

Tips and Tricks for Shifting your Eating Habits:

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www.muschealth.com/weightlossurgery



Utilize your days off

- Chili made with ground turkey breast, beans and lots of veggies
- Veggie, bean or split pea soup
- Salads – can be prepped several days in advance if you keep the dressing separate
- Homemade trail mix (nuts, dried fruits, high fiber cereal)
- Raw veggies (carrots, cucumbers, celery, bell peppers) and hummus

Stock your areas

- Tunafish packets with whole grain crackers or on top of salad greens (try a salad spritzer spray at just 1 calorie per spritz)
- Hand fruit (apple, orange or banana) and 1 oz (1/4 cup) of almonds or other nuts/seeds
- Canned/packaged fruit with no added sugar (applesauce, mandarin oranges, peaches, pears, fruit cocktail)
- Shelf stable green beans added to any meal
- Dried fruits (minimal sugar like raisins, cherries, blueberries, plums, craisins, apricots)
- 94% fat-free microwave popcorn or 100 calorie sized popcorn
- Canned low sodium, low calorie soups with meat or beans and veggies

Brown Bag It!

• Mini meals

- Dinner leftovers
- Whole wheat/grain tortilla (6 in) with refried beans and salsa
- Deli-sliced meats rolled up with lettuce leaf, low fat cheese, and mustard
- Whole grain crackers or rice crackers (like *Wasa* or *Blue Diamond*) with fat free cottage cheese and tomato

• Snacks

- Reduced-fat string cheese and a piece of fruit (apple, pear)
- 15 grapes with a *Laughing Cow* cheese wedge
- One *Wasa* cracker topped with sliced avocado and tomato
- 6 *All Bran* multigrain crackers sandwiched with natural peanut butter in between
- Plain, Greek style yogurt with a *Crystal Light* added for flavor



Survey the hospital cafeteria

- Hardboiled egg (pop out the yolks) with pepper
- 8 oz of skim or low fat milk
- Low-fat yogurt (try Greek-style) with berries
- High-fiber cereal with skim milk (*Fiber One*, *Kashi*)
- Whole grain toast with low fat cheese (try *Cabot* or *Sargento*) or peanut butter
- Check out MUSC's "Eat Smart at ART" brochure
<http://www.muschealth.com/nutrition/dining/Eat%20Smart%20at%20ART%208-28-09.pdf>



Eat Me!

Meat, fish, poultry and eggs

- Fish and shellfish, skinless
- Tuna canned in water
- Chicken or turkey, skinless, white meat
- Turkey, ground, no skin
- Egg whites
- Low-fat or fat-free cold cuts (<3-5g fat per ounce)
- Pork: fresh ham, Canadian bacon, tenderloin, center loin
- Game meats: venison, skinless duck, rabbit

Cheese, Beans, Soy, Nuts, Seeds

- Reduced fat cheese (2-5g fat per ounce)
- Any beans, lentils, black-eyed peas, split peas, chickpeas
- Soy beans, soy products (ie: tofu, tempeh, soy milk)
- Peanuts, natural peanut or nut butter

Dairy

- Skim or 1% fat milk, lite soy milk
- Non-fat or low-fat, no-added sugar yogurt
- Non-fat or low-fat cottage cheese

Vegetables

- Any fresh/frozen/canned veggie
- Vegetable juice

Fruits

- Any fresh, frozen or canned (in water or its own juice) or fresh avocado

Grains and starchy vegetables

- Whole wheat or corn tortillas
- Whole grain, low sugar hot or cold breakfast cereals
- Whole grain, low-fat crackers (ie: *Wasa*)
- Sweet potatoes, corn, peas
- Whole-grain, sugar-free waffles or pancakes (occasionally)
- Low-fat, sugar-free protein bars

Sweets

- Sugar-free, non-carbonated drinks (*Crystal Light*, *SF Kool Aid*)
- Low-sugar jelly, jam and fruit spreads
- Sugar-free popsicles or *Jell-O*

Fats and oils

- Non-stick cooking spray
- Fat-free or reduced-fat mayonnaise, salad dressings, cream cheese, or sour cream
- Liquid oils (ie: olive, flaxseed, canola)
- Tub or spray margarine