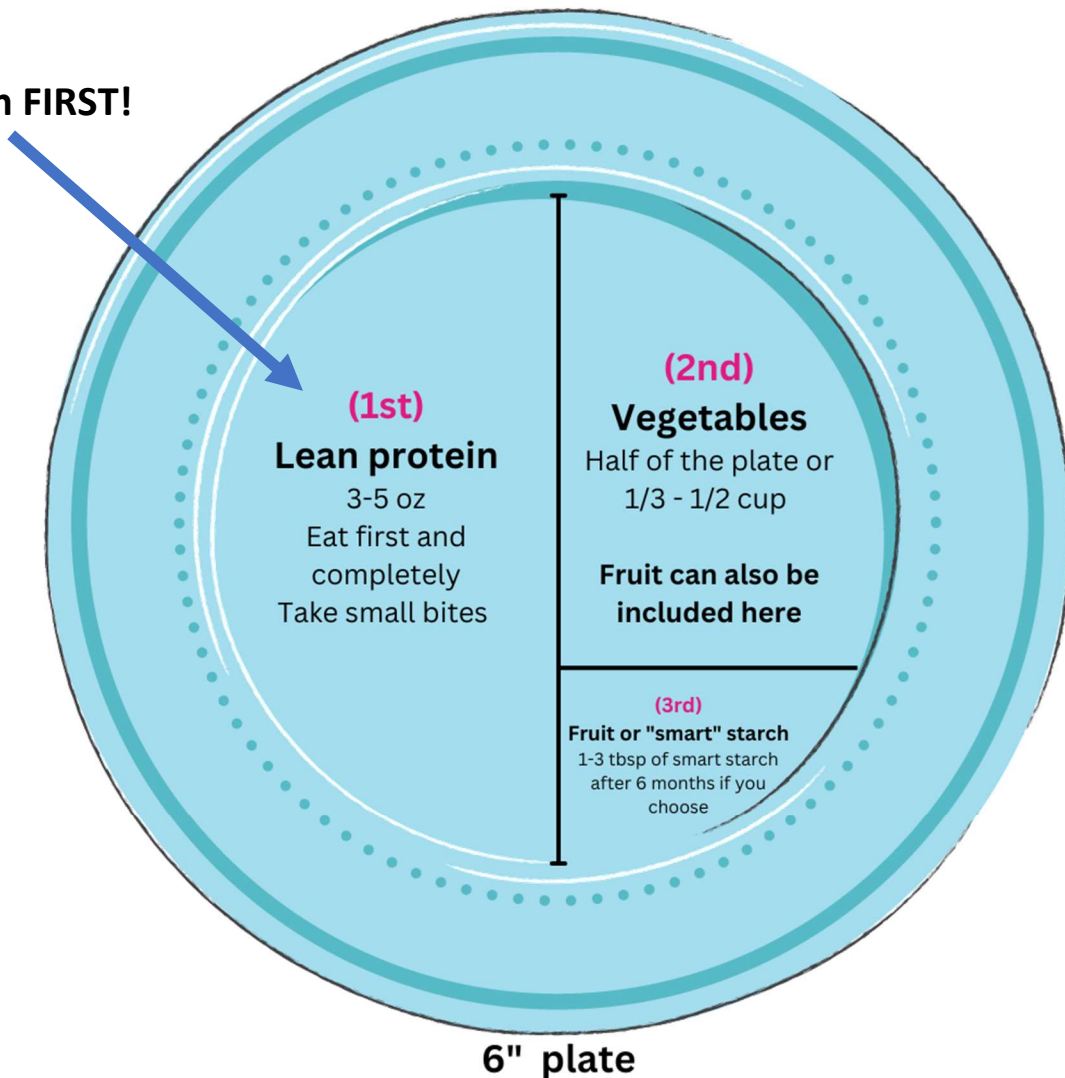


Bariatric Plate Method: A long term strategy for eating

Eat protein FIRST!



The bariatric plate method is helpful after you're healed and especially when you're trying to maintain your weight losses long term

- Use a small, 6-inch plate
- Fill half your plate with protein (3 to 5 oz) and the other half with veggies, have a small portion of fruit (or smart starches if you're farther than 6 months out or choose to include them)
- Eat protein first and fully, taking small bites
- Move on to the vegetables (1/3 – 1/2 cup) and then fruit
 - 1-3 tbsp "smart starch" (whole grains, sweet potato, brown rice, quinoa, corn) may be advised after 6 months if you choose to bring it back
- Meals should be no more than 1.5 cups of food total, for most meals