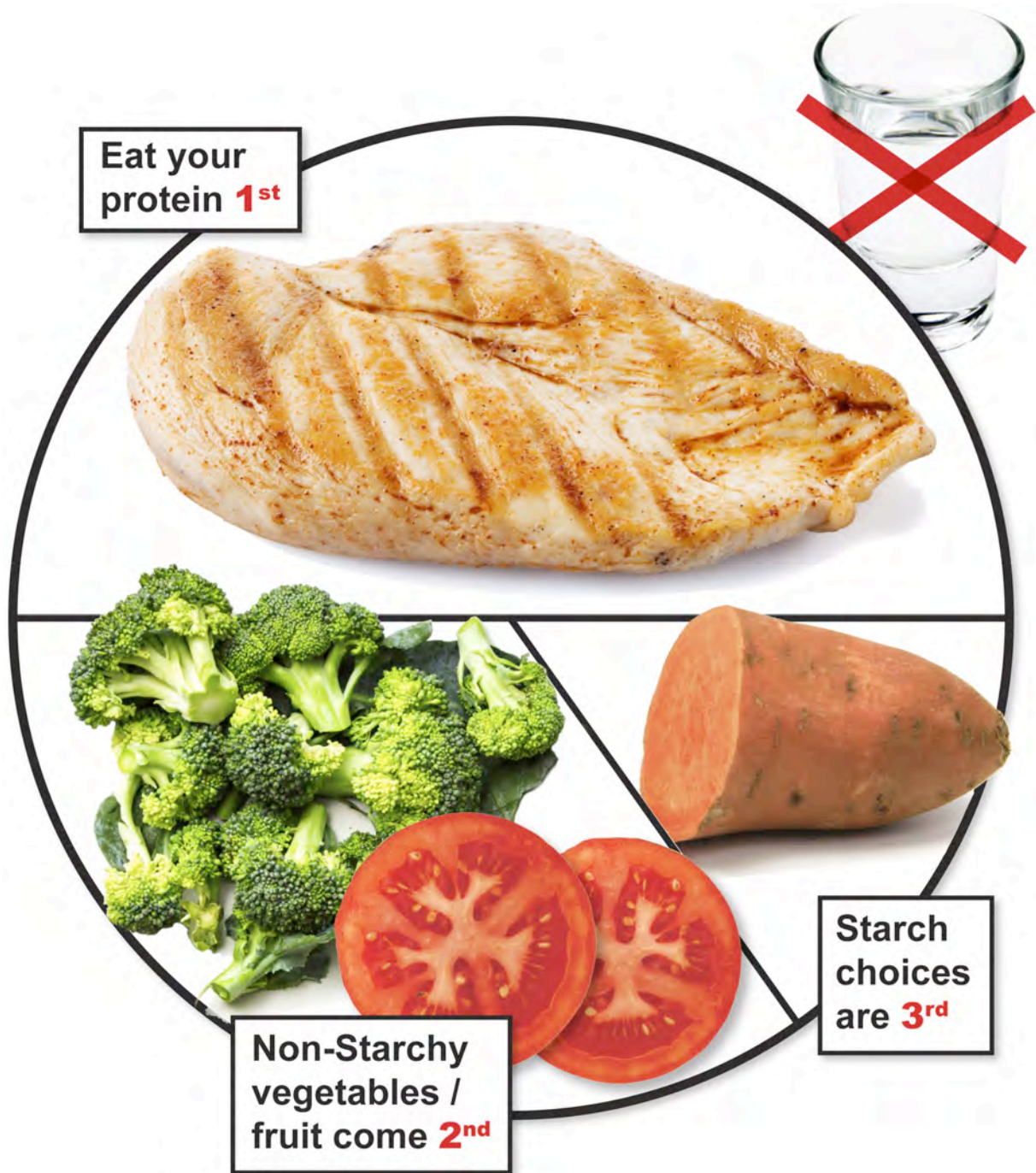


# MetroHealth's Bariatric Plate for a Healthy Weight

(6 months or more after weight loss surgery)

T  
6" Salad Plate



REV. 9/15/15

## Using your weight loss surgery tool, (pouch or sleeve):

- Stop fluids 15 minutes before eating your meal.
- Meal size is 1 cup of food, total. Measure or weigh your portions.
- Eat your lean protein foods first. Aim for 20 grams of protein per meal.
- Follow protein with non-starchy vegetables or fruit. Save starchy foods for last or avoid completely.
- Your meals should last 20-30 minutes, no longer. If you feel full, stop. Save what you do not to finish for the next meal.
- Wait 45 minutes past your meal to resume drinking.
- Stay hydrated by sipping water or zero calorie drinks between meals, no carbonated beverages.

### TIPS:

- To stay full, solid protein is better than liquid protein.
- Eating and drinking are done as separate events. Do not have a beverage at the table.
- Eat slowly, take small bites and chew. Put your utensils down between bites.
- Plan and prep your meals for the week.
- Track your food, fluid, supplements and activity using paper or an electronic app. Include time(s). This helps you to target areas for improvement and this is great information to share with your dietitian and weight management provider.
- Unless instructed otherwise by your dietitian or weight management provider, avoid meal skipping and snacking. Plan for 3 meals a day, eating to fullness. Snacking between meals trains you to be hungry.
- Eat breakfast within an hour of waking.
- Follow low fat, sugar-free guidelines for life. This will help you to reach and maintain your weight goal.

## Guide to making your healthy plate

### Protein

In general, 1 ounce of cooked meat, poultry, pork or fish, ½ cup cooked starchy beans, peas or soy, 1 egg, 1 cup nonfat milk will provide 7-8 grams of protein.

The following are healthy examples to choose from:

#### Lean Beef

- 90% lean ground beef
- Choose select grade, loin and round cuts

#### Lean Poultry

- 90% lean ground breast
- Chicken or turkey pieces eaten without skin, white meat preferred
- Lean deli chicken or turkey slices
- Egg, egg whites/egg substitute

#### Lean Pork

- Loin and round cuts. Trim visible fat
- Canadian bacon
- Lean deli ham slices

#### Fish and Shellfish

- Any Fish or Shell Fish that is Not Fried

#### Dairy

- Nonfat Milk
- Low fat (0-1%) cottage cheese
- Low fat/low sugar yogurt. Greek varieties have 2X the protein

#### Starchy beans, peas or soy

- Black, kidney, navy, chickpeas, lentils, split peas or edamame

#### Non starchy Vegetable Group

(2 grams protein per serving)

- ½ cup cooked non-starchy vegetables
- 1 cup raw

#### Fruit Group (0 grams protein per serving)

- ½ cup canned /frozen fruit. No added sugar
- 1 small fresh fruit