

Quick Tips for Eating and Living after WLS

YOUR DIETITIANS RECOMMEND:

- ✓ 64 oz. of non-carbonated, non-caloric fluids daily
- ✓ Exercise- Strive for 200 minutes weekly (30 min daily) more is better!

VITAMINS & MINERALS FOR LIFE

- ✓ **Multivitamins** 1 per day forever with A, D, E, folic acid and iron
- ✓ **Vitamin B12**- 500 mcg liquid or sublingual
- ✓ **Calcium Citrate**- 1500-2000 mg daily generally 2 pills, 3 times per day

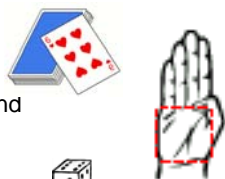
SAMPLE MEAL PLAN

- ✓ **Breakfast**
1 meat, 1 milk, 1 fruit
(1 hardboiled egg, 6 oz yogurt, ½ c fresh fruit)
- ✓ **Lunch**
2 meat, 1 vegetable, 1 starch, 1 fat
(2 oz. grilled chicken, 1 c raw veggies/salad greens, 1 Tbsp reduced fat salad dressing, 1 slice reduced cal bread)
- ✓ **Dinner**
3 meat, 1 vegetable, 1 starch
(3 oz. tilapia, ½ c cooked spinach, ½ c brown rice)
- ✓ **Snack**
1 milk, 1 fruit
(8 oz skim milk, 4 oz. piece of fruit (apple))

USE YOUR HAND (TO ESTIMATE PORTIONS)

✓ **Meat**

2-3 oz cooked meat =
a deck of cards
or the palm of your hand
1 oz of cheese =
3-4 dice
or the length
and width of 2 fingers



✓ **Fruit/Vegetable**

1 cup raw leafy veggies =
the size of a baseball
or your fist
1 piece of fruit =
medium sized apple
or the size of a tennis ball
½ cup cooked veggie or cut-up fruit =
the size of a hockey puck
or a rounded handful



✓ **Starch**

½ cup cooked grain/hot cereal =
size of a hockey puck
or the palm of your hand



✓ **Fat- a 1 Tbsp serving ~ size of your thumb**

YOUR MEAL PLAN FOR LIFE

MEAT/MEAT SUBSTITUTES- 6 servings 1 oz meat (skinless turkey, ground turkey breast, chicken, 96% lean beef, fish, seafood, tunafish in water, veal, venison, pork tenderloin, deli-sliced meats), 1 egg, 1 oz low fat or fat free cheese, 2 Tbsp peanut butter, 1 oz nuts, ¼ c low fat/fat free cottage cheese or ricotta cheese, 1/3 c nonfat dry milk pwr, ½ c beans, ½ c tofu or soy products



MILK- 2 servings 8 oz skim or 1% milk, skim or 1% Lactaid milk, or unsweetened light soy milk, 6 oz fat free/no added sugar light or plain yogurt or nonfat Greek strained yogurt



VEGETABLE- 2 servings ½ c vegetable juice, ½ c cooked nonstarchy veggies, 1 c raw or leafy veggies, 1 c vegetable or low-sugar tomato soup



FRUIT- 2 servings 1 small (4 oz) pc of any type of fruit or ½ c unsweetened fresh, frozen, or canned fruit (no syrup)

STARCHES- 2 servings ½ c cooked cereal, ¾ c unsweetened cold cereal, ½ cup starchy veggies, 1 slice (1 oz) reduced calorie whole grain bread, 1 c soup



FAT-max 3 servings 1 tsp margarine, mayo, canola/olive oil; 1 Tbsp sour cream or salad dressing (choose low fat versions)

KEEP IN TOUCH:

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