

Post-Surgery Nutrition Goals

The amount you will be able to consume:

After surgery: 4 oz. food, 6 oz. liquids

Close to one year after surgery: 8 oz.

Daily calorie and protein goals following surgery:

Discharged from hospital - 2 weeks: 500-600 calories, 50-60 grams protein

2 weeks - 4 weeks: 800 calories, 70 grams protein

4 weeks - 3 months and onward: 800-1,000 calories, 70 grams protein



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Making Healthy Food Choices

I want you to think about what you are eating right now. Now, think about how you could make it *a little bit better*.

The key to eating healthier is making small changes and improvements to what you already normally eat and enjoy eating, one small step at a time. Think about a spectrum of food quality, rather than foods being “bad” or “good.” This is the **meal transformation game!**

Think about *what you eat* and *how you eat it*. Think about how you can “make this “meal” just a little bit better” in every single situation. Some situations may be easier and some may be harder. When your choices are limited (traveling, or eating at the workplace), how can you make the best choice possible?

Let’s practice!

Stage 1:

Your go-to breakfast is a specialty coffee (mocha, latte) with full-fat milk and whipped cream and a chocolate croissant. You pick it up in the drive-thru and eat it on your way to work. This is your starting point- however, it’s no longer working for you.

Stage 2: Your first move!

You replace the croissant with a whole grain English muffin. You replace your “dessert in a cup” with a regular coffee and a single cream and sugar. You also grab a low-fat yogurt on your way out of the door for some protein. You now eat your breakfast in front of your computer at work while reading your emails. This is a solid start- well done!

Stage 3: The next level!

You switch the muffin to low-fat granola with cottage cheese or Greek Yogurt. You add some colorful fruit. You switch your coffee to non-caffeinated with skim milk added to your coffee. You’re now eating out of dishes on a table.

Stage 4: Now you’re playing like a pro!

You now set aside some extra time to enjoy your breakfast. You’ve cleverly popped an egg frittata with vegetables in advance on your food preparation day. You drink your non-caffeinated beverage. The protein (eggs) with vegetables and side of fruit have become the highlight of the “meal.” You’ve discovered that you really like lemon water! (You don’t even know you anymore!) And you eat mindfully, relaxed and are ready to start your day!



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Meal Planning

Whether you cook full recipes or just prepare a few healthy basics for a meal-prepping session, stocking your fridge with the right kinds of fuel will save you a lot of time and calories throughout the week.

Meal prep can mean different things to each person, so it is important you find a routine that works for you. You may choose to prepare only breakfasts, dinners or even all of your meals, which include your snacks. It may take a little trial and error to figure out a routine that suits your lifestyle and preferences.

How to Meal Prep

Invest in some containers- these can be Tupperware or glass. If you plan on reheating food, choose ones that are BPA free and won't fall apart in the microwave/oven. If you are going to be prepping for a few days in a row, it can be a good idea to buy containers that are the same sizes so they can be easily stacked in your fridge.

1. Plan

Before you start to meal prep, you need to plan. If you are just starting out, don't overwhelm yourself! Cooking a whole week's worth of meals is a big task and even the best of us can't manage that.

Tip: Ensure this is manageable. It is recommended to stick to a few days at a time to help you get you used to the process. *Having a plan is super important, because there is no use in going to the grocery store throwing random things into your cart and hoping for the best when you come out.*

Write down breakfast, snack, lunch, snack, dinner, and snack- what you will be eating, then break that down into a list of ingredients, and how much of each you will need to last over the time period you are prepping for. I recommend trying only a few new recipes at a time.



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2. Prep

There are many ways to prep your food, remember, you should adjust it to suit your lifestyle. Experiment with flavors, in particular spices and homemade marinades and dressings. Accompany lean proteins with a light sauce or spice coating, or a lemon and olive oil dressing to jazz up your veggies. Try to incorporate as much variety as you can so that you don't get bored of eating the same thing every day. This can be as simple as switching up your spices or protein (ex: swapping chicken for fish) every few days.

3. Time

How much time you dedicate to this is completely up to you! You can choose to dedicate a whole day to this or spread it out nightly. If there are meals/snacks that you like to eat fresh, such as salad or veggie sticks, then group them in the same containers in the fridge and chop those up the morning of or just before you eat them. For complex dishes like stir-fry's, you can chop up all of the veggies so they are ready to go when it's time to cook. It is very important to write down a clear plan and do what works for you.

4. Cook

The point of meal prep is to make life easier for you during the week, but this doesn't mean that you have to pre-cook all of your food!

For example, you can marinate chicken breasts, place them in the freezer, and defrost when you're ready to use them. The same thing applies for turkey burgers, etc. If you like your vegetables freshly cooked, then you can portion them out for each meal and put them in containers ready to be steamed or cooked. If you know you will be making a meal that requires a lot of chopping, you can do this in advance as well.



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Grocery Shopping – Tips for Success

Grocery shopping, especially now that you have changed your lifestyle, can be intimidating, confusing and time consuming. Grocery stores provide an essential service, but remember that they are designed to get you to buy, and therefore, eat, more food, not less. By incorporating just a few of the tips below, grocery shopping can turn into one of your best weight loss and maintenance tools. After all, what you have in your cupboards influences what you eat.

Plan

The process begins before you go to the grocery store. Plan your meals and snacks for the week and create a list to shop from. It takes a few minutes- but saves you time from making additional trips to the store for missing ingredients during the week.

To save money, use coupons, check the weekly grocery ads, and incorporate sale foods into your plan. Find out if your store has a rewards program. For example, Meijer has Mperks- which has many cost saving benefits if used. Eating healthy doesn't have to break the bank!

Plan your proteins first- remember- you can use your MyFitnessPal diary to do this planning. If you end up eating something different from your plan, you just have to go in and change it.

After planning your proteins, plan your healthy carbohydrates (veggies, whole grains and fruit) and then healthy fats (in moderation).

If you eat the same foods each week- try to switch it up occasionally to prevent boredom.

Try one new vegetable or fruit per week- if you have kids- this is a fun way to incorporate them into the grocery shopping process.



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Convenience

Sometimes, convenience is worth the extra cost (as long as the nutrition is comparable), especially when packing lunches or are trying to control portions. Single serve packages of pre-cut apples and carrot sticks are a go-to for busy lives. However, another option is to buy whole fruits and vegetables, wash, cut and either pre-portion or store in bulk containers for the week. It is more likely that you will eat these fruits and veggies than ones that sit in your refrigerator not ready to eat.

Supermarket Savvy

Here is a guide to making healthier food choices in every department of your grocery store:

1. **Produce:** The first area you typically encounter in most grocery stores (and usually the largest). Choose a rainbow of colorful fruits and veggies. The colors reflect the different vitamin, mineral and phytonutrient content of each fruit and veggie.
2. **Meat, Fish, and Poultry:** Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry, and keep your portion sizes to 3oz. You can purchase in bulk, divide into smaller portions and freeze for cost savings. The American Heart Association recommends 2 servings of fish per week. Salmon is a good option- it's widely available, affordable, not too fishy, and a good source of omega-3 fatty acids.
3. **Dairy:** Dairy foods are an excellent source of bone building calcium, Vitamin D and a good source of protein. There are plenty of low-fat and nonfat options to help you get 3 servings per day, including drinkable and single-serve yogurts, and pre-portioned cheeses.



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- 4. Breads, Cereals & Pastas:** Choose the least processed foods that are made from whole grains. For example, regular oatmeal is preferable to instant oatmeal. Cereal is an okay choice- when choosing whole grain cereals, aim for at least 4 grams of fiber per serving, and the less sugar the better. Remember that cereal is a vehicle for milk. Avoid granolas, even the low-fat variety; they tend to have more fat and sugar than other cereals.

Bread, pasta, rice and grains offer more opportunities to work whole grains into your diet, and therefore fiber and some nutrients. Choose whole-wheat bread and pastas, brown rice, grain mixes, quinoa, bulgur and barley.

- 5. Frozen Foods:** Frozen fruits and vegetables (without sauce) are a convenient way to help fill in the produce gap, especially in winter. These are a good choice to keep in your freezer- especially for emergency situations.
- 6. Canned and Dried Foods:** Keep a variety of canned vegetables, fruits, and beans on hand to toss into soups, salads, or crock pot dishes. Beans are a source of protein and fiber. Whenever possible, choose vegetables without added salt, and fruit packed in juice. Tuna packed in water (good protein source), low-fat soups, olive oil, canola oil and assorted vinegars should be in every healthy pantry.

4 Simple Shopping Rules

- 1.** Shop the perimeter of the grocery store - mostly. Unhealthy options can lurk in the perimeter, like shortcake next to the strawberries, or ranch dip next to the vegetables. Don't fall for this trap! Also, remember that tuna, beans, frozen fruit and veggies, and whole grains can live in the center aisles. But, your fresh foods like fruits, veggies, dairy, meat and fish are located in the perimeter- and should be staples of your diet.



2. Choose “real” foods, such as whole fruits and veggies versus foods in a “processed” state. For example, avoid fruit juices or fruits canned in syrup.
3. Stay clear of flashy marketing and items targeted towards kids with cartoons, etc. If you don’t want to eat junk food, and you don’t want your kids to eat junk food then don’t have them in the house.
4. Avoid foods with artificial sweeteners such as NutraSweet/aspartame or Sweet & Low/saccharine products. Try using Stevia, Truvia, and Monk fruit products. Splenda is okay to use.

Timesaving Apps & Services:

1. Shopwell App:

Helps you find healthy and nutritious alternatives to your favorite foods with highly personalized health scores on everyday grocery store products. The scoring system assesses a product based on your age, gender, and how well the product meets your ingredient and nutrition preferences. These personalized scores range from 0-100 and are split into 3 categories:

***Green:** 70-100; a strong match for you, so you are okay to eat in normal portions.

***Yellow:** 40-69; a medium match for you, so you should read the labels carefully.

***Red:** 0-39; a weak match for you, and should only be eaten occasionally in small portions.

***Warning hand:** Foods that contain an allergen you indicated in your profile, so avoid these foods.

2. Free Shopping List Ease App:

Allows users to create a list of what items you need to purchase at the grocery store, and lets you keep a running top of the groceries you currently have in your cabinets.



3. Shipt App:

Internet based grocery delivery service. Once you sign up for a membership and download the app, just select your groceries, choose delivery options, and checkout. Same day grocery delivery is available one hour after you order, or when it's most convenient for you, and delivery is free for members on orders over \$35. Select Meijer and Kroger's offer Shipt.

4. Curbside Pick Up: Some major grocery stores (Meijer & Kroger) allow you to order your groceries online and pick up curbside. A huge time saver!

Let's Talk Food Groups

Carbohydrates/Starches

Brain cells need carbohydrates, but moderation is KEY. Remember that carbohydrates are a way to help you get protein in, but they should never crowd out protein.

Carbohydrates are found in a wide variety of foods- both healthy and unhealthy foods- bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and desserts.

The healthiest sources of carbohydrates- unprocessed or minimally processed whole grains, vegetables, fruits and beans- promote good health by delivering vitamins, minerals, fiber, and a host of important nutrients.

Unhealthier sources include white bread, pastries, sodas, and other highly processed or refined foods. These items contain easily digested carbohydrates that may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.



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REMINDER:

- For 1200 calories per day, your carbohydrate intake should not exceed 120 grams.
- For 1500 calories per day, you should not exceed 150 grams.

Examples of Carbohydrates

Bread Products

Food	Serving Size	Carbohydrates(grams)
Bagel- Lender's Frozen	1 plain bagel	30
Bagel- Panera	1 plain bagel	60
Bread	1 slice	15-23
Bun-Hamburger/Hot Dog	1 each	15-30
English Muffin	1 each	30
Pancake	6 in. diameter	30
Wrap	Various Sizes	See label

Cereal/Beans/Grains/Pasta

Food	Serving Size	Carbohydrates(grams)
Beans: Refried	½ cup	18
Oatmeal, cooked	½ cup	10
Beans/legumes/lentils-prepared	½ cup	15
Flour: dry	3 Tbsp.	15
Hummus	½ cup	14
Pasta, cooked	1 cup	45
Rice, cooked	1 cup	45



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Starchy Vegetables

Food	Serving Size	Carbohydrates (grams)
Corn: cooked or canned	½ cup	15
Corn Cob	6"-9"	30-45
Peas	½ cup	15
Potato	Average baked (10oz)	60
Potatoes (hashed, mashed)	½ cup	15
Squash (winter type: acorn, Hubbard)	1 cup	10-30
Sweet Potato/Yams- plain cooked	10oz baked	60

Milk & Yogurt

Food	Serving Size	Carbohydrates (grams)
**Cow's Milk (fat-free, 1%, 2%, Whole)	1 Cup	12
Soy Milk (flavored- vanilla, chocolate, etc.)	1 Cup	See label
**Soy Milk (plain)	1 Cup	8
**Yogurt (plain)	1 Cup	12
Yogurt- Dannon Light & Fit	1 serving (6 oz.)	19
**Yogurt- Yoplait Light (blue tip)	1 serving (6 oz.)	6
**Yogurt- Greek Oikos Triple Zero	1 serving (6oz)	15
**Fairlife Milk- skim	1 cup	6
**Fairlife Milk- Chocolate	1 cup	13

****These choices have good protein and are lower in carbohydrate, so they are a good choice**

Fruit/Vegetable Juice

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Food	Serving Size	Carbohydrates (grams)
Apple Juice 100%	½ cup	15
Carrot Juice	1 Cup	12
Cranberry Juice Cocktail 100%	4 oz.	12
Cranberry Juice Cocktail-Light	1 cup	10
Grape Juice 100%	½ cup (4oz)	15
Orange Juice	½ cup	13
Tomato Juice or V8 Juice	1 cup (8oz)	10

Baked Goods

Food	Serving Size	Carbohydrate (grams)
Biscuit (Large Bob Evans)	1	30
Biscuit (small Pillsbury)	1	10
2 Layer Frosted Cake	4" square	80
Chocolate Chip Cookie- refrigerator dough	1	15
Cupcake with Frosting (Hostess)	1	30
Danish (larger bakery type)	1	45
Donut (Dunkin Donuts- plain or jelly filled)	1	25-40
Donut (Krispy Kreme)	1	20
Apple Crisp	½ cup	70



Fruit Pie	1/8 of 9in. pie	50
Muffin (homemade standard size)	1	20-30
Muffin (bakery type)	1	60-75

Snack Foods

Food	Serving Size	Carbohydrates (grams)
Dark Chocolate	1 oz	15
French Fries- diner style	Side Order	60
French Fries- fast food	Small order	30
Ice Cream- No Sugar Added	½ cup	12-15
Jell-O Sugar Free	½ cup	0
Jell-O	½ cup	20
Popcorn	3 cups	15
Potato Chips	1oz	15
Pudding-Regular	1 snack pack	30
Pudding Sugar Free	1 snack pack	15
Tortilla Chips	10-15 chips	20

Sauce & Condiments

Food	Serving Size	Carbohydrates(grams)
BBQ Sauce	2 Tbsp	15
Fat Free Mayo/Salad Dressing	2 Tbsp	5
Cranberry Sauce- Jellied	2 Tbsp	25
Fruit Jam or Jelly	1 Tbsp	15
Fruit Spread-Jam- 100% fruit-less sugar	1 Tbsp	10
Honey	1 Tbsp	15
Honey Mustard	2 Tbsp	7
Ketchup	¼ cup	15

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Marinara Sauce	½ cup	15
Ranch fat-free	2 Tbsp	8
Ranch-regular	2 Tbsp	2
Sugar	1 Tbsp	15
Sweet & Sour Sauce	2-3 Tbsp	15
Syrup	2 Tbsp	15
Syrup-Lite	2 Tbsp	15

Combination Foods

Food	Serving Size	Carbohydrates(grams)
Bean Soup (Split pea, lentil, etc)	1 cup	30
Bean & Cheese Burrito- avg frozen type	6 oz	45-60
Chicken Noodle Soup- from can	1 cup	15
Chili with beans & meat	1 cup	25
Chili- Vegetarian	1 cup	30-50
Cream Soup	1 cup	15
Egg Roll	1 avg roll	15-25
Lasagna from restaurant	Avg serving	50-80
Mac & Cheese	1 cup	45
Pizza (individual pan)	1 whole pizza	75
Pizza 12"	1 avg slice	30
Red beans & rice	1 cup	45
Tuna noodle casserole	1 cup	30



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Choosing Healthy Carbohydrates

1. Pay Attention to Fiber Content

Let's break down what fiber is, how much fiber you should be getting and different ways to achieve your goal.

Why is fiber so important?

Fiber passes through the digestive tract and cannot be digested completely by the body. It regulates the body's use of sugars, helping to keep blood sugar and hunger in check.

- It helps us stay full after eating
- Lowers cholesterol
- Prevents constipation
- Helps keep your blood sugars within a healthy range

What is the recommended intake?

- **Women: 25 grams per day**
- **Men: 38 grams per day**

How can I get more fiber into my diet?

Fiber is found naturally in plant based foods. The skin or peel of fruits and vegetables provides a larger amount of fiber. It can also be found in beans and lentils, whole grains, nuts and seeds. The more processed or refined a food becomes, the less fiber it has.

For example, one medium apple contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

Here is a list of foods naturally high in fiber:

Food	Serving Size	Fiber (grams)
Black Beans	½ cup cooked	7.5
Pear	1 large	7
Avocado	½ medium	5
Almonds	1 ounce	3.5

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Edamame	½ cup	4
Refried Beans	½ cup	6

*All fruits and vegetables contain fiber- most have 3-4grams of fiber per serving with some exceptions like raspberries.

Tips for Increasing your Fiber

- Increase your intake gradually
- Be sure to drink plenty of fluids (at least 64 oz.!) Increasing fiber without drinking enough water can lead to constipation.
- Fiber supplements can be taken per your physician recommendations- but always try to get your fiber from food first.

2. Consume Plenty of Fruits and Vegetables

Fruits and Vegetables

- Packed full of nutrients, are low-calorie, and very filling due to their fiber content.
- Aim for 5+ servings per day (ration of 3 vegetables and 2 fruits)
- Start with 1 fruit and 1 vegetable per day.
- Gradually increase until consuming 5+ servings.

Fruit and Vegetable Serving Sizes

- One cup of fruit or vegetable – non-starchy vegetables are encouraged
- One piece of fruit (5-6oz.)
- 3 cups of leafy raw vegetables such as cabbage, spinach, or lettuce
- ½ cup of beans/legumes (black beans, garbanzo beans, lentils)
- Not recommended: dried fruits or juice
- Vegetables = 50 calories/cup
- Fruits = 100 calories/cup

Getting Started

- Buy fresh, frozen, and canned (low sodium). Keep a variety on hand.
- Fresh and frozen are more nutritious than canned, but canned vegetables are a better option than other convenience foods such as fast food.



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- Use fresh garlic, herbs, spices, and flavored vinegars to season your vegetables.

Proteins

Your goal is to consume 70-90 grams of protein per day.

If you are eating 5 times per day, aim for at least 14grams of protein per time.

If you are eating 6 meals per day, aim for at least 12grams of protein per time.

Meat, Poultry & Eggs

Food (Cooked)	Serving Size	Protein (grams)	Calories
*Chicken (skinless)	3 oz.	28	140
Steak	3 oz.	26	160
Turkey (roasted)	3 oz.	25	135
Pork	3 oz.	22	122
Ham	3 oz.	14	140
*Egg, Large	1 egg	6	70
Egg Beaters	½ cup	12	60

*Grilled chicken, or chicken that is dry is not always tolerated after surgery. Chicken that is moist, like rotisserie or baked chicken is tolerated better.

*Scrambled eggs are also not tolerated well after surgery. Try eggbeaters as an alternative.

Seafood

Food (Cooked)	Serving Size	Protein (grams)	Calories
Salmon	3 oz.	22	155
Tuna	3 oz.	22	100
Shrimp	3 oz.	20	100
Lobster	3 oz.	16	75
Scallops	3 oz.	14	75

Legumes, Grains, Vegetables

Food (Cooked)	Serving Size	Protein (grams)	Calories
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Pinto Beans	½ cup	11	200
Lentils	½ cup	9	100
Edamame	½ cup	9	95
Black Beans	½ cup	8	115
Red Kidney Beans	½ cup	8	110
Chickpeas	½ cup	7	135
Black-eyed Peas	½ cup	7	100
Wheat Berries (grain)	½ cup	6	150
Kamut (grain)	½ cup	6	125
Quinoa (grain)	½ cup	4	110
Peas, Green	½ cup	4	60
Spinach, Cooked	½ cup	3	40

Nuts & Seeds

Food	Serving Size	Protein (grams)	Calories
Soy Nuts	1 oz.	12	120
Pumpkin Seeds	1 oz.	9	160
Peanuts	1 oz.	7	165
Peanut Butter	1 Tablespoon	7	190
Almonds	1 oz.	6	165
Pistachios	1 oz.	6	160
Flax Seeds	1 oz.	6	140
Sunflower Seeds	1 oz.	6	140
Chia Seeds	1 oz.	5	140
Walnuts	1 oz.	4	185
Cashews	1 oz.	4	160

Dairy Products

Food	Serving Size	Protein (grams)	Calories
Greek Yogurt (plain)	6 oz.	18	100
Dannon Oikos Triple Zero Greek Yogurt	5 oz. (1 container)	15	120

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Cottage Cheese (1% Fat)	4 oz.	14	80
Regular Yogurt (nonfat)	1 cup	11	100
Milk, Skim	1 cup	8	
Soy Milk (unflavored)	1 cup	8	
FairLife Milk (skim)	1 cup	13	80
FairLife Milk (chocolate)	1 cup	13	140
Mozzarella (part skim)	1 oz.	7	70
String Cheese (nonfat)	1 string cheese	6	50

Suggested Resources for Healthy High Protein Recipes

<https://greatist.com/eat/high-protein-meals-that-dont-involve-chicken>

<https://www.bbcgoodfood.com/recipes/collection/high-protein>

<http://theworldaccordingtoeggface.blogspot.com/>

<http://www.froedtert.com/bariatric-surgery/recipes>

<http://insidekarenskitchen.com/bariatric-friendly-recipes/>

<http://www.bariatriceating.com>

Plant Based Protein Choices

Why include plant based protein choices in your diet?

- Tend to be lower in calories and fat than animal based sources.
- High in fiber and essential nutrients.
- Intake is linked to weight loss, lower cholesterol and lower blood pressure.



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Plant Based Protein Ideas

Protein	Serving Size	Protein content (grams)
Tofu	½ cup	10
Edamame	½ cup	8.5
Tempeh	½ cup	15
Lentils (cooked)	½ cup	9
Seiten	1 oz	4
Chickpeas	½ cup	7
Soy milk	1 cup	7
Soy yogurt	1 cup	6
Planet Based Protein Powder:		
Pea Based	¼ cup	21
Hemp	¼ cup	12
Brown Rice	¼ cup	22
Soy	¼ cup	22

Grilled Pepper & Lentil Salad

Ingredients:

- 1 red bell pepper, quartered and seeded
- 1 green bell pepper, quartered and seeded
- 1 yellow bell pepper, quartered and seeded
- Cooking Spray
- 1 1/8 tsp salt, divided
- ½ tsp freshly ground black pepper, divided
- 1 ½ cups dried lentils (about 3/4 lb)
- 1 small onion, peeled and halved
- 1 bay leaf
- 2/3 cup chopped plum tomato
- ½ cup chopped green onions
- 1/3 cup cilantro leaves
- 1/3 cup fresh lime juice
- ¼ cup chopped pitted Kalamata olives
- 3T extra-virgin olive oil
- 1 ¼ tsp ground fennel seeds



Instructions:

Step 1: Preheat grill to high heat.

Step 2: Lightly coat bell pepper pieces with cooking spray. Place bell pepper pieces, skin side down, on grill rack; grill 12 minutes or until skins are blackened. Place bell pepper pieces in a zip-top plastic bag; seal. Let stand 15 minutes; peel and chop bell peppers. Discard skins. Sprinkle with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp freshly ground black pepper. Place bell peppers in a large bowl.

Step 3: Rinse and drain lentils; place in a large saucepan. Cover with water to 3 in. above lentils; add onion and bay leaf to pan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are just tender. Drain lentils. Discard onion halves and bay leaf. Add lentils to bell peppers. Add remaining $\frac{5}{8}$ tsp salt, remaining $\frac{1}{4}$ tsp black pepper, tomato, and remaining ingredients to lentil mixture; stir well.

Nutrition per serving (1 cup)

Calories: 280

Fat: 8g

Carbohydrate: 35g

Protein: 15g

Fiber: 8g

Dietary Fats

Fat gets a bad rap even though it is a nutrient that we need in our diet, just not too much. Learn all about dietary fats and how getting too much or too little affects our health.

Does my body need fats?

Yes, it does. Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Your body definitely needs fat.



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How many different fats are there?

There are four major dietary fats in the foods we eat:

- Monounsaturated fats
- Polyunsaturated
- Saturated fats
- Trans fats

The four types have different chemical structures and physical properties. The **bad fats**, saturated and trans fats, tend to be more solid at room temperature (like a stick of butter), while **healthy fats**, monounsaturated and polyunsaturated fats, tend to be more liquid (like liquid vegetable oil).

Fats can also have different effects on the cholesterol levels in your body. Saturated fats and *trans* fats raise bad cholesterol (LDL) levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy dietary pattern.

Do all fats have the same number of calories?

There are 9 calories in every gram of fat, regardless of what type of fat it is. Fats are more energy dense than carbohydrates and proteins, which provide 4 calories per gram.

Consuming high levels of calories – regardless of the source – can lead to weight gain or being overweight. Consuming high levels of saturated or *trans* fats can also lead to heart disease and stroke. Health experts generally recommend replacing saturated fats and *trans* fats with monounsaturated fats and polyunsaturated fats – while still maintaining a nutritionally adequate diet.



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Are all foods labeled "trans fat-free" healthy foods?

Not necessarily. Foods labeled "0 trans fat" or cooked with "*trans fat-free*" oils may contain a lot of saturated fats, which raise your bad cholesterol levels. "*Trans fat-free*" foods may also be unhealthy in terms of their general nutrient content. For example, baked goods also tend to be high in added sugars and low in nutrients.

Can fats be part of a healthy diet?

Eating foods with fat is definitely part of a healthy diet. Choose foods that provide good fats (monounsaturated and polyunsaturated fats) and balance the amount of calories you eat from all foods with the amount of calories you burn. Aim to eat a dietary pattern that emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Doing so means that your diet will be low in both saturated fats and *trans* fats.

Does eating more healthfully mean giving up my favorite foods?

A healthy diet can include the foods you love. You don't have to avoid these treats entirely, but you do need to eat less of foods that are low in nutrition and high in calories.

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Examples of Dietary Fats

Monounsaturated	Polyunsaturated	Saturated	Trans	Omega-3s
Avocado	Dark leafy greens	Butter	Commercial baked pastries:	Algae/algae supplement
Nuts*:	Fatty fish:	Cheese	Biscuits/cookies	Collard greens
Almonds	Herring	Chicken with skin	Doughnuts	Cloves
Cashew	Mackerel	Coconut oil	Muffins	High quality fish/krill oil
Hazelnuts	Salmon	High fats meats	Cakes	<u>Brussel sprouts</u>
Peanuts	Sardines	Beef	Pizza dough	Fish:
Pecans	Trout	Lamb		Anchovies
<u>Macadamia nuts</u>	Tuna	Pork	Packaged Snack Food:	Cod
		Ice-cream	Crackers	Halibut
Olives	Oils:	Lard	Microwave popcorn	Herring
Olive oil	Corn Oil	Palm oil	Crisps/chips	Mackerel
Sesame oil	Safflower oil	Whole fat diary:		Salmon
Sunflower Oil	Soy bean oil	Milk	Hydrogenated vegetable oils:	Sardines



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Supplements after Bariatric Surgery

Consistently taking your vitamins, minerals and supplements are essential pre and post-surgery. Most, if not all, of bariatric surgery patients will be on a Bariatric Multivitamin for life. The type of bariatric surgery you have will influence your supplementation. It is **essential** to continuously take your supplements for a lifetime. The following are commonly low minerals, vitamins and nutrients identified either by your labs or your food diary.

Iron

If your iron is low, your provider may recommend iron pills (ferrous sulfate or ferrous fumarate). Iron pills should never be taken with calcium. Avoid taking them with your multivitamin, calcium pills, or any dairy containing food for two hours. Iron pills can cause constipation and an upset stomach. Vitamin C aids in the absorption of Iron, so you can take your iron pills with a small glass (4oz or less) of Orange Juice or a few strawberries.

Don't Forget!

Iron = Not friends with calcium (dairy)

Iron = Friends with Vitamin C

To prevent constipation, be sure to drink adequate fluids throughout the day (minimum 64oz), make sure your diet has 20-35 grams of fiber, exercise at least 30 minutes per day, use the restroom as soon as you feel the urge, and consider an over the counter fiber supplement. If your constipation persists and you are not consistently having a bowel movement, consult your provider to make sure there isn't another reason for your constipation.

Remember, that eating iron rich foods is an important route to naturally raising your iron levels.

Heme iron, which comes from animal based foods, is more easily absorbed than non-heme iron, which is from plant based foods.



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Good sources of heme iron are beef and turkey. Iron-fortified cereal typically has 100% of your daily iron recommendation. Oatmeal has 11mg, soybeans have 9mg, and lentils have 7mg iron per serving.

Beans and dark leafy greens are also great vegetarian sources of iron, but combining heme iron sources of lean meat, poultry, or fish with beans, lentils or dark leafy green vegetables in a meal improves the absorption of non-heme iron.

Remember- Vitamin C and Iron are friends- thinking about including Vitamin C (peppers, strawberries, OJ) with your iron containing food!

Vitamin D

It is common to have a low Vitamin D level, especially in Michigan. Your provider may request you begin taking a Vitamin D supplement depending on your lab levels.

You can take your Vitamin D supplement with your Multivitamin- as calcium enhances Vitamin D absorption. Your body uses **Vitamin D3 (cholecalciferol)** more efficiently, so it is the preferred supplement.

Direct sun exposure is the best way to absorb Vitamin D. However, eating foods that are rich in Vitamin D certainly help you acquire more, so try adding good-quality, natural sources into your diet regularly.

Top sources:

1. Sunlight: 10-20 minutes of unexposed time in the sun daily: 1,000-10,000 IU
2. Halibut: 3oz; 932 IU
3. Carp Fish: 3oz; 940 IU
4. Mackerel: 3oz; 805 IU

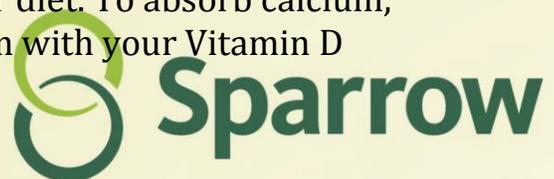
Calcium:

Calcium is a supplement that you must plan on taking post-surgery for a lifetime- you may be on calcium pre-surgery as well. Your body doesn't produce calcium, so you must get it through your diet. To absorb calcium, your body needs Vitamin D. So, take your calcium with your Vitamin D supplement.

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You will be taking **1500mg calcium citrate** daily. You will be able to purchase this supplement in the SMG Bariatric Surgery office. Your body can only absorb 500mg of calcium at a time. You must take this in 3 divided doses.

Daily Calcium Schedule:

AM: 500mg calcium citrate

Noon: 500mg calcium citrate

PM: 500mg calcium citrate

Vitamin B12

This is a water-soluble vitamin that is found in some foods and added into others. Vitamin B12 is required for proper red blood cell formation, neurological function, and DNA synthesis. Individuals who have had a gastrointestinal surgery are at higher risk for Vitamin B12 deficiency. The dose recommended for each person will vary depending on their lab results.

Multivitamin

No matter which type of bariatric procedure you undergo, you can expect to consume less food following surgery. This makes it difficult to meet your body's nutrient needs for the day, putting you at risk for nutritional deficiencies. Bariatric multivitamins contain a combination of vitamins and minerals that make it easier to fill in your nutritional gaps.

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Forever Guidelines after RNY Gastric Bypass/Sleeve Surgery:



Keys to Success

Weight loss surgery is a tool, not a magic fix. It will take new behaviors and persistence on your part to maintain weight loss, but the results are worth it.

Review these tips from SMG Bariatric Surgery office regularly. Post them where you can see them daily.

If you find yourself returning to old habits, make an appointment with your SMG Bariatrics Dietitian.

- Use **MyFitnessPal** daily- review your calorie, protein, carbohydrate and fat intake versus your goals that were set at the beginning of the program. Stay within these limits.
- Eat **5-6** times per day.
- Limit the amount of food eaten to **8** ounces (4oz right after surgery).
- Protein first! Consume at least **70** grams of protein daily, eating the protein food first every time.
- Brain cells need carbohydrates, but moderation is KEY. Remember that carbs are a way to help you get protein in- they can never crowd out protein.
- Avoid foods with added sugars- such as cake, candy and ice cream.
- Chew foods to **applesauce** consistency.
- Take at least **20** minutes to eat. If you think you are eating slowly, eat slower.
- Eat without distraction- not in front of the television, at your desk, or while multitasking.
- Avoid grazing and high calorie drinks.
- Don't drink liquids with solid foods. Wait **30** minutes after eating solids before drinking liquids again. Never "wash it down."
- Maintain hydration with at least **64oz** daily.
- Avoid all carbonated and caffeine containing beverages.
- Do not replace foods with liquids on a regular basis.
- Take your supplements as prescribed.



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