

# 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!



- 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

# CARBOHYDRATES





Starchy:

- Energy dense – means more calories
- Serving size = 15 g of carbs
- $\frac{1}{4}$  plate on MyPlate
- Sources:
  - Peas
  - Potatoes (white, red, gold, sweet, etc.)
  - Corn
  - Beans
  - Winter squash
  - Provide vitamins, minerals, fiber

# STARCHY VS NONSTARCHY VEGGIES

Non-starchy:

- Nutrient dense – means more nutrients than calories
- Serving size = 5 g of carbs
- $\frac{1}{2}$  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



- 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)

# PROTEIN SOURCES





## Unsaturated Fats

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

# FAT

## Saturated Fats

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





333 Kcal

534 Kcal

click to start

108 Kcal

130 Kcal

# FOOD JOURNALING

Tracking your intake





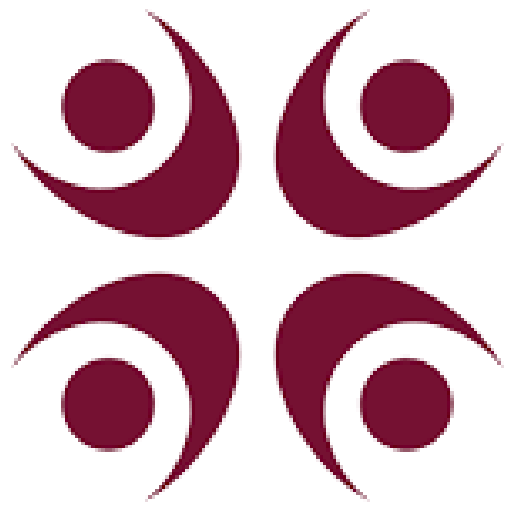
# FOOD JOURNAL

## 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



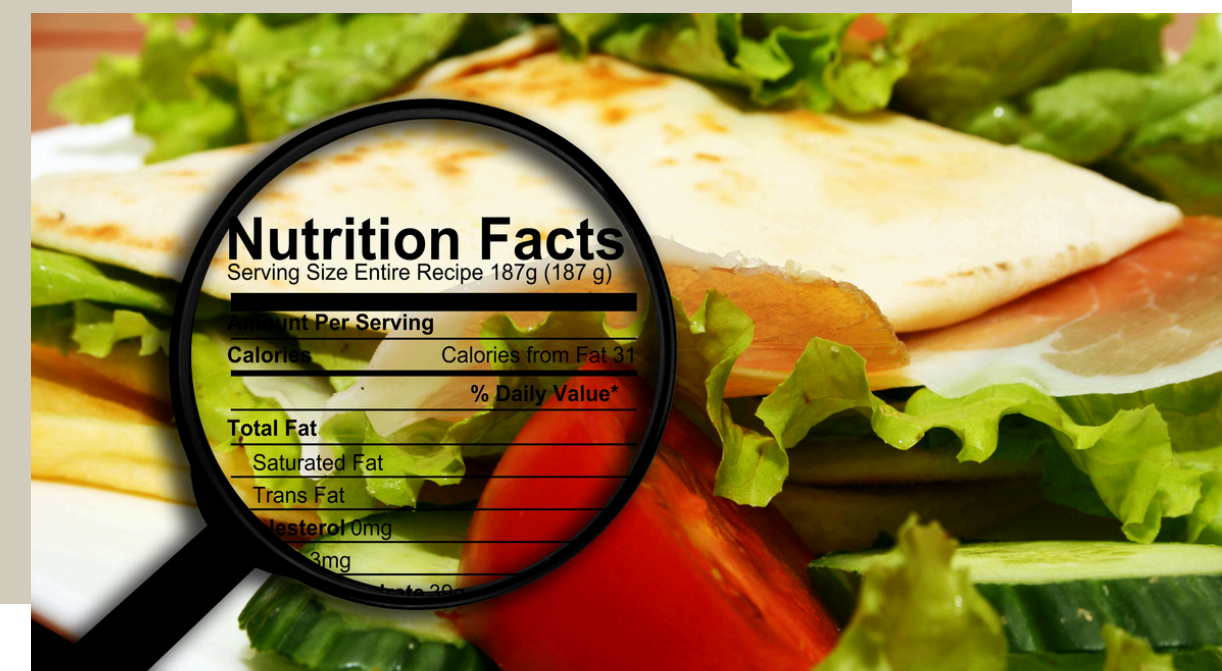


Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories	250	Calories from Fat 110
		% Daily Value*
Total Fat	12g	18%
Saturated Fat	3g	15%
Trans Fat	3g	10%
Cholesterol	30mg	20%
Sodium	470mg	10%
Total Carbohydrate	31g	0%
Dietary Fiber	0g	
Sugars	5g	
Protein	5g	
Vitamin A		
Vitamin C		
Calcium		
Iron		

\*Daily Values are based on a diet of other people's secrets. They may be higher or lower.

# FOOD LABELS

Reading the nutrition facts label on food products





# HOW TO DECODE A NUTRITION LABEL

## 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

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	
Potassium 235mg	

\* 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.

### SERVING SIZE:

Check to see if the serving size is realistic for the amount you are going to eat.

### WHY %DV MATTERS:

%DV are based on a 2,000 calorie diet.

Aim for less than 5% of: saturated fat, cholesterol, & sodium.

### FIBER IS A CARB:

Net carbs are what gets digested as sugar  
(lower the better)

Total Carbs — Fiber  
= NET CARBS

Aim for > 2-3g of fiber/serving

### MORE PROTEIN LESS ADDED SUGAR:

Ideally find products with higher protein content than added sugar.

Look for snacks with less than 10g of added sugar.

### INGREDIENT LIST... THE MOST IMPORTANT SECTION

Choose food products that have simple, real, and minimal ingredients.



# 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.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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	



# 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**.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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.	

% Daily Value



# 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

**INGREDIENTS:** BULGUR WHEAT, SAUCE (WATER, HALF AND HALF [MILK, CREAM], PARMESAN CHEESE [PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES], CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES.  
**CONTAINS:** WHEAT, MILK.



# 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”

Nutri|Sense

## 8 Common Forms of Sucrose

### Granulated Sugar

16 calories

4 mg of sugar

0 mg of sodium



### Powdered Sugar

16 calories

4 g of sugar

0 mg of sodium



### Superfine Sugar

16 calories

4.2 g of sugar

0 mg of sodium



### Brown Sugar

11 calories

2.9 g of sugar

0.8 mg of sodium



### Demerara Sugar

15 calories

4 g of sugar

0 mg of sodium



### Turbinado Sugar

18 calories

4.6 g of sugar

0.1 mg of sodium



### Muscovado Sugar

51.5 calories

4.6 g of sugar

0.8 mg of sodium



### Liquid Sugar

12.2 calories

3.2 g of sugar

0.1 mg of sodium



\*Nutrition Facts in 1 teaspoon



# FOR MORE INFORMATION..

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

## The Nutrition Facts Label

*What's in it for you?*

