

## New Life Weight Loss

317 S. 14<sup>th</sup> Street, Suite 1 Herrin IL 62948  
Telephone (618) 988-6171, Facsimile: (618) 988-6174

### Herrin Hospital Clinical Nutrition

618-942-2171 ext 35443



## Healthy Lifestyle Habits

### MEAL PREPARATION GUIDELINES

- Meats should be baked or grilled, **never** breaded and/or fried.
- Portion size should be at least 3 ounces, not more than 6 ounces.
- Vegetables should be steamed, grilled, roasted or raw.
- Do not season with butter, oil or other fat/calorie-laden foods.
- Salt should be used in moderation.
- Pepper and other herbs/spices may be used as desired.

### ACCEPTABLE LOW CARB VEGETABLES

- |                    |               |                    |
|--------------------|---------------|--------------------|
| • Artichoke        | • Celery      | • Onions           |
| • Asparagus        | • Cucumber    | • Peppers          |
| • Avocado (1/2)    | • Eggplant    | • Radish           |
| • Broccoli         | • Green beans | • Spaghetti Squash |
| • Brussels sprouts | • Greens      | • Spinach          |
| • Cabbage          | • Lettuce     | • Tomato           |
| • Cauliflower      | • Mushrooms   | • Zucchini         |

### ACCEPTABLE FRUIT SELECTIONS (In Moderation)

- Any berries
- Apples
- Oranges
- Melons
- Pears
- Kiwi
- Pineapple

### ACCEPTABLE NUT SELECTIONS

- Any tree nut (limit to 1 ounce)

### ACCEPTABLE PROTEIN SELECTIONS (60-90 grams daily)

- Boneless, Skinless Chicken Breast
- Turkey Breast, Skinless, Whole or Ground
- Lean Ground Beef
- Trimmed cuts of Beef
- Trimmed cuts of Pork Loin
- Fish, all varieties
- Canned Tuna or Chicken (packed in water, not oil)

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#### FOODS TO AVOID

- All Starchy Vegetables – Potatoes, Carrots, Corn, Peas, Sweet Potatoes
- All Grain-based Products – Bread, Oatmeal, Rice, Pasta, Crackers
- Cheese and other dairy products except as listed in the Basic Guidelines section.
- High-Sugar Fruits (Mangos, Grapes, Bananas). Berries may be added to your protein shake only in limited quantities.
- Salad Dressings that contain fat and sugars/carbohydrates. You may use **one teaspoon** of Olive Oil with vinegar and/or lemon juice to dress salads/vegetables.

Use the food diary available at our office or any online food/exercise tracking system (fitday.com, baritastic, or fatsecret.com are a few options) to keep track of your daily Calorie, Protein, Carbohydrate and Fat intake. Be prepared to share these logs with your dietitian.

#### POST-OPERATIVE HABITS TO PRACTICE NOW

- Meals should last at least 20 minutes, but not more than 30 minutes.
- Eat your protein first, followed by your vegetables.
- Eat slowly and deliberately, put your utensils down between bites.
- Chew your food very well, at least 20-30 times per bite.
- Do not drink with your meal.
- Avoid using straws.
- Eliminate Carbonated and Caffeinated drinks from your diet.
- Avoid snacking. Eat only at the table and not while reading, watching TV and/or working.

#### PROTEIN SUPPLEMENT GUIDELINES:

- Choose a protein supplement with a minimum of **20 grams of protein per serving and a maximum of 30 grams of protein**. Most protein bars do not meet these guidelines.
- Protein supplements should have **less than 12 grams of carbohydrates** and **less than 5 grams of fat per serving**.
- Select a Whey-based protein powder, preferably **Whey Isolate or Whey Concentrate**. Pea/Soy protein powder is also acceptable. Check the ingredients for the actual protein source.
- Some acceptable protein supplements are:
  - Bariatric Advantage High Protein Meal Replacement products
  - UNJURY protein powder
  - Nectar protein powder
  - Any WHEY protein powder (Sam's Club, GNC, K-Mart, Wal-Mart or any drug store)
  - Premier
  - Muscle Milk
  - Fair life
- Protein powders may be mixed with **skim milk, water, or fat-free, low-carb yogurt**.
- New Life Weight Loss Center **DO NOT approve of Slim-Fast, Atkins, Ensure, Carnation Instant Breakfast or Boost products**. These do not meet our criteria.