Basic Food Groups

The food we eat can be classified into 7 basic food groups:

Lean meats, poultry, and fish: Beef, poultry, pork, game meats, fish, shellfish. Select lean protein options; trim away visible fats; remove skin from poultry; broil, roast, or poach.

Nuts, seeds, and legumes: Almonds, hazelnuts, walnuts, macadamia nuts, cashews, sunflower seeds, pumpkin seeds, hemp seeds, chia seeds, flax seeds, nut butters (almond, peanut, cashew), beans (kidney, black, navy), lentils, split peas, chick peas, edamame.

Milk products and milk substitutes: 1% or skim milk, buttermilk, kefir, Greek yogurt, low fat cheese including cottage cheese; milk substitutes-soy milk, hemp milk, almond milk, coconut milk, flax seed milk, rice milk.

Vegetables: Dark leafy greens (kale, Swiss chard, spinach, collard greens, mustard greens), broccoli, cauliflower, cabbage, carrots, green beans, peppers, sweet potato, squash, tomato, cucumber

Fruits: Apples, apricots, banana, berries (blackberry, blueberry, raspberry, strawberry) cherries, dates, grapes, oranges, grapefruit, mango, melon, peaches, pear, pineapple.

Fats: Olive oil, coconut oil, ghee (grass fed & organic), nut oils (walnut, macadamia, almond) seed oils (flax, hemp, pumpkin seed); remember to use fat in moderation; use high smoke point fats to cook foods at high temperatures (coconut oil & ghee); use all other oils for low cooking temperatures or dressing food.

Grains: Quinoa, whole grain flour (buckwheat, spelt, whole wheat), popcorn, oatmeal, brown rice, wild rice; eat grains in moderation; avoid highly processed grain products (refined flour, bleached flour)

Important Nutrients Following Weight Loss Surgery

PROTEIN: Your primary focus following surgery is protein. In order to lose the maximum amount of weight, you must achieve your protein goals. Minimum intake should be no less than 65 g following a sleeve gastrectomy or RYGB and 85 g of protein daily following a DS. Protein is not only important for weight loss, but also to help build lean body mass, brain functioning and energy.

Examples of high protein foods: Meat, poultry, fish, eggs, soy products (tofu & edamame),
beans, dairy products (milk, kefir, Greek yogurt), nuts & seeds.

**CARBOHYDRATES:** Limit the amount of carbohydrates you eat with each meal and snack. It is recommended to consume 30 g or less of carbohydrates with your meals and 15 g or less with liquids or snacks. It is important to choose the BEST kind of carbohydrate. Your body uses carbohydrates to make glucose which is the fuel that provides your body with energy. Your body can use glucose immediately or store it in your liver and muscles for when it is needed.

**Examples of carbohydrates foods:** Fruits, starchy vegetables (sweet potato, squash, green peas), corn, beans, dairy products, bread, cereal, and other grains.

Focus on complex carbohydrates which contain fiber- such as those found in fruits, vegetables, beans, and whole grain products.

Avoid simple carbohydrates found in refined bread and cereal products, foods with added sugar (cakes, cookies, pie, jelly, jam, ice cream, soda, and some juice)

Read the food label often! Look in the ingredient list for added sugar and AVOID (high fructose corn syrup, corn sweetener, corn syrup, fruit juice concentrates, maltose, sucrose, fructose, brown sugar)

**FAT:** Not all fats are created equal! There are healthy and unhealthy fats. Avoid products which contain corn oil, soybean oil, and canola oil, avoid fried foods, and avoid high fat meats (white marble in red meats & skin on poultry). Use high smoke point fats to cook foods at high temperatures (coconut oil & ghee); use all other oils for low cooking temperatures or dressing food.

**TRANSFAT:** Created during food processing when liquid oils are converted into semi-solid fats-a process called hydrogenation. Transfat is commonly added to food to increase shelf life. Transfat can increase low-density lipoprotein (LDL cholesterol) and decrease high-density lipoprotein (HDL cholesterol)-risk factors for heart disease. So, the bottom line is KEEP TRANSFAT GRAMS AT ZERO!

**WATER:** Adequate water intake is needed daily. Water is essential because it is found within every cell, tissue and organ within your body. Most of your fluid needs are met through the water and beverages you drink. Although beverages that are sweetened with sugar do provide water, they contain high amounts of empty calories and for this reason should be avoided. To help with weight control AVOID sweetened beverages and consume beverages they do not contain any sweeteners (herbal tea and water).