

# Bariatric Services Reference Book



Fairfield  
Medical Center



## In this guide you'll find:

**Review of Nutrition Basics**

Meal Planning

**Portion Control**

Reading Nutrition Labels

**Healthy Shopping Habits**

Restaurant Ordering Tips

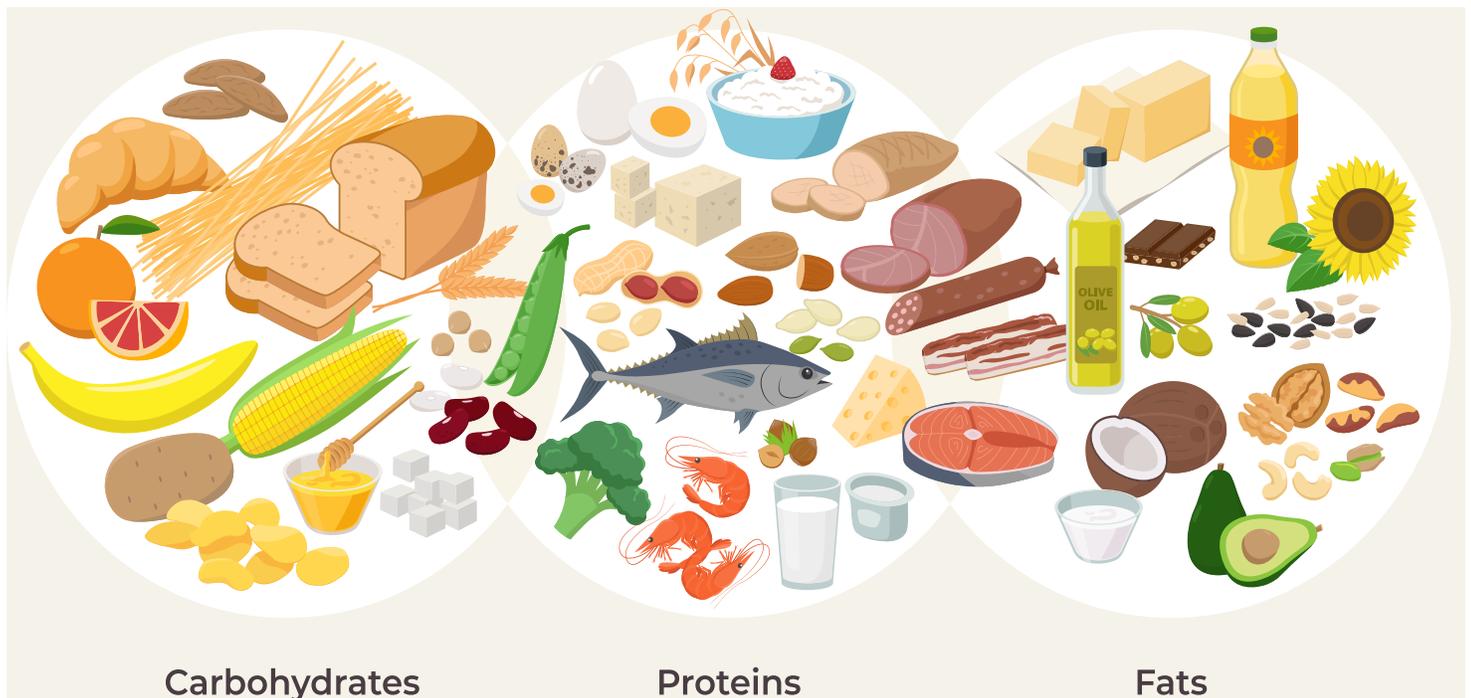
**Recipes for Diet Phases**

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# Review of Nutrition Basics

## Macronutrients



*Macronutrients* is a term that refers to the three building blocks of every diet: protein, carbohydrates and fat. Any food you eat can be broken down into these three categories, and each type of macronutrient plays an important role in how your body functions.

1. **Carbohydrates** provide the body with energy. They also benefit the digestive tract and help metabolize fat.

*Simple carbohydrates* (sugars) are typically digested quickly and have very little nutritional value, examples include table sugar, candy, baked good and soda. Some forms of simple carbohydrates, or sugars, may occur naturally and are much healthier, including those in fruit (fructose) and milk (lactose).

*Complex carbohydrates* (starch and fiber) are digested more slowly and contribute to a healthy, balanced diet. Examples include whole grain bread, whole grain pasta, brown rice, potatoes, peas and legumes.

*Fiber* can be soluble (dissolvable in water) or insoluble (unable to dissolve in water), they both have benefits. Soluble fiber (oats, barley, legumes) can lower blood cholesterol, help control blood sugar and increase stool bulk. Insoluble fiber (whole grains, vegetables) absorbs water and aids in ease of elimination and is good for digestive health.

Carbohydrates contain approximately 4 calories per gram.

2. **Protein** is made of amino acids and helps the body build muscle, create enzymes and hormones, maintain fluid and electrolyte balance and repair tissues and cells. Eating enough protein will promote weight loss and help you maintain your lean muscle mass. Protein is not only a crucial part of your diet, but it will also keep you from feeling hungry between meals.

The amount of protein each person needs is determined on an individual basis, but minimum guidelines after surgery are typically 60 grams per day for women and 75-80 grams per day for men.

Animal protein includes poultry (chicken/turkey), seafood, lean beef and dairy (skim milk, cottage cheese, low-fat yogurt). Plant-based protein includes seeds, nuts, nut butters and beans.

Tip: Always eat protein first at each meal. You will need to take protein supplements for the first 2-3 months after surgery. Long-term, you will be able to meet your protein needs through the intake of high protein foods (like the examples above).

### ***Protein Supplement Guidelines***

- When choosing a protein supplement, look for something with a **minimum of 15 grams of protein per serving, 5 grams or less of sugar per serving and less than 5 grams of fat per serving.**
- Protein supplements may come ready to drink, or be in powder form. You can add this powder to more than just water or milk: try mixing it into various items, like gelatin, yogurt, cream of wheat or soup. Be creative!

*More information on protein supplements is available in the “Diet Before Bariatric Surgery” guide.*

Protein contains approximately 4 calories per gram.

3. **Fats** help the body store energy, transport vitamins and nutrients, protect vital organs and maintain normal bodily functions.

Fats can be saturated or unsaturated.

**Saturated fats** are typically from animal sources and are solid at room temperature – like butter, lard and bacon grease – and contribute to the development of heart disease. Saturated fats and trans-fats are unhealthy.

**Unsaturated fats** are usually from plant sources and tend to be liquid at room temperature, like olive oil and canola oil. These are considered “healthy fats,” and can be found in avocados, almonds, flaxseeds, walnuts, salmon and cod, to name only a few.

These sources of unsaturated fats will also provide your body with the **essential fatty acids** it needs.

Fats contain approximately 9 calories per gram

**Notes/Questions:**

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# Meal Planning

*Meal planning* will help you stay on track and allow you to easily create a balanced, well-rounded meal. It will also help you avoid unwanted consequences, like dumping syndrome, bloating and nausea.

## Recommendations

45-65% of your daily calories should come from carbohydrates.

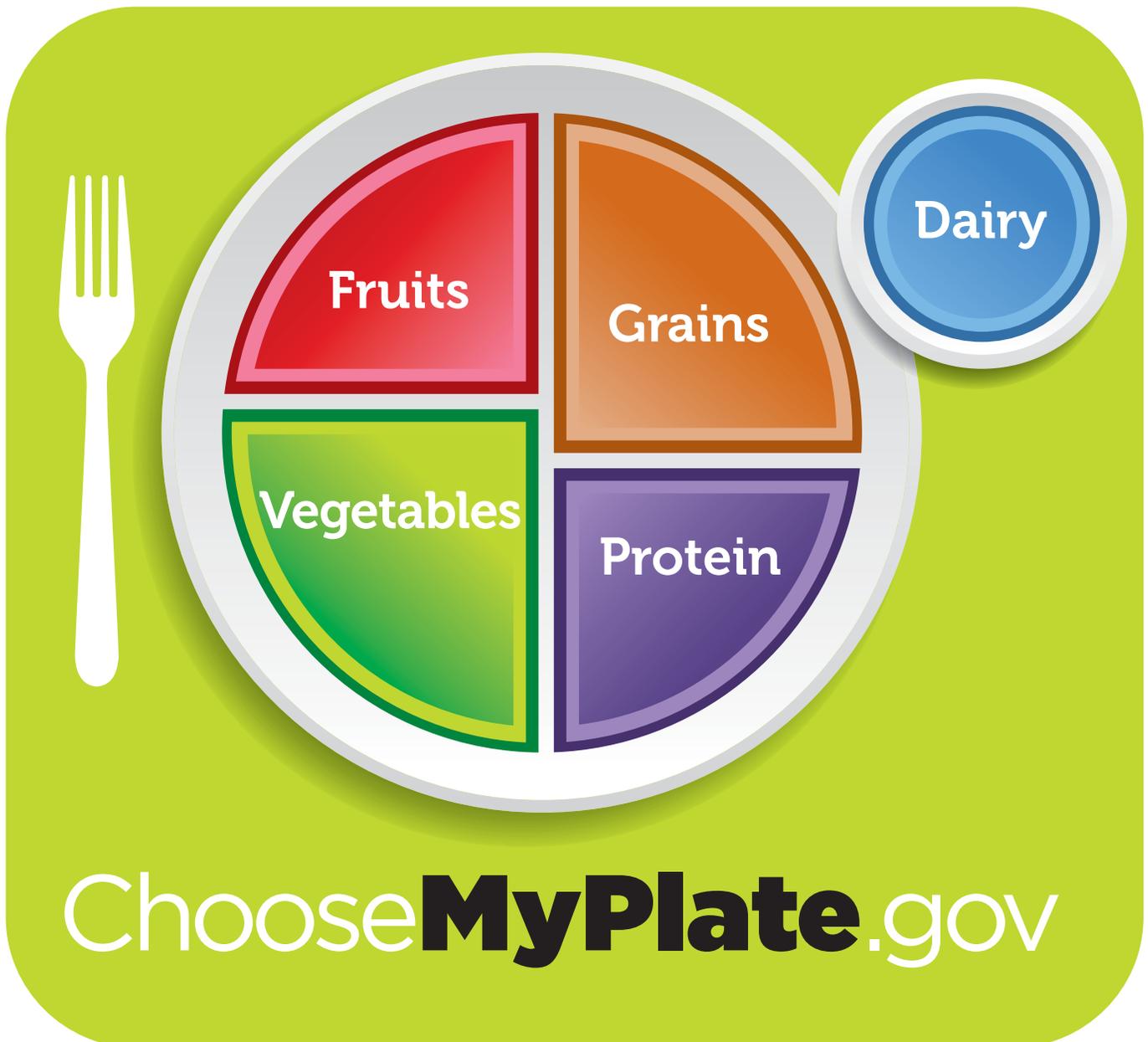
10-35% of your daily calories should come from protein.

20-35% of your daily calories should come from fats.

For example, if you are following a 1,200 calorie/day diet, you should consume 540-780 calories (135-195 grams) from carbs, 120-420 calories (30-105 grams) from protein and 240-420 calories (25-45 grams) from fat.

## The Plate Method – Building a Healthy Meal

*The plate method* is a visual approach to building a healthy meal.



## The MyPlate Guidelines:

1. Avoid oversized portions
2. Make half of your plate fruits and vegetables
3. Switch to fat-free or low-fat (1%) milk
4. Make at least half of your grains whole grains
5. Compare sodium in foods like soup, bread and frozen meals – choose foods with lower numbers
6. Drink water instead of sugary drinks
7. Find balance between food and activity

## Protein



- 1/4 of your plate should come from a lean protein source
- Sources include: meat, poultry, seafood, beans, peas, nuts/nut butters, seeds, soy products
- Women should consume 5-5.5 oz. of protein daily
- Men should consume 5.5-6.5 oz. of protein daily
- Examples of 1 oz. equivalents include:
  - 1 oz. fish/meat/poultry
  - 1/4 cup cooked beans
  - 1 egg
  - 1 TBSP nut butter
  - 1/2 oz. of seeds or nuts

### Protein Tips

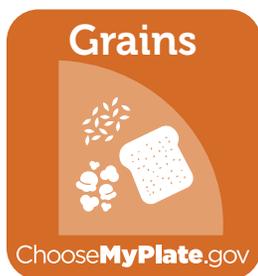
1. Drain excess fat and trim fat from meat; remove the skin from poultry
2. Choose lean meats and ground beef that is 90% lean or higher
3. Eat a variety of foods from the protein group

## Vegetables



- Choose one non-starchy or low-carb vegetable per meal; make these 1/2 of your plate
- Examples include: broccoli, spinach, cauliflower, carrots, kale, red pepper, celery, green beans, cucumbers, zucchini, etc.
- You should consume 2.5 cups of vegetables daily.
- One serving of vegetables is equal to:
  - 1 cup raw, non-starchy vegetables
  - 1/2 cup cooked non-starchy vegetables

## Grains/Starch



- Choose one high carbohydrate food per meal; make these 1/4 of your plate
- Examples include: bread, pasta, rice, bagel, muffin, cereal, oatmeal, corn, peas, potatoes, beans, crackers, etc.
- One serving of vegetables is equal to:
  - 1 slice whole-wheat bread
  - 1/2 cup cooked pasta, oatmeal or cream of wheat
  - 1/2 cup cooked brown rice
  - 1/2 english muffin/bagel
  - 3/4 cup cereal
  - 1 small potato
  - 1/2 cup beans (lentils, peas, corn)
  - 3/4 oz. whole wheat crackers

### Grain/Starch Tips

1. Make 1/2 of your grains whole grains (brown rice, oatmeal, whole wheat flour, etc.)
2. Foods from this group are high in carbohydrates (~ 15 grams/serving), so be mindful of portions

## Fruits



- Protein, low carbohydrate vegetables and a high carbohydrate food (starchy vegetables or grains) will be your main focus in meal planning, but you may choose to accompany your meal with a serving of fruit and/or a low-fat dairy source.
- Examples include: apples, bananas, melons, berries, oranges, unsweetened applesauce, cherries, 100% fruit juice and raisins
- One serving of fruit is equal to:
  - 1/2 cup canned fruit (in its own juice, no sugar added)
  - 1 small fresh fruit
  - 2 TBSP dried fruit
  - 1 cup berries/melon

## Dairy



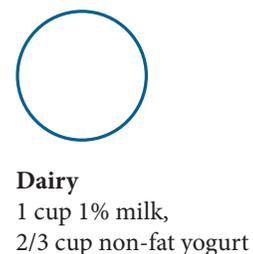
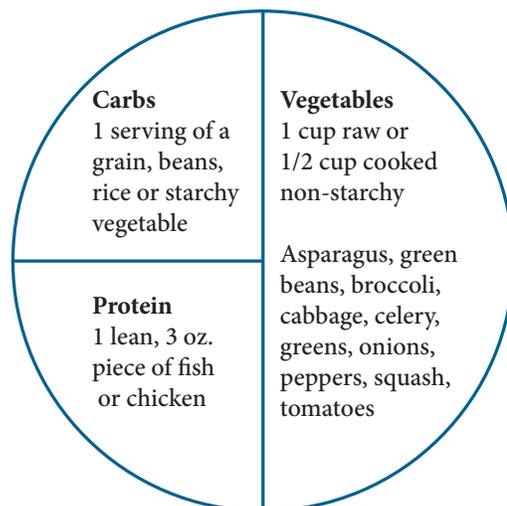
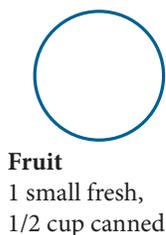
- Protein, low carbohydrate vegetables and a high carbohydrate food (starchy vegetables or grains) will be your main focus in meal planning, but you may choose to accompany your meal with a serving of fruit and/or a low-fat dairy source.
- Examples include: milk, yogurt, fortified soy milk, cheese
- One serving of dairy is equal to:
  - 1 cup fat-free/1% milk
  - 1 cup fortified soy milk
  - 6 oz. non-fat or sugar-free yogurt
  - 1 oz. natural cheese

## Dairy Tips

1. Remember that milk and yogurt are both carbohydrate containing foods
2. Some foods from the dairy group are also good protein source, but may also be high in fat

## Steps to a Healthy Plate

1. Choose a lean protein source
2. Choose a low-carb, non-starchy vegetable
3. Choose a high carbohydrate food (starchy vegetable/grains)
4. Accompany your meal with a small piece of fruit or low-fat dairy source



# Step 1: Choose a Lean Protein

## STEP 1

Choose your protein first at every meal. Ensure a minimum of 3 oz. (deck of cards, palm of your hand), or about **20 grams of protein per meal.**

MEAT SERVING SIZE	GRAMS PROTEIN
Chicken Breast (3 oz.)	25-30
Bacon (3 slices)	10
Lean Pot Roast (3 oz.)	25
Lean Ground Beef (3 oz.)	22
Roast Turkey (3 oz.)	25
Deli Slice Turkey (3 slices)	21
Gilled Tuna (3 oz.)	23
Can Tuna (6 oz.)	40
Fish (3 oz.)	20-25
Clams (4 large, 9 small)	11
Oysters (6 medium)	6
Shrimp (15)	18

DAIRY SERVING SIZE	GRAMS PROTEIN
Egg (1 whole)	7
Milk (1 cup)	8
Cottage Cheese (1/2 cup)	15
Other Cheeses (1 oz.)	6-8

BEANS SERVING SIZE	GRAMS PROTEIN
Most Beans (1/2 cup)	7-10
Soy Beans (1/2 cup)	14
Tofu (1/2 cup)	20

NUTS SERVING SIZE	GRAMS PROTEIN
Peanut Butter (2 tbs)	8
Almonds (1/4 cup)	8
Peanuts (1/4 cup)	9
Cashews (1/4 cup)	5
Pecans (1/4 cup)	2.5
Sunflower Seeds (1/4 cup)	6
Veggie Burger (1 patty)	11
Veggie Hot Dog (1 link)	11



## Step 3: Choose a High Carbohydrate Food

### STEP 3

Choose a **high carbohydrate food**, like starchy vegetables, rice, pasta or breads last. This will help avoid crowding out your protein and low carb foods. One high carb serving will provide about **15 grams of carbohydrates.**

#### Vegetables

(SERVING = ½ TO 1 CUP)

Baked Beans
Corn
Peas
Potatoes
Squash (Winter, butternut, pumpkin)
Sweet Potatoes/Yams
Lima Beans
Butter Beans
Kidney/White/Black Beans

#### Dairy

(PROVIDES A SERVING OF PROTEIN)

Milk (1 cup)
Plain, non-fat Yogurt (3/4 cup)
Sweetened, fruit-flavored yogurt (1/3 cup)
Non-fat, fruit-flavored yogurt (1 cup)

#### Fruits

(SERVING = 1, UNLESS STATED OTHERWISE)

Apple
Banana
Berries/Cherries (1/2 cup)
Grapes (15)
Fruit Cocktail (1/2 cup)
Dates (3)
Grapefruit (1/2)
Honeydew (1 slice)
Kiwi
Mandarin Oranges (3/4 cup)
Orange, Small
Peach ( 1 medium or ½ cup canned)
Pear (1 medium or ½ cup canned)
Pineapple (1/2 cup canned)
Raisins (2 Tbsp)
Strawberries (1 cup)
Watermelon (1 slice)

#### Breads & Grains

Bagel (1/2)
Bread (1 slice)
English Muffin (1/2)
Hot Dog/Hamburger Bun (1/2)
Small Roll (1)
Flour Tortilla, 6 inch (1)
Frozen Waffles (1/2)
Croutons (1 cup)
All Cereals (1/2 cup)
Granola (1/4)
Flour (3 Tbsp)
Grits/Cream of Wheat/Oatmeal ( 2-3 Tbsp uncooked 1/2 cup cooked)
All Pasta (1/4 cup uncooked ½ cup cooked)
Rice (2 Tbsp uncooked 1/3 cup cooked)
Pretzels (3/4 cup)
Microwave popcorn (3 cups)
Graham Crackers (2 squares)
Rice Cakes (2)
Saltines/Crackers (6)
Oyster Crackers (24)
Sandwich Crackers (Cheese/ PB) (3)

# Step-by-Step Meal Planning

## Step 1 - Plan Consistently

- When planning your meals, choose a manageable time frame. Planning for one week is a good start.
- Set recurring “planning appointments,” and stick to them.
  - Set aside 15-20 minutes to plan your meals each week.
  - Do your planning sessions around the same time from one week to the next. For example, create your meal plan for the upcoming week every Saturday afternoon.

## Step 2 - Be Prepared

- During your planning sessions, take a look at your calendars, to-do lists and scheduled activities. What might impact your meals?
- Take a look in the pantry: what do you have on-hand to use for the week?
- Gather recipes, cookbooks, grocery ads and coupons to look at during your planning sessions. These things may inspire you to try new recipes and will help you effectively plan your shopping list.

## Step 3 - Make Decisions

- Decide what you’re going to eat, and break it down by each meal for each day of the week.
- Plan for snacks and meals outside of the home. What snacks are you going to bring? What will you need to pack for lunch? Being prepared will help you avoid straying from your diet.
- Write down your final meal plan and post it where you’ll see it.

## Step 4 - Make It Happen!

- Consider all the food, beverages and ingredients you’ll need for a successful week.
- Create a grocery list.
- After you shop, do some prep-work while you unpack your groceries: wash and cut fruit and veggies before you put them away. You may even want to divide them into bags or Tupperware so that they’re ready to go.
- Highlight or note special considerations on your meal plan, this will help keep you on track.
  - I.E. Defrosting, marinating, slow-cooker, etc.

## Benefits of Meal Planning

1. Keeps you from making unhealthy choices
2. Reduces the amount of time and effort it takes to plan and prepare meals during the busy week
  - » Pro tip: You can apply the “cook once, eat twice” method. By making a double batch, you can save time in the kitchen later on. The extra portions can be used for lunches, or frozen for meals in the future.
3. Prevents mindless eating
4. Ensures a variety of nutrients
5. Helps control your budget by reducing the amount of wasted food and unnecessary grocery purchases





# Portion Control

*Portion control* is an important aspect of controlling calorie intake at each meal; consuming more calories than your body needs will result in weight gain. By using these “quick reference” tools, you can easily manage your serving portions for a healthier, more balanced diet.

## Serving Sizes Based on Your Hand:



**1 fist = 1 cup**

The size of your fist also = 1 medium-sized whole fruit



**Palm = 3 oz. of meat, fish or poultry**

\*I've also heard this measurement equated to the size of a deck of cards.

**Thumb (tip to base) = 1 oz. of cheese**



**Thumb tip = 1 teaspoon**

3 teaspoons = 1 tablespoon



**Index finger (1st joint to 2nd joint) = 1 inch**



**Handful = 1-2 oz. of snack food**

I think this is a great one!  
How often do we have a snack like this and eat handful after handful?  
Now we know that ONE handful is enough!



**1 tennis ball = 1/2 cup**

1/2 your fist also = 1/2 cup

## Additional Portion Control Measurement References

- 1 clenched fist = 8 fluid ounces (I.E. 1 cup of milk)
- 1 deck of cards or a bar of soap = 3 oz. (useful for protein portions, like grilled chicken or fish file)
- 1 hand, cupped = 1/2 cup
- 2 hands, cupped or the size of a tennis ball or baseball = 1 cup



# Reading Nutrition Labels

Being able to read and understand nutrition labels will be helpful when grocery shopping and meal planning. Here's what you should look for when reading nutrition labels:

<b>Nutrition Facts</b>	
6 servings per container	
①	<b>Serving size</b> 1 cup (230g)
<b>Amount per serving</b>	
②	<b>Calories</b> 245
<b>% Daily Value*</b>	
③	<b>Total Fat</b> 12g 14%
	Saturated Fat 2g 10%
	<i>Trans Fat</i> 0g
	<b>Cholesterol</b> 8mg 3%
	<b>Sodium</b> 210mg 9%
④	<b>Total Carbohydrate</b> 34g 12%
	Dietary Fiber 7g 25%
	Total Sugars 5g
	Includes 4g Added Sugars 8%
⑤	<b>Protein</b> 11g
	Vit. D 4mcg 20% Calcium 210mg 16%
	Iron 3mg 15% Potassium 380mg 8%
*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.	

## 1. Serving Size

The serving size indicates the amount of food you can eat or drink for the nutritional values listed. If you eat two cups, you are eating twice the amount of calories, fat, carbohydrates, etc. listed on the label.

## 2. Calories

Check the calories. While we recommend building your diet based on healthy, balanced choices, calories do count. It's important to know where your calories are coming from and what your calorie allowance is for weight control.

## 3. Total Fat, Saturated Fat and Trans Fat

Total fat is the amount of unsaturated, saturated and trans fat in a food product. Try to choose items with very little to no saturated and trans fat; items high in these types of fat have been linked to heart disease and high cholesterol.

*Note: Aim to limit fats, cholesterol and sodium in your diet.*

## 4. Total Carbohydrates

Total carbohydrate is made up in part by dietary fiber and sugar. Aim to keep sugar intake low during meals (6 grams or less), and focus on items higher in dietary fiber, which can typically be found in complex carbohydrates.

*See chart in back of booklet for list of high fiber foods*

## 5. Protein

Protein is a crucial part of your diet, and eating protein with each meal will help reduce feelings of hunger.

## Additional Note: Ingredients List

Ingredients are listed in descending order, meaning the first ingredient makes up the largest proportion of the food or drink. For example, if sugar is listed as the first ingredient, that food is likely very high in sugar and should be avoided.

Other ingredients that indicate a product is high in sugar include: dextrose, fructose, honey, invert sugar, raw sugar, malt syrup, rice syrup, sucrose, xylitol, molasses, corn sweetener, fruit juice concentrate, high-fructose corn syrup, corn syrup, glucose, lactose, maltose, sucrose, evaporated cane juice, agave nectar, cane crystals, cane sugar, barley malt, beet sugar, caramel.

Be aware of these sneaky words, especially because sugar can cause dumping syndrome.

**Notes/Questions:**

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# Healthy Shopping Habits

Meal planning and reading nutrition labels will help you make healthy, diet-friendly choices. There are also some tips and tricks you can apply when grocery shopping that will help you stay on track.

## Smart Shopping – General Guidelines

- **Stick to the list!**
  - By the time you go grocery shopping, you should have already planned your meals for the week.  
Purchase only the items you need: this will save you calories and money.
- Do **not** go grocery shopping when hungry.
- Avoid tempting displays, samples and sales. Just because you have a coupon doesn't mean you need to use it.
- Shop the perimeter (outer edge) of the store. Junk foods and processed snacks tend to be found in the middle of the store, while the healthier choices are along the outer walls.
- If available, using the store's click-list option may keep you from straying from your list.

## Smart Shopping – Dairy

- Choose low-fat/reduced calorie options to support weight loss (skim milk, fat-free yogurt, low-fat cheese).
- When choosing butter, avoid hydrogenated ingredients (look for "0 grams trans fat"), and opt for heart-healthy fats, like canola oil or olive oil, instead.

Type of Dairy	Fat (g)	Calories
Whole	8	150
2% Reduced Fat	5	120
1% Light	2.5	102
Fat-free, Skim	0.4	86
Buttermilk	2	100
Non-fat, dry (5 T)	0.2	81





# Restaurant Ordering Tips

Cooking at home will save you money and is often more nutritious than ordering out, but there will be times when you find yourself staring at a restaurant menu. In those cases, it's important to know where to find healthy options, and how to make healthy choices.

- Most restaurants notate menu options that are considered healthy, or “light,” in comparison to other options on the menu. They may do this by using a symbol – check the bottom of the menu for a key or footnotes.
- Avoid buffets of any kind. This style of serving makes it difficult to control portions, and you're likely to blow your diet by wanting to taste “just a bite” of everything.
- See the “Portion Control” section for tips on managing meal sizes.
- Look for buzzwords that will help you identify whether an item is a potentially healthy choice or not:

## ○ Unhealthy Buzzwords:

- |             |             |
|-------------|-------------|
| » Creamy    | » Scalloped |
| » Fried     | » Buttery   |
| » Crispy    | » Bisque    |
| » Breaded   | » Alfredo   |
| » Pan-fried | » Loaded    |
| » Battered  | » Crusted   |
| » Sticky    | » Glazed    |
| » Tempura   | » Au Gratin |

## ○ Healthy Buzzwords:

- » Baked
- » Broiled
- » Grilled
- » Poached
- » Roasted
- » Steamed
- » Stir-fried

- Be mindful of “extras,” especially on salads and sandwiches. Cheese, bacon, sauces, croutons, mayonnaise, candied nuts and dried fruits can add a lot of calories and sugar.
- If you get a salad, choose a low-fat or “light” dressing, and ask for it on the side. Dipping your fork into the dressing before spearing your salad (instead of pouring it over the entire bowl) can save you calories.
- Replace unhealthy sides (like French fries) with steamed vegetables or a baked potato.
- Ask your server to skip bringing the basket of breadsticks or rolls at the beginning of the meal.
- Avoid high carb or high fat menu items, such as biscuits, quiches, potpies and pancakes.
- Ask for foods that have been cooked without butter or margarine.
- Ask your server to make substitutions, even if it's not listed on the menu: the worst that can happen is that they say no.
- Avoid cocktails. If you're going to drink, have one glass of wine or a beer and then switch to water. It's important that you do not drink any alcohol during the rapid weight loss period, and that you're aware you may feel the effects of alcohol much more quickly and intensely than you did before surgery.
- **Most importantly**, making going to restaurants more about the experience than the food. Enjoy the time with your friends and family, and take time to relax and enjoy the environment.



# Recipes for Diet Phases

*Note: These recipes are intended to serve only as ideas for creative cooking. Your body may respond differently when introducing new foods during the diet phases; if one of these recipes doesn't work for you, something else will.*

## Review of Diet Phases

- Phase 1: Clear liquids (1-2 days after surgery)
- Phase 2: Full liquids (1-2 weeks after surgery)
- Phase 3: Pureed food (2-4 weeks after surgery)
- Phase 4: Soft foods (4-6 weeks after surgery)
- Phase 5: Regular food (6-8 weeks after surgery and beyond)

## Phase 1: Clear Liquids

This phase is less about recipes and more about having the appropriate supplies. Be sure to purchase chicken, vegetable or beef broth, sugar-free gelatin, sugar-free popsicles, sugar-free beverages (like lemonade) and 100% fruit juice. Any juice you drink will need to be diluted with water.

## Phase 2: Full Liquids

Full liquids are thicker than clear liquids. Examples include unsweetened applesauce, strained cream soups (celery, mushroom, chicken, etc.), skim milk and sugar-free pudding to name only a few.

### Full Liquid Recipe Ideas

#### Wild Berry Boost

2 scoops vanilla-flavored protein powder  
4 raspberries  
8 blueberries  
8 oz. non-fat milk  
1/2 cup ice cubes

Place all ingredients in blender and blend until smooth.

#### Protein Powder Apple Cinnamon Snack

1 scoop vanilla-flavored protein powder  
4 oz. unsweetened applesauce  
Pinch of cinnamon

Stir and enjoy.

#### High Protein Hot Cocoa

1 cup skim milk, heated  
2 tablespoons non-fat dry milk  
2 tablespoons sugar-free hot cocoa mix

Stir sugar-free hot cocoa mix and non-fat dry milk into the heated skim milk

#### Banana Split Protein Shake

1 scoop chocolate-flavored protein powder  
1/2 cup skim milk  
4" banana, ripe  
1/8 cup pineapple, canned in juice  
3 strawberries, frozen, no sugar added

Place all ingredients in blender and blend until smooth.

#### Orange Protein Drink

1 scoop protein powder  
3 oz. 100% orange juice  
1/2 cup ice cubes  
2 tablespoons light whipped topping

Place all ingredients in blender and blend until smooth.

## Phase 3: Pureed Foods

Pureed foods are typically similar to the consistency of baby food. You'll likely need to use a blender or food processor to get meals to the correct consistency, and any recipe with chunks will need to be strained. Examples of foods that fit into this category include mashed potatoes, strained cottage cheese, pureed, strained meats and blended, soft fruits or vegetables

### Pureed Food Recipe Ideas

#### Tuna Salad

2 oz. tuna fish  
1 teaspoon fat-free mayonnaise  
1/8 teaspoon onion powder

Place all ingredients in blender and blend until smooth. Makes one serving.

#### Pureed Chicken

8 oz. boneless, skinless chicken breast  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon lemon juice  
1/4 cup chicken broth

Season chicken with spices and lemon juice. (For extra flavor, marinate overnight.) Cook chicken thoroughly on stove top or grill. Place in blender with 1/4 cup chicken broth, and blend until smooth.

Makes 4-6 servings. Freeze extra portions in ice cube tray for convenient future use.

#### Single Serve Lasagna

1/4 cup skim ricotta cheese  
2 tablespoons sugar-free spaghetti sauce  
1 tablespoon shredded mozzarella cheese

Layer ingredients in small bowl and microwave until heated through.

#### Southwestern Scrambled Eggs

1 egg or 1/4 cup egg substitute  
1 tablespoon tomato salsa  
1 tablespoon low-fat shredded cheese

Scramble egg, add cheese and top with salsa.

#### Egg Salad

1 hardboiled egg  
2 teaspoons fat-free mayonnaise  
Pinch of paprika

Place all ingredients in blender and blend until smooth. Makes one serving.

#### Notes/Questions:

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## Phase 4: Soft Foods

By this stage, your diet starts to trend back to being a little more “normal.” Soft food is more solid than pureed food, and you are able to choose from a wider variety of options, but meals will need to be cooked or prepared to meet certain guidelines. For example, you should avoid eating raw carrots, but carrots that have been boiled, baked or steamed until softened will meet the diet requirements.

### Soft Food Recipe Ideas

#### **Parmesan-Coated Tilapia**

4 fillets tilapia (thawed if purchased frozen)  
1/2 cup grated, non-fat Parmesan cheese  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon thyme

Heat oven to 350°. Remove excess moisture from fillets with paper towels, then press grated cheese into each side of fish. Sprinkle with seasoning.

Heat a non-stick skillet to medium heat and pan sear fillets for one minute per side. Remove from stove top and place in baking dish.

Bake fish for 15 minutes, or until fish flakes apart easily.

Makes 4 servings. To reduce to one serving, divide ingredients by 4.

#### **Slow-Cooker Pasta Fagioli**

1 lb. ground, lean turkey meat  
1 teaspoon olive oil  
1 medium onion, finely chopped  
2 carrots, chopped  
1 celery stick, chopped  
2 teaspoons Italian seasoning  
1 (28 oz.) can crushed tomatoes  
2 cups chicken broth  
1 (14 oz.) red kidney beans, drained  
1 (14 oz.) cannellini beans, drained

Heat olive oil in pan, add turkey, onion, carrots, celery and Italian seasoning. Saute until ground turkey is browned, approximately 10 minutes.

Transfer ingredients to crock pot and add tomatoes, chicken broth and beans.

Cook on high for 3-4 hours.

Extra portions can be frozen for future use.

#### **Notes/Questions:**

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## Phase 5: Regular Foods

While the foods in this category may have been introduced in previous stages, they no longer need to be cooked to a specific consistency. This phase represents your new lifestyle, and you should focus on creating healthy, balanced meals for years to come. The following recipes can be supplemented with sides and additions as needed to meet nutrition requirements.

### Regular Food Recipe Ideas

#### Barbecue Salmon

4 (4 oz.) Salmon fillets (thawed if purchased frozen)  
4 tablespoons sugar-free barbecue sauce

Heat a non-stick grill pan over high heat. (Spray with cooking spray if necessary). Once pan is hot, reduce heat to medium low.

Brush salmon with barbecue sauce and place in pan. Cook for approximately 5 minutes, then flip and cook for an additional 3-4 minutes. Brush barbecue sauce across top side, flip, and brush with sauce again. Continue cooking for 1 minute, then remove from heat.

Note: seasoning mix can be added if you choose.

#### Sheet Pan Chicken and Squash

4 skinless chicken legs  
1 lb. butternut squash, peeled and cubed  
1 whole orange (cut into 1/8 pieces)  
2 teaspoons olive oil  
Seasoning (smoked paprika, garlic powder, salt, pepper)  
Pinch of dried thyme

Arrange chicken, squash and orange pieces on baking sheet. Drizzle with olive oil and sprinkle with seasoning.

Heat oven to 400° and roast for 45-60 minutes, until squash is softened and chicken is thoroughly cooked.

For extra flavor, remove chicken and squash from pan. Squeeze juice from orange slices into pan drippings, and mix with 1/4 cup water. Pour over chicken and serve.

Dry rubs are a great way to add extra flavor to meals, especially chicken, fish and vegetables. Mix rubs well and add to desired food; cook as instructed. Remaining rub can be stored in a cool, dry place.

#### BBQ Spice Dry Rub

1/2 cup paprika  
1 tablespoon black pepper  
1 tablespoon chili powder  
1 tablespoon onion powder  
1/2-1 teaspoon cayenne pepper  
(Add 1/2 tablespoon cumin for a chipotle flare)

#### Tuscan Rosemary Rub

1 tablespoon dried rosemary  
1/2 tablespoon oregano  
1/2 teaspoon garlic powder  
1/2 teaspoon black pepper

Notes/Questions:

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# Additional References

## Fiber Content Reference Chart

### HIGH FIBER FOODS LIST with TOTAL FIBER GRAMS (g)

Fresh & Dried Fruit	Serving Size	Fiber (g)
Avocado (fruit)	1 medium	11.8
Raspberries	1 cup	6.4
Pear	1 medium	5.1
Apples with skin	1 medium	5.0
Strawberries	1 cup	4.4
Blueberries	1 cup	4.2
Banana	1 medium	3.9
Figs, dried	2 medium	3.7
Orange, navel	1 medium	3.4
Peaches, dried	3 pieces	3.2
Grapefruit	1/2 medium	3.1
Apricots, dried	4 pieces	2.9
Peach	1 medium	2.0
Raisins	1.5-oz box	1.6
Cantaloupe, cubes	1 cup	1.3
Plum	1 medium	1.1
Apricot	3 medium	1.0

Grains, Beans, Nuts & Seeds	Serving Size	Fiber (g)
Black beans, cooked	1 cup	13.9
Lentils, red cooked	1 cup	13.6
Oats, rolled dry	1 cup	12.0
Kidney beans, cooked	1 cup	11.8
Lima beans, cooked	1 cup	8.6
Quinoa, cooked	1 cup	8.4
Brown rice, dry	1 cup	7.9
Flax seeds	3 Tbsp.	6.9
Pasta, whole wheat	1 cup	6.3
Quinoa (seeds) dry	1/4 cup	6.2
Chick Peas, cooked	1 cup	5.8
Almonds	1 oz	4.2
Pumpkin seeds	1/4 cup	4.1
Pistachio nuts	1 oz	3.1
Walnuts	1 oz	3.1
Sunflower seeds	1/4 cup	3.0
Peanuts	1 oz	2.3
Bread, whole grain	1 slice	2.0
Cashews	1 oz	1.0

Vegetables	Serving Size	Fiber (g)
Peas, cooked	1 cup	8.8
Kale, cooked	1 cup	7.2
Winter squash, cooked	1 cup	6.2
Carrot, cooked	1 cup	5.2
Sweet potato, cooked	1 medium	4.9
Potato, baked w/ skin	1 medium	4.8
Corn, sweet	1 cup	4.8
Broccoli, cooked	1 cup	4.5
Spinach, cooked	1 cup	4.3
Beet greens	1 cup	4.2
Cabbage, cooked	1 cup	4.2
Cole slaw	1 cup	4.0
Green beans	1 cup	4.0
Swiss chard, cooked	1 cup	3.7
Brussels sprouts, cooked	1 cup	3.6
Pop corn, air-popped	3 cups	3.6
Cauliflower, cooked	1 cup	3.4
Onions, raw	1 cup	2.9
Beets, cooked	1 cup	2.8
Bok choy, cooked	1 cup	2.8
Carrot	1 medium	2.6
Collard greens, cooked	1 cup	2.6
Peppers, sweet	1 cup	2.6
Zucchini, cooked	1 cup	2.6
Summer squash, cooked	1 cup	2.5
Celery	1 stalk	1.1
Tomato	1 medium	1.0



Notes/Questions:

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# Fat Content Reference Chart

BREADS		
FOOD	PORTION	FAT (GRAMS)
White/Wheat/Rye	1 slice	1
Oat Bran	1 slice	1.2
French Bread	1 slice	1.4
French Toast	1 slice	6
Muffin-any type	1 small	5-10
Frozen Waffles	1 small	3-5
Biscuit	1 small	5
All Cereals	½ cup	1
All Pastas	½ cup	1
Granola	½ cup	15

FATS & OILS		
FOOD	PORTION	FAT (GRAMS)
Butter/Margarine	1 tbsp	11
Mayonnaise	1 tbsp	10
All Cooking Oil	1 tbsp	14

DAIRY		
FOOD	PORTION	FAT (GRAMS)
Cottage Cheese (1% fat)	½ cup	1.2
Hard Cheeses	1 oz/slice	5-10
Cream Cheese	1 oz.	10
Skim Milk	1 cup	1

DAIRY		
1% Milk	1 cup	2.5
2% Milk	1 cup	4.5
3.3% (Whole) Milk	1 cup	8
Sour Cream	1 tbsp	3
Non-dairy Creamer	1 tbsp	1
Non-fat Yogurt	½ cup	0
Low Fat Yogurt	½ cup	2
Whole Yogurt	½ cup	4
Egg	1 large	5

FRUITS & VEGETABLES		
FOOD	PORTION	FAT (GRAMS)
All fruits	1 piece	0-1
All Vegetables (except below)	½ - 1 cup	0-1
All Beans	½ - 1 cup	0-1
Avocados	1 medium	15
Olives	10 count	4
Coconut	½ cup	13

## Fat Content Reference Chart

	MEATS	
FOOD	PORTION	FAT (GRAMS)
Pot Roast	3 oz	10
Hamburger	3 oz	16
Salami	3oz	20
Pork Loin	3 oz	5
Ham Roast	3 oz	8
Bologna	2 slices	10
Sausage Patties or Links	2	15
Chicken Breast, no skin	3 oz	3
Chicken thigh, no skin	1 small	6
Chicken Breast, floured, fried	3 oz	9
Chicken Breast, battered, fried	3 oz	13
Chicken Salad	3 oz	17
Turkey Breast, no skin	3 oz	1
Turkey Dark Meat, no skin	3 oz	7
Tuna, canned in water	3 oz	0
Cod, Haddock, Sole, Flounder	3 oz	1
Halibut, broiled	3 oz	3

	MEATS	
Trout	3 oz	4
Swordfish	3 oz	5
Tuna Steak	3 oz	6
Salmon	3 oz	7
Shrimp	5 medium	1
Shrimp, breaded and fried	5 medium	12

	NUTS & SEEDS	
FOOD	PORTION	FAT (GRAMS)
Chestnuts	½ cup	1
Sesame Seeds	1 tbsp	4
Pumpkin Seeds	½ cup	6
Cashews	¼ cup (about 30)	15
Almonds	¼ cup (about 30)	16
Peanuts	¼ cup	17
Pecans	¼ cup	18
Brazil Nuts	¼ cup	23
Macadamia Nuts	¼ cup	25

## Balanced Meal Examples

	PROTEIN	LOW STARCH VEGGIES	STARCHY VEGGIES / CARBS
<b>MEAL 1</b>	2 eggs, 1 oz cheese	½ cup red pepper	1 banana, medium
<b>MEAL 2</b>	2 eggs, 3 slices bacon	½ cup tomatoes	1 cup, strawberries
<b>MEAL 3</b>	2 slices turkey, 1 oz cheese	Lettuce and tomatoes	2 slices bread
<b>MEAL 4</b>	3 oz chicken breast	1 cup green beans	1/2 cup corn or potatoes
<b>MEAL 5</b>	15 shrimp, small	1 cup salad greens, 1 TBSP oil dressing	10-15 French fries, baked
<b>MEAL 6</b>	3 oz chicken breast	½ cup Brussels sprouts	½ cup mashed potatoes
<b>MEAL 7</b>	4 tbsp peanut butter	1 cup baby carrots	2 slices bread
<b>MEAL 8</b>	½ cup cottage cheese	¼ cup almonds	½ cup pineapple

# Progress Tracking Tools

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total Protein							
Total Fluid							
Exercise							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total Protein							
Total Fluid							
Exercise							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total Protein							
Total Fluid							
Exercise							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total Protein							
Total Fluid							
Exercise							

# Weekly Weight Log – One Year

Week	Date	Start Weight	End Weight	Loss or Gain	Total Weight Loss to Date	Clothing Size
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