

# Nutrition Guidelines

## Protein

Protein is essential for building and repairing cells and body tissues. Protein comes from both plant and animal foods including meat, eggs, beans, dairy, soy, nuts and seeds. Be sure to include a source of protein at every meal and snack. Always eat high protein foods first at meals. This will help you to feel full and help to stabilize blood sugar levels. You need to consume at least 80 grams of protein every day.

## Fat

Fat is an important part of your diet, but it also is high in calories. Fat keeps your brain and nerves healthy and helps build hormones and other molecules. Fat comes from many foods including meat, eggs, dairy, nuts and seeds. Avoid adding extra fat to foods and foods that are fried in oil. Use only a small amount of cooking oil or cooking sprays when preparing food. Baking, grilling, boiling and steaming are cooking methods that do not add extra fat.

## Carbohydrates

The most nutrient-dense sources of carbohydrates are non-starchy vegetables and fruits. These foods contain fiber, vitamins and minerals. Choosing these sources of carbohydrates gives your body the nutrients it needs to stay healthy and keeps you feeling full for longer. They can be fresh, frozen, canned (in water or 100% juice) or dried (with no added sugar).

Other sources of carbohydrates include starchy vegetables (potatoes, peas and corn) and grains (bread, tortillas, crackers, cereal, rice, oatmeal, pasta). These foods are higher in calories and are less nutrient dense and **should be avoided**.

## Sugar

Sugars are the smallest type of carbohydrate and are absorbed and digested quickly by the body. Many nutritious foods naturally contain sugar, including dairy products, fruits and vegetables. These natural sugars, as part of a balanced meal or snack, are appropriate to include in your diet, but should not be eaten alone.

The serving size for fruit is  $\frac{1}{2}$  cup fresh, frozen or canned in juice, or  $\frac{1}{4}$  cup dried (no sugar added).

Added sugars are found in many packaged and processed foods including dairy desserts (ice cream, pudding), grain-based desserts (cakes, brownies, cookies, donuts), sugar-sweetened beverages (sodas, energy drinks, sports drinks and sweetened coffee and tea) and sweets (candy, jam, syrups). These foods are typically low in other nutrients and high in calories. They also can lead to dumping syndrome and should be avoided.

Zero-calorie sweeteners (Truvia, Splenda, monk fruit, erythritol, etc.) are acceptable alternatives.

## Fluid

Water helps your body eliminate waste products. You need at least 64 ounces of fluids per day. Heat and exercise will increase how much you need. This can include water, ice chips, sugar-free popsicles, sugar-free Jell-O, Crystal Light or other sugar-free flavorings, coffee and unsweet tea.

Beverages should be consumed apart from meals. Wait at least 30 minutes after a meal before drinking anything and 15 minutes before a meal. All beverages should be low in calories (less than 20) or calorie free and should be non-carbonated.

## Nutrition Labels

Nutrition labels tell you the nutrients in *one serving* of a food.

- Look at the serving size first, and the number of servings per container.
- Look for added sugars. This should be less than 5 grams. Total sugar should be less than 10 grams.
- Look at the amount of protein. Aim for at least 10 grams for a snack and 20-30 grams for a meal.
- Carbohydrates should be less than protein
- Determine the total calories for the amount you will be eating.

Carbohydrates, protein and fat are the only sources of calories in the diet. Carbohydrates and protein contain 4 calories per gram. Fat contains 9 calories per gram.

**Per day:**

**Calories: 1200-1500**

**Protein: 60-120 grams**

**\*Net carbs: 60-100 grams**

**Fat: 50 grams**

\*Net carbohydrates = total carbohydrates – fiber – sugar alcohols

## Helpful Tips

These are some tools and strategies that can help you to stay on track.

<b>Nutrition Facts</b>	
About 5 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vit. D 2.3mcg 10% • Calcium 170mg 15%	
Iron 0mg 0% • Potassium 230mg 4%	
* 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.	

- Use a small plate and small utensils. Set your utensil down between bites and chew food very well.
- Avoid distractions while eating (eating while driving or watching TV).
- Eat at least three meals per day.
- Plan ahead.
  - Keep high-protein snacks in convenient locations (at home, at work, in your car, etc).
  - Look at the menu before going to a restaurant. Ask for bread/chips not to be brought to the table.
  - Bring a dish you can eat to social events.

### **Self-Monitoring**

Food monitoring apps are a convenient way to keep track of your intake to make sure you are meeting your calorie and protein needs. Most of them are free. Find the one that works for you. Here are just a few: Baritastic, My Fitness Pal, Fatsecret, Loselt, Fitday, Livestrong, Carb Manager.

### **Resources:**

Tyler Bariatrics Support Group (Facebook)

Bariatricbits.com (recipes, articles)

Mindful Eating After Bariatric Surgery – amihungry.com

### **Physical Activity**

Physical activity is an integral part to losing weight and keeping it off. These are the minimum recommendations. Build up to this gradually from where you are.

- 150 minute of aerobic activity per week (walking, cycling, elliptical, Zumba, water aerobics, etc.)
- Strength training twice per week (weights, resistance bands, body weight exercises)