

# Food Groups

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## **MEAT/MEAT SUBSTITUTE GROUP**

One serving equals = 35-55 calories, 7 grams protein

### **During the 1<sup>st</sup> month (pureed)**

1 oz. cooked, <i>blended</i> meat (skinless turkey, chicken, beef, fish, veal or venison)
2.5 oz. small jar strained, plain baby food meats
¼ cup Egg Beaters ( <i>pasteurized</i> eggs) (try in a homemade smoothie)
1 oz. <i>melted</i> low-fat or fat-free cheese
2 Tbsp. <i>creamy</i> peanut butter (choose “natural”, sugar-free brands)
¼ cup low-fat or fat-free cottage cheese or ricotta cheese
⅓ cup nonfat dry milk powder (added to boost protein content)
½ cup pureed beans (eg: fat-free refried beans), black bean soup, lentil soup, split pea soup
½ cup of tofu

### **After the first month (regular texture)**

1 oz. cooked meat (skinless turkey, ground turkey breast, chicken, 96% lean beef, fish, seafood, tunafish in water, veal, venison, pork tenderloin, deli-sliced meats)
¼ cup Egg Beaters, 1 egg, or 2 egg whites
1 oz. low-fat or fat-free cheese
2 Tbsp. peanut or other nut butter (choose “natural”, sugar-free brands) or ¼ cup (1 oz.) nuts
¼ cup low-fat or fat-free cottage cheese or ricotta cheese
⅓ cup nonfat dry milk powder
½ cup any type of rinsed/drained beans, lentils, black eyed peas or edamamme (soybeans)
½ cup of tofu or soy products

*You may season your foods with herbs, spices, lemon/lime juice, hot sauce and vinegar. Cook your foods low fat: bake, broil, grill, steam, BBQ, or George Foreman. DO NOT fry or add oil to the pan while cooking (use non-stick cookware and cooking spray like PAM). Take skin off poultry and NO chicken wings. NO potted meat like Vienna sausages or SPAM and avoid processed meats like hot dogs, bacon and sausage.*

## **MILK GROUP**

One serving equals = 90 calories, 8 grams protein

**Milk and yogurt can be eaten during the first month and forever**

1 cup (8 oz.) skim or 1% milk
1 cup skim or 1% Lactaid milk or unsweetened (“light”) soy milk
6 oz. fat-free, sugar-free (“light”) or plain yogurt or nonfat Greek strained yogurt
1 packet no sugar added Carnation Instant Breakfast = ½ milk

*If you are lactose intolerant or become lactose intolerant after surgery, consider taking Lactaid pills with dairy foods, or try Lactaid milk or soy milk.*

## **VEGETABLE GROUP**

One serving equals = 25 calories, 2 grams protein

### **During the 1<sup>st</sup> month (pureed)**

½ cup (4 oz.) vegetable juice (tomato, V-8, carrot)
½ cup (4 oz.) <i>blended</i> vegetable soup or low-sugar tomato soup
½ cup <i>blended</i> vegetables (beets, carrots, green beans, spinach, broccoli, greens, zucchini, cabbage, cauliflower)

### **After the first month (regular texture)**

½ cup (4 oz.) vegetable juice
1 cup vegetable soup or low-sugar tomato soup
½ cup cooked veggies (any non-starchy fresh, frozen, or low sodium canned veggies)
1 cup raw leafy vegetables

## **FRUIT GROUP**

One serving equals = 60 calories, 0 grams protein

### **During the 1<sup>st</sup> month (pureed)**

½ cup unsweetened 100% fruit juice <i>diluted 50/50 with water</i> (orange, grapefruit, prune)
½ cup <i>blended</i> , unsweetened canned or fresh fruits or unsweetened applesauce

### **After the first month (regular texture)**

1 small (4 oz.) piece of fruit (any type of fruit)
½ cup unsweetened fresh, frozen or canned fruit

*If you choose canned fruits, they must be canned in water or juice. DO NOT eat fruits canned in any syrup. After the first month, strive to get juice out of your diet.*

## **STARCH GROUP**

One serving equals = 80 calories, 3 grams protein

### **During the 1<sup>st</sup> month (pureed)**

1 cup <i>blended</i> soup, any kind (avoid cream soups)
½ cup cooked cereal (cream of wheat, oatmeal, grits - no lumps and smooth like applesauce)
½ cup <i>blended</i> starchy vegetables (corn, potatoes, acorn squash, lima beans, peas, or sweet potatoes)

### **After the first month (regular texture)**

1 cup soup (choose broth or tomato based soups over creamy soups)
½ cup cooked cereal, or ¾ cup unsweetened cold cereal (look for cereals with fiber)
½ cup starchy vegetables (corn, potatoes, squash, limas, peas, sweet potatoes)
1 slice (1 oz.) reduced calorie (40 cals per slice) whole grain bread

*Choose whole grains over refined (“white”) products. Bread, rolls, rice, tortillas, crackers, pretzels, and popcorn also fall here- use the packaging to determine portion size (1 oz. or about 80 calories).*

**FAT GROUP: MAX of 3 servings every day**

One serving equals = 45 calories, 0 grams protein

Limited amounts of added fats can be eaten during the first month and forever

1 tsp. Margarine
1 tsp. Mayonnaise (low- fat or fat-free)
1 tsp. canola or olive oil
1 Tbsp. sour cream (low- fat or fat-free)
1 Tbsp. salad dressing (low- fat or fat-free)

*All oils have the same amount of calories and fat per serving. Choose heart healthy liquid, plant fats over solid, animal fats. Choose “light” versions whenever possible.*

**LOW CALORIE FLUIDS: 8 cups every day**

One serving equals = <20 calories, 0 grams protein, 0 grams sugar

**SIP, SIP, SIP to get in your 64 ounces of fluid each day**

Water
Crystal Light or Wyler’s Light
Sugar-free Kool Aid
Unsweetened tea
Herbal tea
Fruit20
Propel fitness water
PowerAde Zero
Metromint flavored water
Low-sodium chicken, beef, or vegetable broth
Other non-caloric, non-carbonated flavored waters with <20 cals per 8 oz.

**DO NOT eat and drink at the same time.** Fluid can “wash” your food through your pouch too quickly preventing you from feeling full for a long time. **Don’t drink for 1-2 hours after a meal.**

**Choose** sugar-free, carbonation-free beverages. **AVOID** alcoholic beverages, regular and diet soda, fruit drinks, sweetened seltzer water, or any other sugar-sweetened beverages.