the menu.

Skip the bread: It may not be well tolerated. Instead, request low-fat crackers such as saltine crackers.

Caution at the salad bar: Be careful with salad dressings, toppings, and creamy salads (potato, macaroni, and coleslaw). These items are high in fat and calories. Use sparingly, if at all. Remember to control portion sizes.

Limit desserts: They contain unnecessary calories and can cause “dumping.” Instead, try fresh fruit or a no-sugar-added dessert, if available.

No alcoholic beverages: They are not only high in calories, but can irritate the new stomach. After one year, you may incorporate small amounts of alcohol occasionally, with physician approval only. Check with the nurse or doctor to see if this is an appropriate choice for you.

Always remember to follow the same eating principles observed at home when dining out.

Strategies for special occasions

Before the gathering:

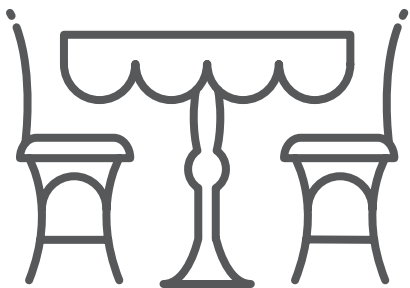
1. Talk to the hostess about the food that will be served, if possible.
2. Plan to take a low-calorie dish as a friendly gesture.
3. Plan what you will eat prior to the meal.
4. Eat something low in calories, which is filling, before leaving home.
5. Arrive late enough to miss the appetizers if a time is designated for hors d'oeuvres.

Slow down:

1. Choose foods that take time to eat.
2. Select small portions.
3. Lay your utensil down in between each bite.
4. Engage in conversation.

Avoid grazing:

1. Station yourself away from the food.
2. Engage in activities that prevent eating (playing cards, recreational sports).
3. Carry a drink and sip it.
4. Volunteer to help clear.
5. Find a good excuse to leave the table and hope others follow.

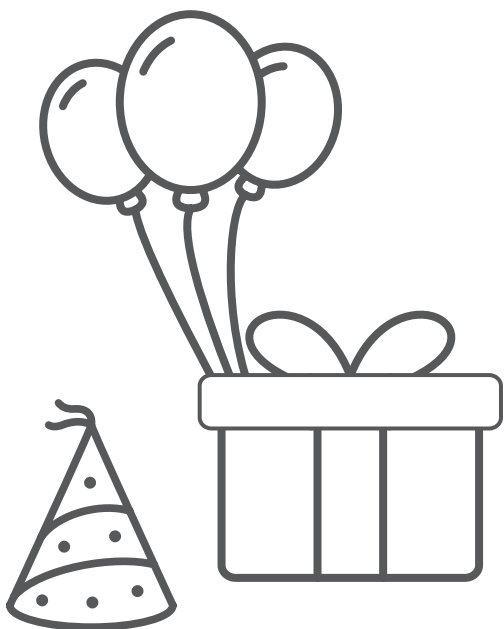


Choose less:

1. Take small servings.
2. Compliment the host/hostess with words rather than second helpings.
3. Leave some food on your plate (most people do).
4. Eat more of the low-fat choices if you are still hungry (vegetables, fruit, and plain breads).

When all else fails:

1. Explain your commitment to light dining.
2. Use your partner as an ally.
3. Remember, you are in control.



Rules of the road

Your stomach has been altered in size. As a result, changing the way in which you eat is essential. Your relationship with food must change. These five rules **must** be followed for the rest of your life. They apply to all phases of diet progression and are non-negotiable.

1. Eat slowly ... but not too slow.

- Take 15-20 minutes to eat each meal. Consider placing your fork or spoon down in between each bite. Focus on the taste, mouth feel, and texture of each bite.
- Stop eating the moment you feel satisfied. **One additional mouthful can cause discomfort.**
- **Be cautious not to extend your meal beyond 30 minutes.** Do not remain sitting at the table until you can finish the plate. Once you feel full, remove yourself from the table to prevent overeating.
- **EVERY MEAL HAS A BEGINNING AND AN END.**

2. Drink in between your meals.

- **Stop drinking 15 minutes prior to a meal and DO NOT resume drinking until AT LEAST 30 minutes after the meal ends.**
- Avoid eating and drinking at the same time. Mixing liquid and food turns the stomach contents into a “slushy” consistency. The food will empty out of the stomach pouch quicker resulting in increased food intake and the feeling of hunger after eating. The goal of eating is to fill the stomach pouch with solid foods and allow it to slowly empty over several hours. This will help keep you full and satisfied.
- Avoid all beverages containing calories. These liquids pass right through the stomach pouch and all calories are absorbed.

3. Choose solid foods, focusing on the 2 P's.

- Solid foods leave you feeling full and satisfied.
- **AT EVERY MEAL, ALWAYS CONSUME YOUR PROTEIN FIRST!** Protein sources include the following: beef, chicken, pork, turkey, fish and shellfish, dairy, eggs, and beans.
- When you eat think “Protein and Produce.” You may follow protein with non-starchy vegetables and fruit (starchy vegetables are peas, corn, potatoes, and winter squash).
- Foods high in carbohydrates such as breads, rice, pasta, or potatoes should be **whole grain and used in limited portions.**

4. Eat only when you are hungry and avoid grazing.

- Picking or grazing all day long will never result in a feeling of satisfaction and stomach pouch fullness. Your stomach pouch is designed to fill up and slowly empty. Over time snacking, picking, or grazing will add extra calories defeating the restrictive component of surgery resulting in weight regain.
- If you suspect that you are snacking, grazing, or picking, start keeping a food log to raise awareness and identify areas to improve.

5. Choose nutrient-dense foods.

- Ask yourself “What is in this food that is making me healthy?”
- Nutrient dense foods are foods that are low in calories but provide a wide variety of vitamins, minerals, and nutrients. By choosing these foods, you will ensure that your nutritional needs are met and increase your level of satisfaction and fullness after eating.

Daily success habits weekly check-up

Success habits principle	Sun	Mon	Tue	Wed	Thur	Fri	Sat
I will do my best to master the success habits for one more day.							
I feel in control of myself.							
I took responsibility for my actions today.							
I ate the proper quantity of food.							
I ate three meals and took 15-20 minutes to eat.							
I ate only what I planned to eat.							
I ate protein first at each meal.							
I avoided refined carbohydrates.							
I drank at least 64 ounces of fluid.							
I did not drink carbonated beverages.							
I did not eat and drink together.							
I exercised 20-60 minutes.							
I exercised within my target heart rate zone.							
I made an effort to be more active.							

Success habits principle	Sun	Mon	Tue	Wed	Thur	Fri	Sat
I took my bariatric vitamins.							
I took my calcium.							
I took iron and/or B12 as prescribed, if applicable.							

This week I struggled with: _____

This week my successes were: _____

My action plan for the coming week is: _____

Helpful bariatric websites:

bariatricadvantage.com

vitalady.com

unjury.com

BariatricEating.com

bariatricshop.com

myfitnesspal.com

bariatricpal.com

obesityhelp.com

fitday.com

calorieking.com

procarenow.com

Additional resources:

Bariatric associations

Obesity Action Coalition

Jo Nadglowski, President, CEO

obesityaction.org

Legal counsel

Obesity Law and Advocacy

Center, Walter Lindstrom

obesitylaw.com

Bariatric events

bariatricsupportcenter.com

Support groups

International support

group registry

bariatricsupportgroups.com

Bariatric life coaching

Bariatric University

bariatricsupportcenter.com

Support group leader

training and resources

bariatricsupportcenter.com

Bariatric support

BSCI Dream Team

bariatricsupportcenter.com

Vitamins and supplements

Bariatric Advantage

bariatricadvantage.com

ProCare

procarenow.com

Bariatric newsletters and journals

Bariatric Times - professional

peer reviewed publication

bariatrictimes.com

Record of progress-weight loss chart

bariatricsupportcenter.com

Toll free: 800-339-9129

OH Magazine - obesity help

obesityhelp.com

BSCI eNewsletter

Bariatric Support Centers Intl.

bariatricsupportcenter.com








Protein/vegetable recipes

Toll free: 800-339-9129

bariatricsupportcenter.com

chefdave.org

Weekly food diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast grams of protein							
Lunch grams of protein							
Dinner grams of protein							
Snacks grams of protein							
Supplements multivitamin, calcium, D3, B12							
Fluids	 64 ounces	 64 ounces	 64 ounces	 64 ounces	 64 ounces	 64 ounces	 64 ounces
Exercise:							

Minimum 60 grams protein daily for women and minimum 80 grams for men.

Goals

Month 1 Goals: _____

Progress: Goal Met Progress Toward Goal

Unable to Meet Goal

Comments: _____

Month 2 Goals: _____

Progress: Goal Met Progress Toward Goal

Unable to Meet Goal

Comments: _____

Month 3 Goals: _____

Progress: Goal Met Progress Toward Goal

Unable to Meet Goal

Comments: _____

Month 4 Goals: _____

Progress: Goal Met Progress Toward Goal
 Unable to Meet Goal

Comments: _____

Month 5 Goals: _____

Progress: Goal Met Progress Toward Goal
 Unable to Meet Goal

Comments: _____

Month 6 Goals: _____

Progress: Goal Met Progress Toward Goal
 Unable to Meet Goal

Comments: _____



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