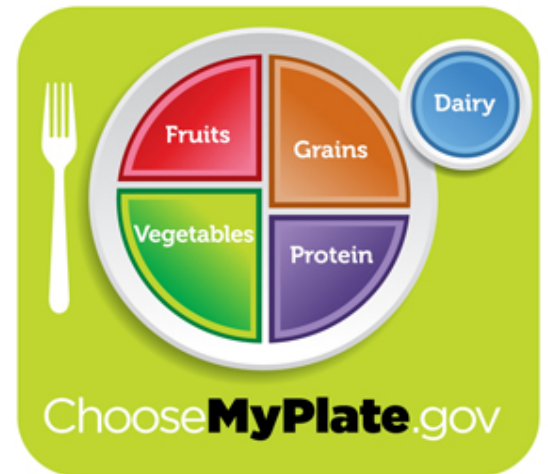


# Healthy Eating Before Bariatric Surgery

## Low Fat, Low Sugar, Healthy Diet

Healthy eating involves choosing a variety of low fat, low sugar foods most of the time. Eating **fruits and vegetables** each day will provide fiber, vitamins, and minerals – nutrients that help keep us healthy! To help with satiety – or feeling full – during weight loss, choose **protein-rich foods** in addition to vegetables and fruit at each meal. Protein-rich foods include lean meat, poultry, fish, eggs, beans, low-fat dairy products. Whole grains should be eaten in moderation – i.e. with “My Plate” whole grains would fill no more than  $\frac{1}{4}$  of the plate at each meal.



## Making Healthy Food Choices

### Protein Foods

- Choose low fat protein foods to eat at every meal.
- 3 ounces is considered 1 portion of meat, poultry and fish.
- Bake, grill or broil meats and choose low fat sauces to avoid adding a lot of extra calories.
- Limit regular cheese to 1 ounce per day (you may have 2 ounces if it is fat-free or reduced-fat).

### Dairy

- Goal: choose low fat dairy foods 2-3 times per day
- Low fat dairy foods are good sources of protein, vitamin D, and calcium.
- Try mixing protein powder with cow's milk or soy milk as a calorie-controlled, high protein snack.
- Light yogurt or 1 ounce of low fat cheese with 1 cup fruit may also be a good snack option.

## **Vegetables**

- Goal: eat 3-5 servings of vegetables per day!
- Add vegetables to each meal and snack.
- Vary the colors of vegetables you choose, such as dark leafy greens, red bell pepper, orange carrots, purple eggplant.
- To get more servings of vegetables each day consider having vegetable juice, such as V8®, and vegetable soups.



## **Fruit**

- Goal: eat 2-3 servings of fruit per day!
- Avoid 100% fruit juice and other sugar sweetened juice because these are too high in sugar and calories.

## **Grains & Cereals**

- Choose whole grains, such as oatmeal, quinoa, brown rice, whole wheat pasta, and whole wheat tortillas.
- Avoid sugar coated cereals.
- White breads and rice may not be well tolerated after surgery and calories can add up fast with these foods!

## **Fats & Oils**

- Avoid most added fats such as butter, margarine, mayonnaise, salad dressings, cream, lard, bacon grease, shortening, and sour cream.
- Limit the following to 1-2 teaspoons per day: olive oil, canola oil, peanut oil, low fat salad dressing, low-fat mayonnaise.

## **Sugar**

- Avoid simple sugars, which are found in candy, cookies, ice cream, table sugar, donuts, cake, honey, syrup, pies, sherbet, jelly, and fruit juice.