

Post-Operative Diet Progression Guideline

Introduction

This has been designed to help you to learn about the dietary guidelines which you will follow after your surgery.

In order to be successful at losing weight and keeping it off, you must learn how to modify your eating behavior **permanently**. The goal of weight loss surgery is to help you change your eating habits in order to promote weight loss and weight maintenance. The surgery is only part of the treatment. **Your commitment to a healthy diet is the most vital part of the treatment.** The diet you follow after surgery and for the rest of your life will determine your ability to control your weight.

This diet is different than any other diet you may have followed in the past. Consisting of 4 different stages, you will eat smaller portion sizes than now and you will eat and drink on a regular schedule. The surgery will help you to control the number of calories you consume by making it difficult for you to eat large portions of food at one time. However, you will need to learn to listen to your body to determine if you are physically hungry. If you overeat, you may become sick to your stomach and/or vomit, and disrupt the staple line of your new stomach.

It is important to note that many other diet progressions may be available online or from others who have had weight loss surgery elsewhere. Please keep in mind the diet progression recommended by your surgeon and your dietitian is what we see as the most appropriate diet for you.

It is very important that you keep all of your follow-up appointments with the dietitian and the surgeon. The patients who keep regular appointments have the greatest chance of successful, safe weight loss and maintenance.

Preparing for surgery

During your group nutrition class, the dietitian will discuss the post-operative diet progression and the pre-operative diet. During your individual nutrition class, you will review your past diet, weight history, and exercise patterns. You will be asked to keep a food record to help identify problems that we will work together to solve.

One of the most important components of the surgery is learning new eating habits. Please note that it is still possible for people to overeat and gain weight after surgery by eating and/or drinking high calorie foods throughout the day, a behavior known as grazing. Instead, have regularly scheduled healthy meals and snacks.

Other tips for success:

- Drink low-calorie/sugar-free beverages

- Avoid carbonation which leads to bloating and discomfort
 - Avoid caffeine as it may be dehydrating
- Avoid drinking with meals since this may overfill your pouch and lead to vomiting. Wait 30 minutes after a meal to drink.
- Slow down your eating
 - Allow at least 30 minutes for a meal
 - Chew each bite 22 times (Yes, 22 times)
 - Savor each bite, paying attention to flavor, texture, consistency
 - Set down your utensils between bites
- Make eating a mindful activity
 - Avoid doing other activities while eating (watching TV, being on the computer, etc)
 - Choose one place to sit down to enjoy your meal
 - Be aware of physical hunger vs. “head” hunger (due to anxiety, boredom, etc)
- Try activities that you can do instead of eating, such as bath, a walk, yoga, reading, meditation, or calling a friend
- Keep a food log
- Measure your portions. Familiarize yourself with what a healthy portion looks like before your surgery.
 - Use small dishes and glasses
 - Practice leaving something on your plate even before your surgery
 - Consider purchasing a “portion plate”
- Plan your meals a day ahead
- Make food less visible in your home
 - Store all food out of sight, in the cabinets and off the counters
 - When serving meals, keep pots/serving platters on the stove, not on the table
 - Avoid bringing problem foods into your home
- Modify your food shopping habits
 - Avoid grocery shopping on an empty stomach
 - Make a shopping list and stick to it

Physical Activity

Your weight is a result of the balance between the foods you eat and the amount of calories your body burns in physical activity. Exercise is a key factor in long term success of your weight loss. Ask your surgeon before beginning any strenuous program, particularly in the first 2 months after surgery.

Some suggestions to increase your physical activity:

- Walk more. Walk whenever you can.
- Make exercise a family event

- Try pool exercises or water aerobics if your knees or hips prevent you from walking on pavement
- Take stairs instead of the elevators
- Park your car far away at shopping centers and walk through the parking lot
- Take “walking” break instead of coffee break at work
- Do yard work, gardening, or household chores
- During bad weather, go to the mall to take brisk walks
- Wear a pedometer to track your steps and challenge yourself to increase over time
- Use an activity log to keep track of your exercise

What to buy before surgery

- Beverages that are sugar-free, low-calorie, non-carbonated, and non-caffeinated
- Protein shakes
- Food scale
- Measuring cups and spoons
- Vitamins

GASTRIC BYPASS SURGERY DIET PROGRESSION

Stage 1: Clear liquids

When: first day after your surgery (when you are still in the hospital)

How much: 1 oz every hour. You will be given a 1 oz plastic medicine cap.

Examples of clear liquids:

Water

Decaf Tea

Crystal light

Sugar free Jell-O

Crystal Light

Zero-calorie Vitamin Water/Gatorade

Important information:

1. Be cautious with straws. They may introduce air into your system and cause abdominal distention or discomfort

2. No chewing gum
3. No carbonated beverages

Stage 2: Protein shakes

- **When:** start on the second day after your surgery. You will be discharged on this diet stage and remain on it for 2 weeks.
- **Protein goal:** aim for at least 60 grams of protein per day. It is normal not to reach this goal right away. Just do your best each day. Each 8 oz serving of protein shake should have at least 13 grams of protein, less than 4 grams of sugar and 100-200 calories.
- **Fluid goal:** aim for 64 oz of clear liquid (stage 1 diet) per day (no chewing gum, straws, carbonation or caffeine)
- **Stage II tips:**
 - Slowly sip fluids and protein shakes throughout the day.
 - You will meet with a dietitian and your surgeon 2 weeks after surgery
 - **REMEMBER: You won't reach the fluid and protein goals right away. Just do your best sipping throughout the day.**
 - Keep track of the amount of protein shakes and fluids that you are drinking using a food log.
 - Changes in bowel regimens, such as less frequent movements or loose stools, are normal. If you are having discomfort, contact the bariatric team.
 - If you're struggling to tolerate fluids, it's helpful to try different temperatures for your beverages. Some patients tolerate ice cold while others tolerate room temperature or warmer beverages.
 - Be aware of signs of dehydration: sudden lightheadedness or dizziness, headaches, and urine color becoming darker throughout the day.
 - Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers
- **Lactose Intolerance:** It is very common to become lactose intolerant after gastric bypass. You may experience gas, bloating, and/or diarrhea. You can try Lactaid drops or switch to protein shakes that are lactose free.
- **If you choose a powdered Protein shake you can mix it with:** water, skim or low-fat cow's milk, unsweetened almond milk (comes in almond coconut blend!), light soy milk, or flax milk—Just make sure your shake does not go over 200 calories!

Examples of protein shakes *containing lactose*:

1. Premier Protein Shakes
2. EAS AdvantEdge Carb Control
3. Ensure High Protein
4. Syntrax Matrix
5. Worldwide Pure Protein Shake
6. Quest Protein -* Sold here!
7. Atkins Advantage Shake
8. Designer Whey

9. EAS Myoplex Lite
10. Quest Protein Shakes *Sold here!
11. Premier Protein Shake

Examples of protein shakes *without lactose*:

1. HMR 70+
2. Glucerna
3. Muscle Milk Light
4. Bariatric Advantage
*Sold here!
5. Unjury Protein
6. Syntrax Nectar *Sold
here!
7. Optisource
8. Isopure
9. Boost Calorie
10. GNC Total Lean Shake

SEE OUR PROTEIN SHAKE LIST ON OUR
WEBSITE FOR ADDITIONAL SHAKES, LABELS,
AND WHERE YOU CAN BUY

- **Start your vitamins**

- 2 chewable complete multivitamins daily
- 1200-1500mg of chewable calcium citrate with Vitamin D daily. Separate taking MVI and calcium by at least **2 hours** since they may interfere with each other's absorption.
- Do not take more than 600 mg of Calcium at one time and separate each calcium dose by **4 hours**
- 50-100 micrograms of Vitamin B12 under the tongue daily (for gastric bypass)- look for sublingual B12 supplements or purchase in our office
- PURCHASE YOUR VITAMINS FROM THE OFFICE TO MAKE SURE YOU ARE GETTING THE RIGHT KIND OF MULTI-VITAMIN AND CALCIUM. See our website for the vitamins/minerals we recommend and their prices.

Stage 3: Pureed/soft foods

- **When:** Start on Day 16 and continue for 3 weeks
- **Protein goal:** 60-70 grams per day
- **Fluid goal:** 64 oz per day
- Continue taking your vitamins
- **Stage 3-Initial/Pureed Tips:**
 - This stage gradually re-introduces soft foods to your system. You will still rely on protein shakes but will start experimenting with new textures. You may need to Puree and blend your food- if you do not puree your food make sure to CHEW thoroughly (22-25 times)
 - Remember, breads, rice, pasta, red meats, and most fruits and vegetables are not part of Stage 3.
 - You may not be able to eat all the foods recommended in Stage 3. This is normal. **Work on eating as much protein as you can and keep hydrated.**
 - Keep track of how much you are eating and drinking using a food log or this checklist.
 - You may not feel hungry but you still need to eat regularly. Have some protein shake or food every 2-3 hours.
 - Stop eating or drinking at the first sign of fullness. Sometimes this can feel like chest pressure or nausea.
 - Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
 - If food feels 'stuck' in your chest, don't panic and don't drink water. Stay calm, move around, and it will pass. Afterwards, think about what might have gone wrong... Were you eating too fast? Was the food dry? Too tough? Not chewed well?
- **Tips for Stage 3 Advanced Phase:**
 - This stage adds more textured soft foods
 - Try not to blend your food- CHEW!
 - Stay hydrated and make protein foods your first choice.
 - Take tiny bites, chew thoroughly, and eat slowly.
 - Remember, breads, rice, pasta, red meats, and most fruits and vegetables are not part of Stage 3.

- Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage but can be avoided. See common problems and solutions in your original packet OR on our website under educational materials
- You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.
- Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
- Keep a food log to ensure adequate protein and fluid intake
- Do not force yourself to eat if you are feeling full. Often, nausea is the first sign. Work on eating slowly and chewing thoroughly.
- Eat your protein first. If you still have room, then eat fruit, vegetable, or starch
- Increase the protein content of your food by adding protein powder
- Avoid grazing
- Meat should be tender and moist. A slow cooker is very helpful to cook in this manner. Microwaving and grilling will dry out the meats, making them difficult to tolerate
- Do not fry any food. Not only does it add unnecessary calories but it may lead to dumping syndrome.
- **Food ideas:**
 - Tilapia, fat-free Greek yogurt, scrambled eggs (not hard-boiled), soft tofu, light string cheese, oatmeal, cream of wheat, low-fat cottage cheese, pureed fruit without skin, pureed cooked vegetables, mashed potato/sweet potato without skin, chicken thigh
- ****SEE OUR WEBSITE FOR STAGE 3 MEAL IDEAS & HOW TO ENHANCE YOUR SHAKES****
www.capitalhealth.org/weightloss

Stage 4: Solid foods

- **When:** 6 weeks after your surgery
- **Protein goal:** 60-70 grams per day
- **Fluid goal:** 64 oz per day
- Continue taking your vitamins
- **Key points to remember:**
 - You may or may not develop intolerance to some food. Remember that everybody is different and the only way to find out if you have intolerance to a particular food is to try it. If you experience nausea, abdominal discomfort, and/or vomiting, you most likely have intolerance to that particular food.
 - CHEW! (22-25 TIMES) to transition well from stage 3 to stage 4
 - Listen to your body and do not overstuff your gastric pouch
 - Avoid grazing
 - Keep a food log
 - It is important to get on a schedule of eating. If you are not hungry, make protein your priority and take a few bites just to stay on schedule.
 - You will need to avoid alcohol for several months after surgery. Alcohol irritates your stomach, increases the risk of stomach ulcers, is high in calories, and you are at higher risk for becoming dependent upon alcohol after surgery. Please speak with your bariatric team before consuming alcohol after surgery.

- Some foods have tough textures that are difficult to tolerate. Please wait until you are 3-6 months post-op before trying these foods. Remember to take tiny bites, chew thoroughly, and eat slowly. (see below)

Foods that can be Difficult to Tolerate

- Tough meats such as red meat, hamburger, lobster, scallops, clams,
- Raw fruits and veggies that are stringy or have peels and membranes
Examples: Celery, asparagus, oranges, pineapple, peapods, grapes
- Popcorn and nuts
- Doughy Breads- toasted breads tend to be better tolerated
- Rice and Pasta (Ask your Dietitian or check out our newsletters for alternatives!)

Stage 5 DAILY
GOAL*:

- ✓ 8-10 protein servings
- ✓ 2-3 vegetable servings
- ✓ 2 fruit servings
- ✓ 1-2 dairy servings
- ✓ 2 fat servings
- ✓ 3 starch servings
- ✓ 64 oz of Fluid

***See end of packet for correct serving size by food group**

Resources

For Diet Information and Nutrition handouts go to our website under educational materials at www.capital health.org/weightloss

- Check out or [monthly newsletters](#) on our website (address above) and our **Facebook** page at Capital Health Metabolic & Weight Loss Center for motivation, recipes, diet and exercise tips
- Monthly Support Groups! Studies have found patients who attend support groups regularly are more likely to lose more weight and maintain their weight post weight loss surgery compared to those who do not. See ‘Patient Classes’ on our website for dates, our monthly newsletters, or Check out our Facebook Page for upcoming dates
- After surgery you will be invited to join our Online Support Group on Facebook—this group is private and great support post-surgery 24/7 right at your fingertips from you Bariatric Team and other patients of ours!

Common Problems and Solutions

1. Constipation
 - a. Be sure to drink plenty of water (64 oz per day)
 - b. Try sugar-free Metamucil or Benefiber

- c. Stay active
 - d. Try 1 tablespoon of Milk of Magnesia
 - e. Increase your fiber intake through diet if you are on stage 4.
2. Diarrhea
- a. Limit or avoid foods with lactose
 - b. Eat slowly and chew thoroughly
 - c. Do not drink fluids with meals
 - d. Avoid high sugar, high fat, and spicy foods
 - e. Limit the amount of sugar-free products. These products contain sugar alcohols that can cause diarrhea
 - f. Limit caffeinated beverages
 - g. Try a probiotic supplement
3. Vomiting
- a. Go back to an earlier diet stage that you can tolerate
 - b. Chew foods thoroughly and eat slowly
 - c. Do not overeat
 - d. Make sure foods are moist
 - e. Avoid eating and drinking at the same time
 - f. If these suggestions do not work, or you vomit bright red or dark brown liquid, please call your doctor right away
4. Nausea
- a. Do not overeat
 - b. Drink plenty of fluids
 - c. Chew foods thoroughly and eat slowly
 - d. Avoid carbonated beverages
 - e. Avoid foods that you cannot tolerate
 - f. Avoid eating and drinking at the same time
 - g. Avoid food that may cause dumping syndrome
 - h. Avoid foods with lactose
5. Stomach bloating after eating
- a. Do not overeat
 - b. Do not drink fluids with meals
 - c. Avoid carbonated beverages
 - d. Stay active
 - e. Avoid sugar alcohols
6. Cannot tolerate dairy products
- a. Try Lactaid milk, tablets, or drops.
7. Dizziness, headache, light headedness
- a. Drink plenty of water and other low calorie fluids with electrolytes (Gatorade, Propel, Vitamin Water)
 - b. Eat on regular schedule
 - c. Be sure that you are eating enough
8. Heartburn
- a. Avoid caffeinated beverages and spicy foods
 - b. Do not take Aspirin or other NSAIDS
 - c. Take Tums
 - d. Avoid foods that are too hot or too cold
 - e. Avoid lying down for 2 hours after eating
9. Leg cramps

- a. Eat a well balanced diet, including potassium rich foods
 - b. Take all of your vitamins daily
 - c. Drink plenty of fluids
 - d. Call your doctor if cramps persist or present with swelling
10. High levels of vitamin B12
- a. Take vitamin B12 2-3 times a week instead of daily
11. Excessive hair loss
- a. Make sure that you are eating adequate amount of protein
 - b. Take biotin supplements
 - c. Try Nioxin shampoo

Serving Sizes

Very Lean Meat/Protein and Substitutes

Each item on the list is one serving.

Each serving below contains 0 grams of carbohydrates, 7 grams of protein, 0-1 gram of fat, and 35 calories.

Poultry (without skin): Chicken, turkey, Cornish hen 1 oz

Fish: Fresh or frozen cod, flounder, haddock, halibut, trout, tuna 1 oz

Shellfish: Crab, lobster, scallops, shrimp, clams (fresh or canned in water) 1 oz

Game: Pheasant (without skin), venison, buffalo, ostrich 1 oz

Cheese: Non-fat cottage cheese, non-fat ricotta cheese $\frac{1}{4}$ cup

Greek yogurt: 0% 3 oz

Beans, peas, lentils (cooked): also count as 1 starch $\frac{1}{2}$ cup

Deli meat: 95% fat free 1.5 oz

Egg substitutes $\frac{1}{4}$ cup

Lean Meat/Protein and Substitutes

0 grams of carbohydrate, 7 grams of protein, 3 grams of fat, and 55 calories.

Beef: Round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round (at least 90% lean) 1 oz

Pork: Ham, Canadian bacon, tenderloin, center loin chop 1 oz

Veal: Lean chop, roast 1 oz

Lamb: Roast, chop, leg 1 oz

Poultry: Chicken, turkey (dark meat no skin), chicken (white meat with skin) 1 oz

Fish: Salmon (fresh or canned), tuna (canned in oil), catfish, oysters, sardines (canned), herring 1 oz

Wild game: Rabbit, duck, or goose (no skin) 1 oz

Cheese: Low-fat cottage cheese, part-skim ricotta cheese $\frac{1}{4}$ cup

Egg 1

Tofu 3 oz soft/ 2 oz firm © Center for Metabolic Health and Bariatric Surgery 2/2014 18

Serving Sizes (continued)

Non-Starchy Vegetables

Each vegetable serving contains 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat, and 25 calories.

- Vegetables contain 2-3 grams of fiber per serving.
- Fresh and frozen vegetables have more vitamins and less added salt than canned vegetables.
- Rinse canned vegetables under water to remove much of the salt prior to cooking/eating.

½ cup = 1 serving of cooked vegetables or vegetable juice
1 cup = 1 serving of raw vegetables

Artichoke	Beets
Cabbage	Rutabaga
Okra	Broccoli
Spinach	Kohlrabi
Asparagus	Brussel sprouts
Carrots	Leeks
Onions	Sauerkraut
Summer squash	Water chestnuts
Beans (green, wax, Italian)	Zucchini
Cauliflower	Celery
Pea pods	Endive
Tomato	Escarole
Bean sprouts	Cucumber
Eggplant	Lettuce
Peppers	Green onion Mushrooms
Greens (collard, mustard, turnip)	Radishes Kale

Starchy vegetables such as corn, peas, potatoes, plantains and winter squash are found on the Starches list.

Fruits

Each fruit serving contains 15 grams of carbohydrates, 0 grams of protein, 0 grams of fat, and 60 calories.

- Fresh, frozen, and dried fruits have about 2 grams of fiber per serving.
- * indicates 3 or more grams of fiber per serving
- Use fresh, frozen or canned fruits without sugar added.
- Whole fruit is more filling than fruit juice or dried fruit and is a better choice for those who are trying to lose weight.

Dried Fruit (no added sugar)

*Apples 4 rings

*Apricots 7 halves

Dates 2 ½ medium

*Figs 1 ½

*Prunes 3 medium

Raisins 2 Tablespoons

Serving sizes for dried fruits are small because they are calorie-dense foods.

Fresh, Frozen, & Unsweetened Canned Fruit

Apple (raw, 2 in. across) 1 apple

Applesauce (unsweetened) ½ cup

Apricots (canned) ½ cup or 4 halves

Apricots (medium, raw) 4 apricots

Banana (8 in. long) ½ banana

*Blackberries (raw) ¾ cup

*Blueberries (raw) ¾ cup

Cantaloupe (5 in. across) 1/3 or 1 cup cubes

Cherries (canned) ½ cup

Cherries (large, raw) 12 cherries

Figs (raw, 2 in. across) 2 figs

Fruit cocktail (canned) ½ cup

Grapefruit (medium) ½ grapefruit

Grapefruit (segments) ¾ cup

Grapes (small) 15 grapes

Honeydew melon (medium) 1/8 or 1 cup cubes

Kiwi (large) 1 kiwi

Mandarin oranges ¾ cup

Mango (small) ½ mango

*Nectarine (2 ½ in. across) 1 nectarine

Orange (2 ½ in. across) 1 orange

Papaya 1 cup

Peach (2 ¾ in. across) 1 peach or ¾ cup

Peaches (canned) ½ cup (2 halves)

Pear ½ large or 1 small

Pears (canned) ½ cup or 2 halves

Persimmon (medium) 2 persimmons

Pineapple (canned) 1/3 cup

Pineapple (raw) ¾ cup

Plum (raw, 2 in. across) 2 plums

Pomegranate ½ of fruit

*Raspberries (raw) 1 cup

*Strawberries (raw, whole) 1 ¼ cup

*Tangerine (2 ½ in. across) 2 tangerines

Watermelon (cubes) 1 ¼ cup

Dairy

- Each item on the list is one serving.
- Each serving of dairy contains 6-8 grams of protein.
- Carbohydrates, fat and calories vary – please see food label.

Low-fat Cheese

(3 g saturated fat or less per serving)

Cheese or soy cheese 1 oz

Grated parmesan 2 Tbsp

Shredded cheese ¼ cup

String cheese 1 stick

Skim and Very Low-fat Milk

Skim milk 8 oz (1 cup)

1% milk 1 cup

Low-fat buttermilk 1 cup

Evaporated skim milk ½ cup

Dry nonfat milk 1/3 cup

Nonfat yogurt 1 cup

Soy milk 1 cup

Lactaid milk 1 cup

Fat

- Each item on the list is one serving.
- Each serving of fat contains 5 grams of fat and 45 calories.
- Conversion tip: 1 Tablespoon = 3 teaspoons

Unsaturated Fats

Nut butters (peanut butter) 2 tsp
Avocado 1 Tbsp
Diet margarine 1 Tbsp
Mayonnaise 1 tsp
Light mayonnaise 1 Tbsp
Oils 1 tsp
(soybean, olive, canola, peanut, sunflower)
Olives 10 small or 5 large
Salad dressing (creamy) 2 tsp
Salad dressing (light creamy) 1 Tbsp
Salad dressing (oil based) 1 Tbsp
Salad dressing (light) 2 Tbsp
Hummus 2 Tbsp

Saturated Fats (not recommended)

Bacon 1 slice
Butter 1 tsp
Coconut, shredded 2 Tbsp
Coffee creamer 4 tsp
Cream, light 2 Tbsp
Half and half 2 ½ Tbsp
Sour cream 2 Tbsp
Cream cheese 1 Tbsp

Nuts and Seeds

Almonds, dry roasted 6
Whole cashews, dry roasted 1 Tbsp
Pecans 2 whole
Peanuts 10 small
Walnuts 2 whole
Pumpkin seeds 1 tsp
Other nuts and seeds 1 Tbsp

Starches

- Each item on the list is one serving.
- Each serving contains 15 grams of carbohydrates, 3 grams of protein, 0-1 gram of fat, and 80 calories.
- * 3 or more grams of fiber
-

Crackers and Other Starchy Foods

Choose whole grains whenever possible.

Animal crackers 8

Graham crackers (2.5 in. square) 3

Matzoh $\frac{3}{4}$ oz

Melba toast 5 sl.

Oyster crackers 24

*Popcorn (popped, 94% fat free) 3 cups

Pretzels $\frac{3}{4}$ oz

*Rye crisp (2 in. x 3 in.) 4

Saltine-type crackers 6

*Whole-wheat crackers 2-4 sl.

(Wasa®, Kavli®, Finn®)

Cereals/Grains/Pasta

Choose whole grains whenever possible.

*Bran cereals $\frac{1}{3}$ cup

*Bran cereals (flaked) $\frac{1}{2}$ cup

Bulgur (cooked) $\frac{1}{2}$ cup

Hot cereals (unsweetened) $\frac{1}{2}$ cup

Cornmeal (dry) 2 $\frac{1}{2}$ Tbsp

Grape-Nuts® 3 Tbsp

Grits (cooked) $\frac{1}{2}$ cup

Cold cereals (unsweetened) $\frac{3}{4}$ cup

Pasta (cooked) $\frac{1}{2}$ cup

Puffed cereal 1 $\frac{1}{2}$ cup

Rice (cooked) $\frac{1}{3}$ cup

Shredded wheat $\frac{1}{2}$ cup

Sugar-free pudding $\frac{1}{2}$ cup

Cooked Beans/Peas/Legumes

(also count as 1 very lean meat)

*Beans and peas (kidney, white, split, black-eyed, lentils) $\frac{1}{2}$ cup

*Broad beans, garbanzo, navy, pinto, chick peas $\frac{1}{3}$ cup

*Baked beans $\frac{1}{4}$ cup

Breads

Choose whole grains whenever possible.

Bagel (from cafe) $\frac{1}{4}$ (1 oz)

Bagel (pre-packaged, grocery store) $\frac{1}{2}$ (1 oz)

Bread sticks 2 ($\frac{2}{3}$ oz)

English muffin $\frac{1}{2}$

Frankfurter or hamburger bun $\frac{1}{2}$ (1 oz)

Pita, 6 in. across $\frac{1}{2}$

Plain roll, small 1 (1 oz)

Bread 1 sl (1 oz)

Tortilla, 6 in. across 1

Sandwich thins 1

Starchy Foods Prepared with Fat

(also count as 1 fat)

Biscuit, 2 $\frac{1}{2}$ in. across 1

Chow mein noodles $\frac{1}{2}$ cup

Corn bread, 2 in. cube 1 (2 oz)

Cracker, round butter type 6

French fries, 2 in. – 3 $\frac{1}{2}$ in. long 10 (1 $\frac{1}{2}$ oz)

Muffin, small 1

Pancake, 4 in. across 2

Stuffing, bread (prepared) $\frac{1}{4}$ cup

Taco shell, 6 in. across 2

Waffle, 4 $\frac{1}{2}$ in. square 1

*Whole wheat crackers (Triscuits®) 4-6 (1 oz)

Starchy Vegetables

*Corn $\frac{1}{2}$ cup

*Corn on the cob, 6 in. long 1

*Lima beans $\frac{1}{2}$ cup

*Peas, green (canned or frozen) $\frac{1}{2}$ cup

*Plantain $\frac{1}{2}$ cup

Potato, baked (3 oz) $\frac{1}{2}$ cup

*Winter squash (acorn, butternut) $\frac{1}{2}$ cup

Yam/sweet potato $\frac{1}{3}$ cu

