NUTRITION

Online Module for Surgical Weight Loss Program

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MYPLATE

- Grains/Starches.....1/2 cup
- Vegetables.....1 cup
- Fruits.....1 cup
- Protein.....1 cup

- A quick guide for menu/meal planning which keeps your meals balanced.
- A great method for portion control using a 9 inch plate!

CARBOHYDRATES

- Your body's **PREFERRED** source of energy
- Should be a part of your diet in every form
- Make up a majority of MyPlate
  - Non-starchy vegetables
  - Starches/Grains
  - Dairy
  - Fruit

STARCHY VS NONSTARCHY VEGGIES

Starchy:

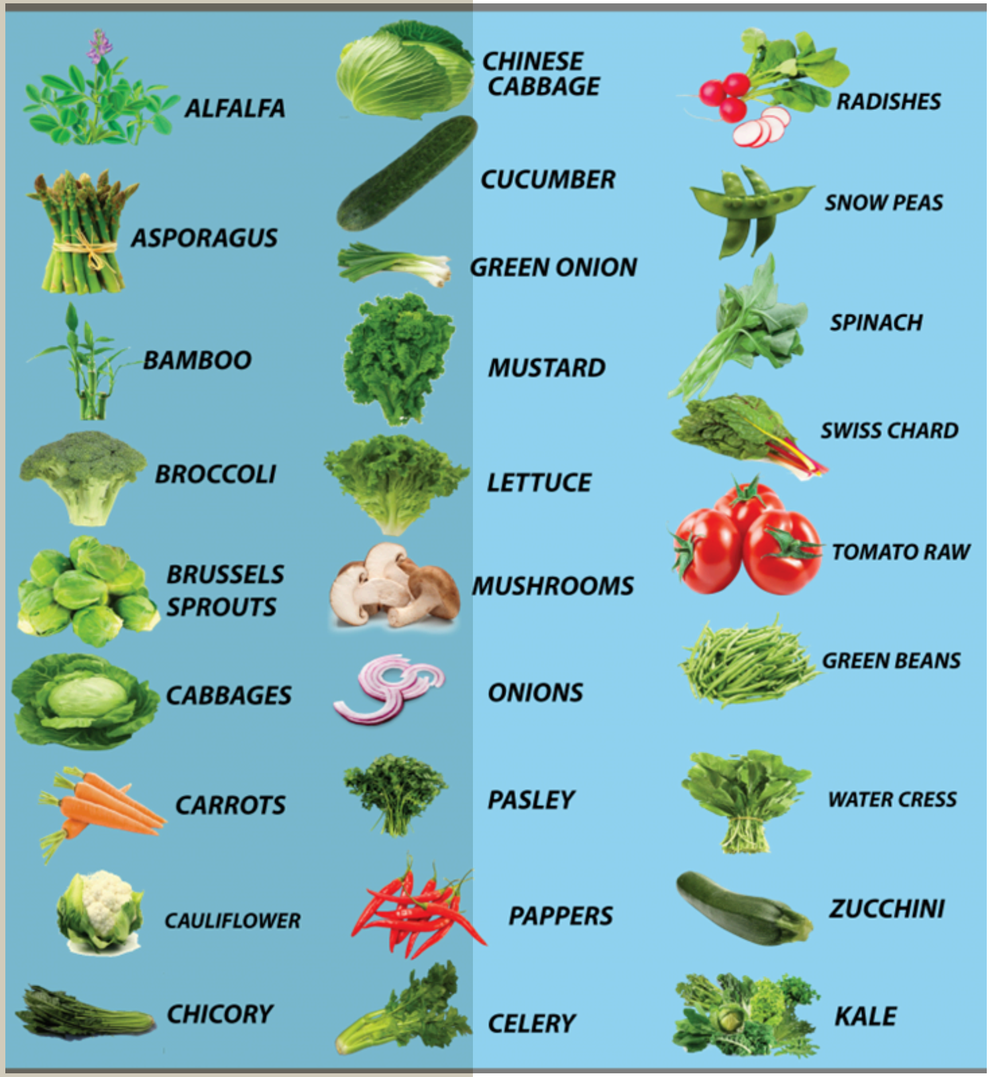
- Energy dense – means more calories
- Serving size = 15 g of carbs
- ¼ plate on MyPlate
- Sources:
  - Peas
  - Potatoes (white, red, gold, sweet, etc.)
  - Corn
  - Beans
  - Winter squash
  - Provide vitamins, minerals, fiber

Non-starchy:

- Nutrient dense – means more nutrients than calories
- Serving size = 5 g of carbs
- ½ plate on MyPlate
- Sources on next slide
- Provide vitamins, minerals, fiber, and water

NON-STARCHY VEGETABLES

- Broccoli
- Cauliflower
- Cabbage
- Carrots
- Radishes
- Celery
- Bell Peppers
- Mushrooms
- Onions
- Asparagus
- Brussel Sprouts
- Sauerkraut
- Turnips
- Tomatoes
- Lettuce
  - romaine
  - spinach
  - kale
  - arugula
  - collards
- Cucumbers
- Zucchini
- Summer Squash
- Jalapeno
- Pea Pods



- Should be less than 10% of your total calories
- Sources: honey, agave, maple syrup, fruit juices, candy, desserts, sweetened yogurt, flavored milk, soda, energy drinks, coffee and lotus drinks
- Example: if I eat 2,000 calories per day, I should eat 200 calories worth or less

ADDED SUGARS

FIBER

- Important for our gut - helps to keep us regular
- Recommendation: 25-35 grams per day
- Sources:
  - Vegetables
  - Fruits
  - Nuts and Seeds
  - Whole Grains (wild rices, oatmeal, popcorn, whole grain breads and pastas, whole grain cereals

PROTEIN

- Prevent muscle loss while losing weight
- Aids in building muscle when doing strength training
- Supports the bodies healing process and provides immune support
- Helps with satiety (feeling full) and controlling cravings
- Focus on eating lean protein for weight loss

PROTEIN SOURCES

- Meat and Fish
- Dairy (choose low fat or non-fat versions)
- Eggs
- Beans, peas, lentils, legumes
- Nuts and Seeds
- Nut Butters
- Tofu
- Plant-based milks (choose unsweetened)

Unsaturated Fats

- Considered healthy fat - include omega 3s
- Oils
- Fish
- Nuts
- Seeds
- Avocadoes
- Olives

Saturated Fats

- Considered unhealthy
- Eat minimal to no trans fats
- Dairy
- Meat (untrimmed)
- Coconut and Palm Oils
- Fried foods
- Butter
- Margarine (some)
- Lard
- Shortening

FAT

FOOD JOURNALING

Tracking your intake

FOOD JOURNAL

Tips

- Track even on weekends, events, vacation, holidays
- Track by meal times
- Amount is important
  - Get measuring cups, glasses, spoons, or a food scale
  - if you eat more than a portion, track more than a portion

Track

- Times of meals
- Foods
- Beverages
- Bites, licks, tastes
- Condiments

We recommend using the Baritastic app! Or use MyFitnessPal

FOOD LABELS

Reading the nutrition facts label on food products

WHY READ A FOOD LABEL?

- Increases mindfulness
- Helps to make healthier choices
- Show what ingredients are in a food
- Show the nutrients in a food

SERVING SIZE

- Amount of food that is measured based on what a “typical” person eats of the food.
- Nutrient numbers are based on the specific serving size listed.
- If you eat MORE, track MORE
- To help with portion control, try to eat the serving size first. Wait for about 15 minutes and assess if you are still hungry.

Example: if you eat 3 servings (3 cups), then 3 x 280 calories = 840 calories eaten

Nutrition Facts

4 servings per container

Serving size **1 cup (227g)**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 850mg	**37%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CALORIES

- Calories are the total amount of energy the food provides.
- Calories are important, because at the end of the day, weight loss is really about eating less calories than your body burns.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NUTRIENTS TO LIMIT

- Saturated fat should be less than 10% of total calories
- Trans fat should be as little as possible
- Sodium should be 2300 mg or less per day
- Total sugars should be less than 10% of total calories

This example food label is high in Added Sugars – a food lower in added sugar would be a better choice.

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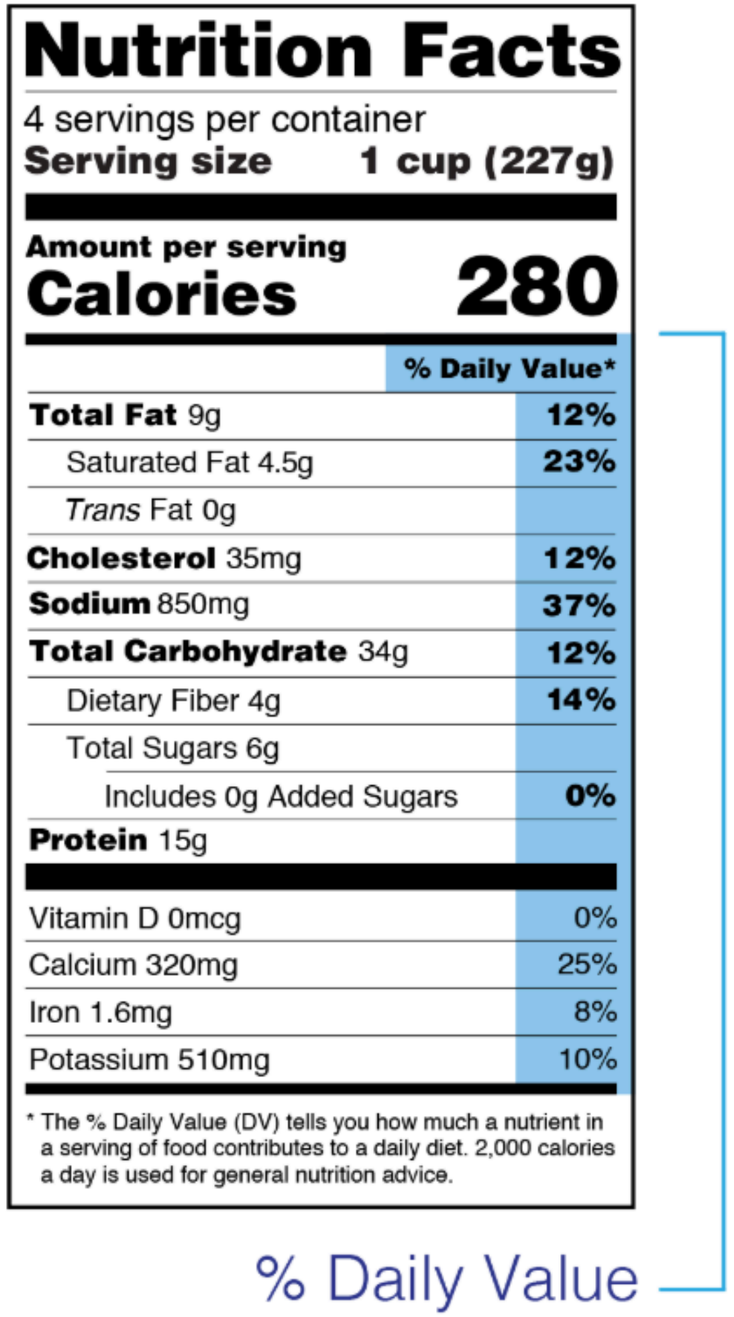
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

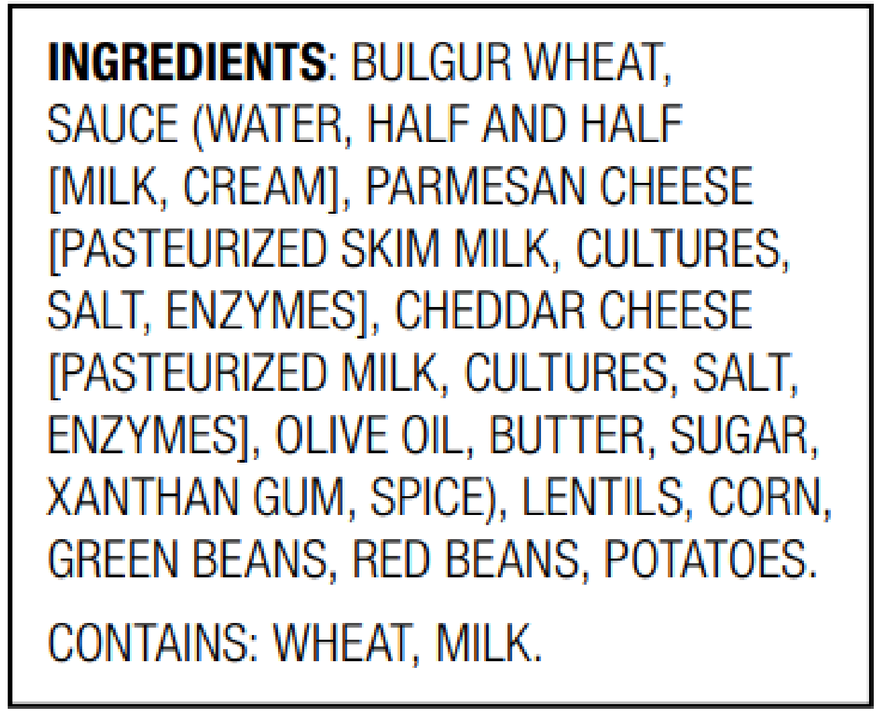
DAILY VALUE

- This is the % of each nutrient for a 2,000 calorie diet.
- It can be helpful to do a quick look – if you are eating less than 2,000 calories per day the value will be higher and if you are eating more than 2,000 calories a day the value will be lower.
- **5% or lower** of the daily value is **low**.
- **20% or higher** of the daily value is **high**.



INGREDIENTS

- Shows each ingredient in a food by its common or usual name
- Ingredients are listed in descending order by weight - the ingredient that weighs the most is listed first, ingredient that weighs the least is listed last



PHRASES FROM LABELS

• Sodium free/ salt free	<5 mg per serving
• Very low sodium	35 mg or less per serving
• Low sodium	140 mg or less per serving
• Reduced/less sodium	At least 25% less than regular
• Lightly salted	At least 50% less than regular
• Unsalted/ no salt added	No salt added to product during processing
• Fat free	<0.5 g per serving
• Low Saturated Fat	1 g or less per serving or 15% or less of calories
• Low Fat	3 g or less per serving
• Reduced Fat	At least 25% less than regular

SUGARS

- Invert Sugar
- High fructose corn syrup (HFCS)
- Agave nectar
- Honey
- Dextrin
- Maltose
- Sucrose
- Molasses
- Ethyl maltol
- Evaporated cane juice (fruit juice)
- Words ending in “-ose”

FOR MORE INFORMATION..

Please go to https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label

FDA U.S. FOOD & DRUG ADMINISTRATION