

Nutritional Workshop (Led by Jennifer Turesky, RDN)

Please read this page and attached nutrition packet prior to filling out food journals.

The nutrition workshop is free to attend and is held at Synergy Bariatrics. You are scheduled to attend the nutrition workshop on _____. The workshop typically lasts for 75-90 minutes. Before attending this workshop you **MUST complete the TWO WEEKS** of blank food journals provided to you and they **MUST** be brought with you to the workshop. Failure to do so will result in your workshop having to be rescheduled. Please plan on getting to the workshop 10 minutes before the scheduled start. If you are 15 or more minutes late for the workshop you will be asked to reschedule your workshop. Children are not encouraged to attend workshop to assist in creating an environment conducive for learning for all participants.

****Please read the nutrition packet attached to this paper. Information regarding bariatric nutrition, creating appropriate meals and reading food labels are provided in this packet.**

****Please fill out the blank food journals provided. Two weeks of food journals must be completed and brought to your nutrition workshop. When completing food journals please start to implement the nutrition recommendations that are encouraged in the nutrition packet.**

This is an active learning group workshop. Participation is required. If you feel uncomfortable in a group setting, a one on one appointment is available with Jenn upon your request. If you are already scheduled for the group workshop and wish to have a one on one, please call the office at (716) 565-3990 EXT 100 as soon as possible to reschedule.

Please note: Based on your food journals and/or lack of participation during the Nutritional Workshop, further nutritional evaluation(s) may be required.

This workshop is designed to help you implement appropriate nutrition recommendations for optimal health and weight loss after bariatric surgery. Please refer to attached packet for more information.

Only after you have completed the Nutritional Workshop, may you attend the Eating Behavior Workshop.

DIRECTIONS:

- 1. READ ALL INFORMATION PROVIDED THOROUGHLY.**
- 2. COMPLETE THE ATTACHED 2 WEEKS OF FOOD JOURNALS.**
- 3. BRING THEM TO YOUR SCHEDULED NUTRITIONAL WORKSHOP.**

If you have any questions regarding the nutrition information provided to you, please write them down and bring them with you to the class. If you need further explanation regarding how to complete food journals, please call Jenn at (716) 565-3990 EXT 104 or email her at jturesky@ecmc.edu.

Bariatric Surgery Nutrition

Bariatric Nutrition Outline

- **Macronutrients**
 - Protein
 - Carbohydrate
 - Fat
- **Hydration and Fluid**
- **Reading a food label**
- **How to create Meals and Snacks**
- **Meal frequency and timing**
- **How much protein am I eating?**
- **Using a food scale**
- **Vitamin and Mineral Supplements**
- **Protein Supplements and Bars**

Protein

- Goal of at least 80-100 grams of protein per day before surgery
- Goal of at least 60-80 grams of protein per day after surgery
- Your goal is to consume 15-30 grams of protein per meal or snack 4-6 times per day to reach your daily goal
- Most animal products are good sources of protein
 - (The exceptions are hot dogs, bacon, salami and bologna)
- Good sources of protein include chicken, steak, beef, eggs, cheese, fish, turkey, cottage cheese, Canadian bacon, Greek yogurt, light yogurt, milk, shrimp, tuna

Carbohydrates

- Consume 90-150 grams of carbohydrate per day (this can vary based on physical activity)
- Include fruits, vegetables and whole grains which are also good sources of dietary fiber, vitamins and antioxidants
 - Based on physical activity level the grams of carbohydrate need can vary greatly
- It is best to consume consistent amounts of carbohydrate throughout the day
 - 15-30 grams of carbohydrate per meal or snack 4-6 times per day

Fat

- Try to consume “heart healthy fats” at least two to three times per day
 - These include: nuts, seeds, olive oil, avocado, nut butters, olives, chia seeds, flax seeds, hummus and guacamole
- Creates satiety (fullness that lasts)
- Consume around 40-60 grams of fat per day
- Consume 10-15 grams of fat per meal or snack 3-4 times per day
- Helps with absorption of fat soluble vitamins (vitamins A, D, E and K)

Hydration

- Your goal is to consume at least 6-8 cups (48-64oz) of fluid per day
 - Water is best but other non calorie, sugar free, carbonation free, alcohol free beverages are OK to consume
- Sugar free carbonated beverages (ie: Seltzer water) are OK if you tolerate them
- 2 cups of caffeinated product per day is OK
 - Be mindful of what you add to your coffee or tea
 - Adding flavored creamers and added sugar is not recommended
 - You will not be given caffeinated products in the hospital

Reading Nutrition Facts Labels

- Learning how to read and understand food labels can help you make healthier choices and ensure adequate protein consumption
- Step 1:** Note the serving size
- (Please note the grams next to the serving size is a weighted measurement and not grams of protein)
- Step 2:** Note the grams of protein per serving
- For this example **1 egg contains 6 grams of protein**. If you consumed **3 eggs** you would be consuming **18 grams of protein**

ONE LARGE EGG

Nutrition Facts	
Serving Size 1 egg (50g)	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Sat. Fat 1.5g	8%
Trans Fat 0g	
Cholest. 215mg	71%
Sodium 65mg	3%
Total Carb. Less than 1g	0%
Protein 6g	10%
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%

Not a significant source of Dietary Fiber or Sugars.

Reading Nutrition Facts Labels

- Step 1:** Note the serving size
- (Please note the grams next to the serving size is a weighted measurement and not grams of protein)
- Step 2:** Note the grams of protein per serving
- For this example **3 oz** of this product would contain **22 grams of protein**. If you consumed **1.5 oz** of this product you would be consuming **11 grams of protein**.
- Using a food scale will help you determine how many ounces of meat or cheese you are consuming.
- To measure ounces you will need to use a food scale, unless otherwise stated ounces noted are after being cooked

Nutrition Facts	
Serving Size 3 oz. (85 g/3 oz)	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,800
Total Fat	Less than	85 g	80 g
Sat. Fat	Less than	20 g	23 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Free Range Chicken Breast, Organic Rosemary, Nu Salt (Salt Substitute), Organic Garlic Powder

Reading Nutrition Facts Labels

- Choose items with 5 or less grams of total fat per serving
 - items marked “light” “reduced fat” or “low fat” can lead you to making leaner choices
 - Healthy fats are the exception to this rule
 - Healthy fats will exceed 5 grams of total fat per serving and that is OK
- Keep the sugar to 5 or less grams per serving
 - If sugar is one of the first 5 ingredients listed under the “Ingredients” on the food label the product contains a good amount of “added sugar” and is not recommended
- Fruit and dairy products contain natural sugars and are the exception to this rule
 - When choosing yogurt try to keep the sugar to 8 or less grams of sugar per 6oz serving
 - Milk contains 12 grams of sugar per 8 oz serving. Any grams of sugar over 12 grams of sugar is ADDED SUGAR

How to Create Meals and Snacks

- **STEP 1: START WITH PROTEIN**
- Try to stick with lean proteins
 - These contain 5 or less grams of total fat per serving (look at the nutrition facts label)
- Lean proteins contain less saturated fat and calories
- Your goal is to consume 15-30 grams of protein per meal or snack 4-6 times per day

How to Create Meals and Snacks

- **STEP 2: Add a CARBOHYDRATE**
- Fruits, vegetables and whole grains (oatmeal, popcorn)
 - Potatoes, sweet potatoes, corn, peas
 - Beans (kidney, garbanzo)
- Any carbohydrate can easily be exchanged for any other carbohydrate. For example, you can substitute a banana for potatoes or a slice of whole grain toast.
- Please note that including mostly natural, unprocessed carbohydrate choices into your meal such as fruit, vegetables and whole grains are best.
- If you want more than one carbohydrate in a meal such as rice and vegetables, lower the amount of each to match your personal nutritional parameters.
 - Aim for 15-30 grams of carbohydrate per meal and snack 4-6 times per day

How to Create Meals and Snacks

- **STEP 3: Add a FAT**
- Healthy fats include nuts, seeds, nut butters, olive oil or avocado oil, olive oil or avocado oil based dressings, avocados, etc.
- Any fat can easily be exchanged for any other fat. For example, you can substitute salad dressing for avocado. Though you can include any fat in your meal, please note that natural, unsaturated fats from non-animal sources are heart healthy
- If you want more than one fat at a meal or snack, such as olive oil and avocado, lower the amount of each to match your personal nutritional parameters
 - Aim for 10-15 grams of fat per meal or snack 4-6 times per day

Meal Frequency and Timing

- Consume 4-6 small meals/snacks per day
- Eat every 3-4 hours
- Eat breakfast every morning within an hour of waking
- Have your last meal or snack 2-3 hours before you go to bed
- Try to create a 12 hour fast overnight
 - For example if you have breakfast at 7 AM have your last meal or snack at 7 PM

Recommended Vitamin and Mineral Supplements after bariatric surgery

- It is recommended that you start a bariatric multivitamin and mineral supplement after your first post operative appointment.
 - You **MUST** be on a Bariatric multivitamin and mineral regimens for life
1. Four (4) Bariatric Fusion multivitamin and mineral chewables per day (\$22 for 30 days when **SYNERGY10** code is used)
 2. Two (2) Bariatric Fusion multivitamin soft chews + one (1) bariatric fusion iron soft chew**+ 1200-1500 mg of calcium**/** (\$35 for 30 days when **SYNERGY10** code is used)
 3. 1 per day Bariatric Fusion Multivitamin Capsule with Iron* + 1200-1500 mg of calcium**/** (\$14.40 for 30 days when **SYNERGY10** code is used and you purchase the 90 day supply). **Kosher**
- **Bariatricfusion.com** use code synergy10 for 10% off
 - **Bariatric Fusion** 1-866-259-0602
 - **Bariatric Fusion Store** located at 2741 Transit Road, Elma, NY

Recommended Vitamin and Mineral Supplements after bariatric surgery

Bariatric Advantage

1. One (1) Bariatric Advantage Ultra Solo Capsule with Iron* + 1200-1500 mg of calcium**/** (\$14.03 for 30 days when 90 capsules are purchased and synergy15 validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**
2. One (1) Bariatric Advantage Ultra Solo Capsule without Iron* + 1200-1500 mg of calcium**/** (\$14.15 for 30 days when 90 capsules are purchased and synergy15 validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**

Bariatricadvantage.com use validation code SYNERGY for 15% off, if you sign up for reoccurring orders you will receive free shipping • Bariatric Advantage 1-800-898-6888

Non-Bariatric Vitamin and Mineral Options

1. Two over the counter multivitamins and mineral supplements + 500 mcg B12 + 3,000 IUs vitamin D3 + 45 mg iron** (you can use bariatric fusion iron soft chew) + B Complex + 1200-1500 mg calcium**/** (between food and calcium supplement)--\$22 for 30 days
2. Prenatal vitamin + 12 mg vitamin B1 + 3,000 IUs vitamin D3 + 350-500 mcg B12 + 1000-1200 mg of calcium**/** (between food and calcium citrate supplements)
*Capsules can be opened and placed into food or fluid ** Take calcium and iron supplements at least two (2) hours apart ***Take calcium supplements in divided doses of no more than 600 mg at a time for best absorption. Calcium citrate supplements can be taken with or without food. Calcium carbonate supplements should be taken with food.

Protein Bars

- 15-30 grams of protein
- 5-15 grams of total fat
- 15-30 grams of carbohydrate
 - Try to keep the sugar to 5 or less grams
 - Try to find bars with at least 3-5 grams of fiber
- Examples include:
 - Pure Protein Bars
 - Quest
 - Bariatric Fusion Protein Bar
 - Celebrate ENS 2 in 1
 - Think thin high protein
 - Fit Crunch
 - Life Choice (Walmart)

Protein Powder/Shakes

- 15-30 grams of protein per serving
- 5 or less grams of total fat per serving
- 5 or less grams of sugar per serving
- Protein shakes can be used as a meal or snack replacement or as a supplement to your protein intake after surgery
- Protein powder can be added to food to increase the protein content without increasing the quantity of food consumed

Supplementation

- Protein shakes and bars can be used as meal or snack replacements
- Protein shakes and bars can also be used as protein supplementation as needed after surgery
- Beverages that contain protein without fiber or vitamins and minerals are a supplement and **NOT** a meal or snack replacement

Support Groups

- Held monthly
 - One by the registered dietitian nutritionist (RDN)
 - One by the social worker
- Schedules are available at the front desk and on Facebook @synergybariatrics or www.facebook.com/synergybariatrics

Meal Planner and Shopping List

	LEAN PROTEIN 80-100 grams per day	CARBOHYDRATE (FIBER) 90-150 grams per day ≥20-25 grams of fiber per	HEALTHY FAT 40-60 grams per day
BREAKFAST 15-30 grams of protein** FIRST then fiber and healthy fat	eggs (and cheese) diced ham/turkey canadian bacon poultry sausage 0% Greek yogurt cottage cheese lean ham steak	rye toast apple slices whole wheat toast bagel thin whole wheat english muffin banana oatmeal	olive oil all natural peanut butter cashew butter walnuts avocado chia seeds flax seed meal
LUNCH 15-30 grams of protein** FIRST then fiber and healthy fat	turkey tuna chicken breast ham light cheese 2% cheese stick low fat roast beef canned chicken greek yogurt cottage cheese	baby carrots broccoli salad whole wheat bread sandwich thin light flat out beets baby spinach (for salad) banana pear	hummus olives olive oil guacamole almonds cashews sunflower seed butter almond butter
DINNER 15-30 grams of protein** FIRST then fiber and healthy fat	90%-95% lean hamburger Cabot ® light cheese chicken breast pork loin sirloin steak 97-99% lean ground turkey salmon or fish ground chicken shrimp or crab poultry sausage	mashed potatoes (no butter) triscuits spinach applesauce baked potato/spray butter mashed cauliflower sweet potato green beans broccoli peppers and onions	olive oil avocado guacamole hummus
SNACKS 1-3 depending on needs 15-30 grams of protein** FIRST then fiber and healthy fat	turkey tenderloin cottage cheese Cabot ® light cheese 0% Greek yogurt light yogurt reduced fat cheese stick Bariatric Fusion Shake chicken breast	whole wheat roll triscuits wheat thins apple baby carrots beets cantaloupe strawberries	slivered almonds peanuts cashews all natural peanut butter hummus cashew butter sunflower seed butter pumpkin seeds
**1oz of meat/cheese = ~7 grams of protein		Divide grams of carbohydrate evenly between meals/snacks, 15-30 grams of carbohydrate per meal/snack is typical	Divide grams of fat evenly between meals/snacks 10-15 grams of fat per meal/snack is typically well tolerated

When making meals and snacks review the serving sizes for carbohydrates and fats; note that you may not be able to consume an entire serving of these items after surgery

BREAKFAST

	Calories	Protein	Carbohydrate	Fiber	Fat
Ham and Cheese Sandwich with Fruit					
2oz 97% lean ham	90	14	0	0	2
1oz light cheddar cheese	70	8	0	0	4.5
1 sandwich thin	100	5	22	5	1
1/2 cup sliced strawberries	30	0	7.5	1.5	0
	290	27	29.5	6.5	7.5
Eggs, Blueberries and Toast with Almond Butter					
2 eggs	150	14	0	0	9
1 slice 100% whole wheat bread	100	5	22	5	1
1 1/2 tsp almond butter (or all natural peanut butter or cashew butter)	45	0	0	0	5
1/2 cup blueberries	40	0	10	2	0
	335	19	32	7	15
Greek Yogurt with Fruit and Nuts					
5.3oz 0% Vanilla greek yogurt	120	13	16	0	0
6 almonds	45	1.2	1.8	0.6	5
4oz (1/2 large) banana	60	0	15	3	0
	225	14.2	32.8	3.6	5
Cottage Cheese with Fruit and English Muffin with Peanut Butter					
5oz cottage cheese (friendship single serve)	110	20	5	0	1.5
1/2 cup canned pineapple (canned in juice)	70	1	18	1	1
1/2 whole wheat english muffin	60	3	11.5	1.5	0.5
1 1/2 tsp all natural peanut butter	45	0	0	0	5
	285	24	34.5	2.5	8
Oatmeal with Fruit and Flax Seed					
1/2 cup cooked oatmeal	80	3	15	2	1.5
1/2 scoop protein powder	65	13.5	0	2.5	0
1 tbsp ground flax seed	30	1.5	2	2	2.25
2oz (1/4 large) banana	30	0	7.5	1.5	0
	205	18	24.5	8	3.75

LUNCH						
	Calories	Protein	Carbohydrate	Fiber	Fat	
Chicken and Cheese Sandwich with Carrots and Hummus						
2oz chicken breast	90	14	0	0	2	
1oz light cheddar cheese	70	8	0	0	4.5	
1 sandwich thin	100	5	22	5	1	
1/2 cup carrots	12.5	1	2.5	1	0	
1 tbsp hummus	25	1	2	0.5	2.5	
	297.5	29	26.5	6.5	10	
Egg Salad Sandwich with Fruit						
2 eggs	150	14	0	0	9	
2 Tbsp reduced fat mayo	45	0	0	0	5	
1 sandwich thin	100	5	22	5	1	
1/2 cup sliced strawberries	30	0	7.5	1.5	0	
	325	19	29.5	6.5	15	
Tuna Salad Pocket						
3oz tuna, canned in water	135	21	0	0	0	
2 Tbsp reduced fat mayo	45	0	0	0	5	
1/2 100% whole wheat pocket/wrap	100	0	15	3	0	
1/2 cup carrots	12.5	1	2.5	1	0	
	292.5	22	17.5	4	5	
Cottage Cheese with Fruit and Triscuits						
4oz 2% Daisey Cottage cheese	90	13	4	0	2.5	
4oz apple	60	1	15	3	1	
6 triscuits, hint of salt	120	3	20	3	4	
	270	17	39	6	7.5	
Taco Salad						
3oz ground meat, cooked (99% lean turkey or 95% lean beef)	135	14	0	0	2	
1oz light cheddar cheese	70	8	0	0	4.5	
1 cup lettuce/tomatoes	25	2	5	2	0	
2 tbps guacamole	45	0	0	0.5	5	
	275	24	5	2.5	11.5	

DINNER

Meatloaf with Mashed Potatoes and Steamed Carrots

	Calories	Protein	Carbohydrate	Fiber	Fat
4oz meatloaf (made with 95% lean ground beef)	210	27.5	4	0	6.5
1/2 cup mashed potatoes (no added fat)	80	2	15	3	0
1/2 cup steamed carrots	25	2	5	2	0
	315	31.5	24	5	6.5

Chicken and Vegetables with Rice and Fruit

	Calories	Protein	Carbohydrate	Fiber	Fat
3oz chicken breast strips	135	21	0	0	3
1 cup sauteed stir fry vegetables	50	4	10	4	0
1 tsp olive oil (for broccoli)	45	0	0	0	5
1/3 cup cooked brown rice	80	2	15	3	0
1/2 cup sliced strawberries	30	0	7.5	1.5	1.5
	340	27	32.5	8.5	9.5

Cheese Burger with green beans

	Calories	Protein	Carbohydrate	Fiber	Fat
3oz cooked 95% lean ground beef	164	25	0	0	6
1 slice 2% american cheese	45	5	0	0	3.5
1 sandwich thin	100	5	22	5	1
1/2 cup steamed green beans	25	2	5	2	0
	334	37	27	7	10.5

Grilled Salmon with Broccoli and Sweet Potatoes

	Calories	Protein	Carbohydrate	Fiber	Fat
4oz grilled salmon	160	24	0	0	6
1/2 cup sweet potato	80	2	15	3	0
1/2 steamed broccoli	25	2	5	2	0
1 tsp olive oil (for broccoli)	45	0	0	0	5
	310	28	20	5	11

Steak or Chicken Fajita Salad

	Calories	Protein	Carbohydrate	Fiber	Fat
3oz (cooked) sirloin or chicken breast strips	135	14	0	0	3
1oz light cheddar cheese	70	8	0	0	4.5
1 cup lettuce/tomatoes	25	2	5	1	0
2 tbs guacamole	45	0	0	0.5	5
1 oz whole grain tortilla chip	120	2	18	2	4.5
	395	26	23	3.5	17

SNACKS

	Calories	Protein	Carbohydrate	Fiber	Fat
Triscuits and cheese with cucumbers					
6 triscuits, hint of salt	120	3	20	3	4
2 oz light cheddar cheese	140	16	0	0	9
1/2 cup cucumber slices	12.5	1	2.5	1	0
	272.5	20	22.5	4	13
Turkey and cheese with triscuits and sweet peppers					
3oz 98% lean turkey breast	75	14	0	0	1.5
1 slice 2% provolone cheese	45	5	0	0	3.5
6 triscuits, hint of salt	120	3	20	3	4
1/2 cup sweet peppers	12.5	1	2.5	1	0
	252.5	23	22.5	4	9
Tuna salad with wheat thins and carrots					
3oz tuna, canned in water	135	21	0	0	0
2 Tbsp reduced fat mayo	45	0	0	0	5
7 wheat thins, hint of salt	70	1	10.5	1	2.5
1 tomato slice/1 lettuce leaf (for sandwich)	12.5	1	2.5	1	0
	262.5	23	13	2	7.5
Cottage cheese with fruit and nuts					
5oz cottage cheese (friendship single serve)	110	20	5	0	1.5
4oz apple	60	1	15	3	1
6 almonds or cashews	45	1.2	1.8	0.6	5
	215	22.2	21.8	3.6	7.5
Pretzels with cheese and carrots					
9 high protein or spelt pretzels (Newman's Own)	60	2.5	11	2	0.75
2-2% milk string cheese	140	16	0	0	8
1/2 cup carrot sticks/baby carrots	12.5	1	2.5	1	0
	212.5	19.5	13.5	3	8.75

Recommended VITAMIN and MINERAL SUPPLEMENTS after bariatric surgery

You may start/resume your bariatric multivitamin and mineral supplement after your first post-operative appointment.

You MUST be on one the following Vitamin Regimens for life

You MUST have vitamin levels monitored by us or your primary care physician yearly

Options for bariatric multivitamin and mineral supplementation are:

Bariatric Fusion

(bariatricfusion.com or 866.259.0602 or 2741 Transit Rd. Elma NY 14059)

- Four (4) Bariatric Fusion multivitamin and mineral chewables per day (\$22 for 30 days when **SYNERGY10** code is used)
- Two (2) Bariatric Fusion multivitamin soft chews + one (1) bariatric fusion iron soft chew**+ 1200-1500 mg of calcium**/** (30 days when **SYNERGY10** code is used)
- 1 per day Bariatric Fusion Multivitamin Capsule with Iron* + 1200-1500 mg of calcium**/** (\$14.40 for 30 days when **SYNERGY10** code is used and you purchase the 90 day supply). **Kosher**

Use code **SYNERGY10** and you will receive 10% all of your purchases.

Use code **SYNERGYFREE** and you will receive free shipping on a purchase of \$15 or more. Only ONE discount coder per purchase.

Bariatric Advantage

(bariatricadvantage.com or call 800.898.6888)

- One (1) Bariatric Advantage Ultra Solo Capsule with Iron* + 1200-1500 mg of calcium**/** (\$14.03 for 30 days when 90 capsules are purchased and **synergy15** validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**
- One (1) Bariatric Advantage Ultra Solo Capsule without Iron* + 1200-1500 mg of calcium**/** (\$14.15 for 30 days when 90 capsules are purchased and **synergy15** validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**

Non-Bariatric Vitamin and Mineral Options

- Two over the counter multivitamins and mineral supplements + 500 mcg B12 + 3,000 IUs vitamin D3 + 45 mg iron** (you can use bariatric fusion iron soft chew) + B Complex + 1200-1500 mg calcium**/** (between food and calcium supplement)--\$22 for 30 days
- Prenatal vitamin + 12 mg vitamin B1 + 3,000 IUs vitamin D3 + 350-500 mcg B12 + 1000-1200 mg of calcium**/** (between food and calcium citrate supplements)

*Capsules can be opened and placed into food or fluid

** Take calcium and iron supplements at least two (2) hours apart

***Take calcium supplements in divided doses of no more than 600 mg at a time for best absorption. **Calcium citrate** supplements can be taken with or without food.

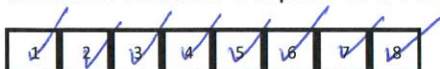
Calcium carbonate supplements should be taken with food.

NAME _____ DOB: _____ DATE _____

MEAL/SNACK	PROTEIN	GRAMS OF PROTEIN	CARBOHYDRATE	HEALTHY FAT
BREAKFAST TIME <u>9am</u>	2 eggs 1oz light cheese	12 7	Strawberries	
SNACK TIME _____				
LUNCH TIME <u>12pm</u>	4oz chicken	28	Carrots Snap peas Sandwich thin	Avocado oil mayo
SNACK TIME <u>2:30pm</u>	2 2% string cheese	16	triscuits	
DINNER TIME <u>5:15pm</u>	5oz salmon	35	Sweet potato Broccoli	Olive oil
SNACK TIME _____			Banana	All natural peanut butter
TOTAL GRAMS OF PROTEIN CONSUMED FOR THE DAY		98		

What are you drinking during the day? Water, G2, diet iced tea, propel, crystal light

Consume at least 6-8 cups or 48-64 oz of sugar free, alcohol free beverages per day



At least 80 grams of protein per day (80-100 grams of protein per day), after surgery your goal is at least 60-80 grams of protein per day

Consume 15-30 grams of protein 4-6 times per day paired with carbohydrates and healthy fat

Eat every 3-4 hours

Try to consume at least 2 servings of vegetables and at least 2 servings of fruit per day

When using a food scale one (1) ounce of meat or cheese is equal to seven (7) grams of protein

