

Sleeve/Gastric Bypass/SIPS/ESG- Regular Diet

Start week 13

Protein/Protein Foods 5-6 Servings per day	Carbohydrates 4-5 Servings per Day	Fats 4-5 Servings per Day
<p>1 serving of meat/seafood = 2 ounces = 16 grams of protein</p>	<p>1 serving of a carbohydrate = 5-15 grams of net carbohydrates</p>	<p>1 serving of fat = 5 grams</p>
Food Items	Food Items	Food Items
<p><u>Meats/Seafood:</u> (3-4 ounces) -Fish -Poultry -Pork -Lean red meat -Lean lunch meat -Shellfish</p> <p><u>Dairy:</u> (½ - 1 cup) -milk (1% or skim) -yogurt (low carb, low fat) -cottage cheese (1%-2%) -soy milk (plain or vanilla) -reduced fat cheese -part skim ricotta cheese -string cheese</p> <p><u>Eggs:</u> -hard/soft boiled -egg salad -scrambled -fried eggs -egg beaters</p>	<p><u>Vegetables:</u> (½ cup cooked or 1 cup raw) -non-starchy vegetables -broccoli -cauliflower -salad greens -spinach -carrots -tomato -cabbage</p> <p><u>Fruits:</u> (½ cup) (limit 1-2 servings per day) -canned (in water or own juice) -citrus fruit (remove membrane) -fresh fruit (serving size vary) -100% juice (no sugar added)</p> <p><u>Grains/Cereals:</u> -cooked cereal -cold unsweetened cereal -whole grain breads -crackers</p>	<p><u>Unsaturated Fats:</u> -vegetable oils -margarine -mayonnaise -salad dressing (oil and vinegar base)</p>

<p><u>Plant Proteins:</u> -beans (½ cup) -lentils (½ cup) -tofu -natural peanut butter (no sugar added)</p>	<p><u>Starches:</u> (⅓-½ cup) Limit 1 serving per day -mashed potatoes -baked potato (no skin) -sweet potato (no skin) -peas (canned) -corn -pasta -rice</p>	
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Fluids (minimum 6-8 cups daily)

Consume sugar free and carbonated free beverages throughout the day.

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| -Water | -Sugar free kool-aid | -Fruit O2 |
| -Crystal light | -Propel fitness water | -Powerade Zero |
| -Decaf tea | -Decaf coffee | -Sugar free jello |
| -Broth | -MIO | |

FOODS TO AVOID

- Soft breads, doughnuts, pastries
- Sugar and sweets (table sugar, cakes, cookies, pies)
- High fat meats (bacon, sausage, ham, salami)
- High fat foods (butter, cream cheese, whole milk, ice cream, sour cream, creamy salad, regular mayonnaise)
- Vegetables prepared with fat, sugar, or cream.
- Fruits canned in light or heavy syrup
- Sweetened cereals
- High fat snack crackers and chips
- Breaded meats (chicken finger, breaded fish)
- Fried foods (chicken nuggets, cheese sticks, fried fish)
- Sweetened/sugary beverages (regular soda, sweet tea)

Permanent Behavior Changes for Success

- Plan to eat 3 meals and 2 snacks
- Make sure protein is the primary focus
- Set aside 20-30 minutes for planned meals and 10-15 minutes for snacks
- Eat slowly
- Take small bites
- Chew thoroughly (puree consistency)
- Avoid skipping meals
- Avoid drinking with meals, wait 20-30 minutes after meals to drink
- No eating 3 hours prior to bed