



Right Time / Right Portions / Right Foods

Since 1970 portions at restaurants, in cookbooks, and in packaged foods have been steadily increasing. In fact, a bagel used to be 3" in diameter and contain 140 calories; now a typical bagel is 6" in diameter and contains 350 calories. Most restaurant meals contain over 1000 calories. Look at a Crispy Chicken meal (sandwich, fries and a soft drink) from McDonald's, for example. It weighs in at 1340 calories. Studies show that when we are offered larger portions, we eat more. In fact, the average person consumes 500 more calories each day than in the 1970s. To consume a healthy diet in today's society, we need to be discriminating about when we eat, how much we eat and what we eat.

Finding the right balance of nutrients, calories, and satisfaction can be challenging after bariatric surgery. But it is very possible to choose healthy foods that provide satisfaction and enjoyment in smaller portions. During the first year, the gastric bypass/gastric sleeve patient has higher protein goals but a smaller appetite. This may make it hard to follow a balanced diet. During this time, concentrated protein in the form of supplements may be helpful. By the second year, a patient's appetite may return and the matured pouch may allow him or her to eat more food. Bypass/sleeve patients can use the first year after surgery to develop healthful eating habits that are sustainable over a lifetime. For many, this will mean eating six small meals throughout the day even if they don't have a desire to eat.

Lap band patients will also adjust to six small meals. They may find hunger to be a factor until their band is adjusted to the ideal level of restriction.

The pattern of eating six small meals has several advantages over a three-meal-eating pattern. Blood sugar levels are held to a more consistent level, keeping hunger in check and energy high. Portion sizes are small, minimizing discomfort from eating too much. People are often able to make healthier food choices if they have not reached the point of being famished, and food may 'feel' better going down if the last meal was 3 rather than 6 hours earlier.

Portions should in general be limited to ½ to 1 cup of solid food at one sitting. Beverages, soups and leafy greens can be taken in larger amounts. To meet protein goals, eat protein-rich foods first, followed by vegetables, fruits and grains.

In addition to noticing the amount of food we eat at one time and the frequency of our meals, we want to choose foods that don't just fill us up, but provide us with the nutrients that optimize our health. A balanced diet should include a variety of foods. There is no long-term advantage (and some potential harm) in excluding specific nutrients (such as carbohydrates or fats). We all learned in elementary school about the basic food groups. Although these groups have evolved through the years, for our purposes we are going to

stick with the original categories--milk, meat, fruit, vegetables and grains. Note the small portion sizes listed. They are about ½ of traditional portions.

Barix Clinics Nutrition Guide

This guide will help you select healthy foods that will fuel your body with the nutrients it needs. Choose the number of servings listed in each food group daily for balanced nutrition. The serving sizes listed are small. Keeping portions small and eating six meals/snacks per day will help your body to keep in high gear. You do not need to weigh and measure all of your food, but you do need to make sure that your serving sizes are not significantly larger than those listed below. You may want to measure 1/2 cup into your favorite glass, eyeball the serving size, and then use that glass for all beverages. Do the same with a bowl of cereal or plate of mashed potatoes and then estimate the serving from there.

Choose foods in their *closest to nature* form. For example, an apple is a better choice than apple juice because of the additional fiber provided; but apple juice is a better choice than apple pie filling with all the processing and sugar additives. Using the *closest to nature* approach will provide optimal nutrition and satisfaction and minimize unwanted added sugar and calories.

Foods listed in the 'avoid' column are higher in fat or sugar than recommended. Occasionally choosing a food that is higher in fat will not hinder your weight loss efforts. Choosing higher fat foods regularly will contribute to a higher calorie intake and may slow your weight loss. Foods with more than 2 grams of added sugar should be avoided--period. If you need a sweet fix, find a no added sugar alternative for an occasional treat.

Milk Group

Foods and beverages from this group are generally a good source of protein and calcium. Choose four to six small servings each day.

<i>Choose</i>	<i>Serving Size</i>	<i>Avoid</i>
skim, 1/2%, 1% milk	1/2 cup	flavored coffee creamer
low fat buttermilk	1/2 cup	regular yogurt
sugar-free nonfat yogurt	1/2 cup	regular ice cream
low fat frozen yogurt (no added sugar)	1/2 cup	2%, whole milk
low fat cottage cheese	1/4 cup	cream
low fat cheeses	1/2 oz	sour cream
		cheese

Meat Group

Foods from this group are generally a very good source of protein. Choose four to six ounces of lean meat, fish or poultry daily. Prepare with limited amounts of fat.

<i>Choose</i>	<i>Serving Size</i>	<i>Avoid</i>
lean cuts of meat with visible fat removed	2 oz	higher fat cuts of meat
baked, broiled, steamed fish or shellfish	2 oz	beef brisket
poultry, with skin removed	2 oz	ground beef
eggs or egg substitutes	2 each	short ribs
dried beans and peas	1/2 cup	organ meat
low fat refried beans	1/2 cup	bacon
low fat garden burgers or veggie dogs	2 oz	luncheon meat
lean deli meats	2 oz	peanut butter
low fat hot dogs or bologna	2 oz	fried meats
		meats with breading

Fruit Group

Foods from this group are generally good sources of vitamins and fiber. Choose whole fruits in place of juice when possible. Choose a good Vitamin C source, such as an orange or grapefruit, daily. Choose 2-4 small servings per day.

<i>Choose</i>	<i>Serving Size</i>	<i>Avoid</i>
fresh fruits	1/4 cup or 1/2 small	fruit pie filling
frozen fruits without added sugar	1/4 cup	canned fruit in syrup
canned fruits packed in water or juice	1/4 cup	juices with added sugar
fruit juices without added sugar	1/4 cup	fruit drinks
		V8 Splash
		fruit sorbets

Grain Group

Foods from this group are generally a good source of B vitamins and fiber. Choose 4-6 small servings per day.

<i>Choose</i>	<i>Serving Size</i>	<i>Avoid</i>
whole grain breads	1/2 slice	croissants
light or less breads	1 slice	butter rolls
English muffins	1/4	biscuits
saltine crackers	4 each	pancakes
breadsticks	1/2 oz	theater popcorn
rice	1/4 cup	regular microwave popcorn
pasta	1/4 cup	doughnuts
cereal with low sugar content	1/4 cup	danish
hamburger bun	1/4	muffins
flour or corn tortilla	1 small	granola
light microwave popcorn	1 cup	sweetened cereals
pretzels	1/2 oz	fruit breads

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Vegetable Group

Foods from this group are generally rich in vitamins and fiber. Choose a dark green leafy and yellow or orange vegetable three times each week for Vitamin A. Choose 3-5 small servings daily.

<i>Choose</i>	<i>Serving Size</i>	<i>Avoid</i>
fresh vegetables	1/4 cup	vegetables prepared with butter, cheese or sauce
frozen vegetables without added sugars	1/4 cup	vegetable juices with added sugars
canned vegetables without added sugars	1/4 cup	canned or frozen vegetables with added sugars
raw, leafy greens	1/2 cup	

If you are at a point where your weight loss has stalled, portion control can help you to insure that you are not consuming too many calories. By avoiding large portions of higher calorie foods and eating adequate fresh fruits and vegetables, you'll feel a greater sense of satisfaction with fewer calories. Here are some tips to keep portions in line:

- Write it down. A food and activity log will make you more aware of the foods you are eating. By planning your meals ahead of time, you will be more likely to choose a healthier diet.
- Measure it. Rather than measuring each food that you eat, measure out a ½ cup portion so that you can eyeball it later.
- Shrink tableware. Use smaller plates, bowls and glasses.
- Keep extra food out of sight. At home, dish up plates in the kitchen and then carry them to the table. At a restaurant, ask for a to-go container with your meal. Put all but your portion in the container at the beginning of the meal.
- Portion it. Take larger portions and measure them into single serving food containers. Then you can just grab and go. Both the portion control and the convenience are a plus.
- Don't eat out of the bag or container. This type of mindless eating can really add up.
- Start your meal with a small salad or cup of soup.