

## Sleeve/Gastric Bypass/SIPS/ESG/Band- Regular Diet

Duration: \_\_\_\_\_

Protein/Protein Foods 5-6 Servings per day	Carbohydrates 4-5 Servings per Day	Fats 4-5 Servings per Day
1 serving of meat/seafood = 2 ounces = 16 grams of protein	1 serving of a carbohydrate = 5-15 grams of net carbohydrates	1 serving of fat = 5 grams
Food Items	Food Items	Food Items
<p><b><u>Meats/Seafood:</u></b> (3-4 ounces)</p> <ul style="list-style-type: none"> <li>-Fish</li> <li>-Poultry</li> <li>-Pork</li> <li>-Lean red meat</li> <li>-Lean lunch meat</li> <li>-Shellfish</li> </ul> <p><b><u>Dairy:</u></b> (½ - 1 cup)</p> <ul style="list-style-type: none"> <li>-milk (1% or skim)</li> <li>-carbmaster milk</li> <li>-fairlife milk</li> <li>-unsweetened almond milk</li> <li>-unsweetened soy milk</li> <li>-yogurt (low carb, low fat)</li> <li>-cottage cheese (1%-2%)</li> <li>-reduced fat cheese</li> <li>-part skim ricotta cheese</li> <li>-string cheese</li> </ul> <p><b><u>Eggs:</u></b></p> <ul style="list-style-type: none"> <li>-hard/soft boiled</li> <li>-egg salad</li> <li>-scrambled</li> <li>-fried eggs</li> <li>-egg beaters</li> </ul>	<p><b><u>Vegetables:</u></b> (½ cup cooked or 1 cup raw)</p> <ul style="list-style-type: none"> <li>-non-starchy vegetables</li> <li>-broccoli</li> <li>-cauliflower</li> <li>-salad greens</li> <li>-spinach</li> <li>-carrots</li> <li>-tomato</li> <li>-cabbage</li> </ul> <p><b><u>Fruits:</u></b> (½ cup) (limit 1-2 servings per day)</p> <ul style="list-style-type: none"> <li>-canned (in water or own juice)</li> <li>-citrus fruit (remove membrane)</li> <li>-fresh fruit (serving size vary)</li> <li>-100% juice (no sugar added)</li> </ul> <p><b><u>Grains/Cereals:</u></b></p> <ul style="list-style-type: none"> <li>-journeylite oatmeal</li> <li>-breads (refer to the bread handout)</li> <li>-crackers (refer to the cracker handout)</li> </ul>	<p><b><u>Unsaturated Fats:</u></b></p> <ul style="list-style-type: none"> <li>-oils (olive, avocado)</li> <li>-salad dressing (oil and vinegar base)</li> </ul> <p><b><u>Saturated Fats:</u></b> (Use Sparingly)</p> <ul style="list-style-type: none"> <li>-butter</li> <li>-mayonnaise</li> <li>-cream cheese</li> <li>-sour cream</li> </ul>

<p><b><u>Plant Proteins:</u></b>          -beans (½ cup)          -lentils (½ cup)          -tofu          -natural peanut butter (no sugar added)</p>	<p><b><u>Starches: (1/3-1/2 cup)</u></b>  <b>Limit 1 serving per day</b>          -mashed potatoes          -baked potato (no skin)          -sweet potato (no skin)          -peas (canned)          -corn          -pasta          -rice</p>	
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<p><b><u>Fluids (minimum 6-8 cups daily)</u></b></p> <p><b>Consume sugar free and carbonated free beverages throughout the day.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;">-Water</td> <td style="width: 33%; border: none;">-Sugar free kool-aid</td> <td style="width: 33%; border: none;">-Fruit O2</td> </tr> <tr> <td style="border: none;">-Crystal light</td> <td style="border: none;">-Propel fitness water</td> <td style="border: none;">-Powerade Zero</td> </tr> <tr> <td style="border: none;">-Decaf tea</td> <td style="border: none;">-Decaf coffee</td> <td style="border: none;">-Sugar free jello</td> </tr> <tr> <td style="border: none;">-Broth</td> <td style="border: none;">-MIO</td> <td></td> </tr> </table>			-Water	-Sugar free kool-aid	-Fruit O2	-Crystal light	-Propel fitness water	-Powerade Zero	-Decaf tea	-Decaf coffee	-Sugar free jello	-Broth	-MIO	
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<p><b><u>FOODS TO AVOID</u></b></p> <ul style="list-style-type: none"> <li>- Soft breads, doughnuts, pastries</li> <li>- Sugar and sweets (table sugar, cakes, cookies, pies)</li> <li>- High fat meats (bacon, sausage, ham, salami)</li> <li>- High fat foods ( whole milk, ice cream, creamy salad)</li> <li>- Vegetables prepared with fat, sugar, or cream.</li> <li>- Fruits canned in light or heavy syrup</li> <li>- Sweetened cereals</li> <li>- High fat snack crackers and chips</li> <li>- Breaded meats (chicken finger, breaded fish)</li> <li>- Fried foods (chicken nuggets, cheese sticks, fried fish)</li> <li>- Sweetened/sugary beverages (regular soda, sweet tea)</li> </ul>
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<p><b><u>Permanent Behavior Changes for Success</u></b></p> <ul style="list-style-type: none"> <li>- Plan to eat 3 meals and 2 snacks</li> <li>- Make sure protein is the primary focus</li> <li>- Set aside 20-30 minutes for planned meals and 10-15 minutes for snacks</li> <li>- Eat slowly</li> <li>- Take small bites</li> <li>- Chew thoroughly (puree consistency)</li> <li>- Avoid skipping meals</li> <li>- Avoid drinking with meals, wait 20-30 minutes after meals to drink</li> <li>- No eating 3 hours prior to bed</li> </ul>
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