



Medical Weight Loss Nutrition Guide

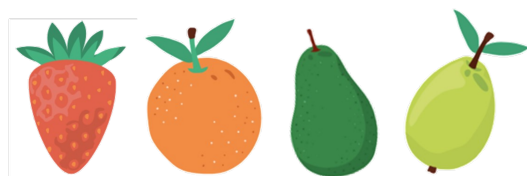
Comprehensive Obesity
Management Program



Congratulations on your decision to take your health into your own hands. Medical weight loss has been shown to be an excellent complement to surgery, or on it's own for obesity.

Obesity is a chronic, life-long disease.

Using this medication with lifestyle changes can mean excellent long term results.



In this guide:

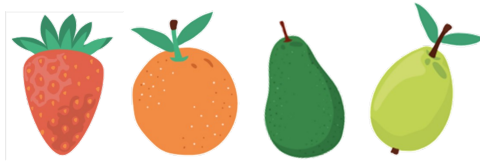
Dietary guidelines

Meal plans and grocery lists

Supplement company options

Tips for behavior change and mindful eating

Keys to Success



Consistency with dietary changes

- Meal planning
- Grocery shopping
- Utilizing supplements for protein
- Having a regular schedule for eating

Self monitoring (You'll need a scale and logging app)

- Logging/tracking food and physical activity
 - (e.g. Baritastic, MyFitnessPal, Lose It, Healthy Transformation Tracker app)
- Taking weekly weights at the same time
- Setting reasonable goals

Physical activity

- 150-300 minutes per week
- A mix of cardio, strength, balance/stretching

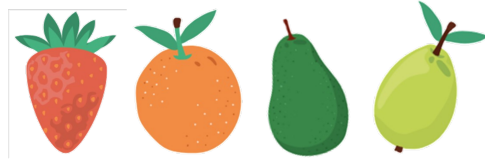
Behavioral habits

- Practicing mindful eating
- Stress management
- Adequate sleep
- Limited alcohol

Follow up with your medical team!

- Evaluating and reassessing your progress is key!

How to Create an Eating Schedule



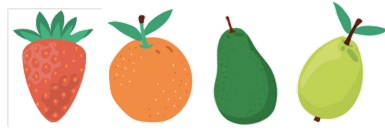
Eat three meals per day with protein

- 1 to 2 snacks if needed
- Have a meal every 3-4 hours
- If it's longer than that, have a high protein snack
 - Yogurt, protein chips, turkey jerky, string cheese
- Eat within 1.5 hours of waking up
- Have protein at every meal and eat it first, and completely, whenever possible
- Eat within a 12 hour period

Example of a day

- **8am**—breakfast
- **10am**—snack (if needed)
- **12:30pm**—lunch
- **3pm**—snack (if needed)
- **6:30pm**—dinner
- **Avoid eating after dinner (try not to eat within 2-3 hours of going to bed)**

Nutrition Recommendations



You may not feel hungry, but it is still essential that you reach your protein goals and eat consistently throughout the day.

These nutrient goals are **FLEXIBLE** based on your lifestyle, hunger levels, and nutrient needs. These numbers can give you an idea of what your body needs to build muscle and sustain energy levels.

Calorie Goals: whether you've had surgery or not, this number varies greatly—consider logging your food on an app like Baritastic (if you've had surgery) or MyFitnessPal to see what your baseline is and then we can lower it accordingly.

Total Fat Goals: 35gm per day

Total Carbohydrate Goals: 50gm net carbs per day within 6 months of surgery. 50-100gm after 6 months (or if you've never had surgery)

- **Tip:** look for less than 15gm of carbs per serving on the label

Dietary Fiber Goals: 25gm per day or more

Total Sugar Goals: no more than 5gm total sugar per serving (if it's a yogurt, dairy or fruit product, no more than 15gm total sugar per serving). Aim for less than 25g added sugar per day.

Protein Goals: 70-100gm per day (shoot for 20-30gm per meal)

Reading a Food Label

It's great to know the numbers, but how do we read a food label? See the suggestions below on how to read a food label.

Calorie Goals: vary depending on whether you've gotten surgery or not

Total Fat Goals: 35gm per day

Total Carbohydrate Goals: 50gm net carbs per day (6 months post op or less); 50-100gm net carbs beyond 6 months post op or without surgery.

- **Tip:** look for less than 15gm of carbs per serving on the label

Dietary Fiber Goals: 25gm per day or more

Total Sugar Goals: no more than 5gm total sugar per serving (if it's a yogurt, dairy or fruit product, no more than 15gm total sugar per serving)

Protein Goals: 70-100gm per day (shoot for 20-30gm per meal)

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	Calories 230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	11%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

Always follow the serving size—this will determine how much you should eat in one sitting. All of the numbers on the label coordinate with the serving size. Cup measure is the volume and gram measure in parenthesis is the weight (use a kitchen scale).

Calories vary

35gm per day

Look for 15gm or less per serving

Net carb calculation:

Total carbohydrates minus fiber and sugar alcohols

25gm per day or more

5gm or less per serving

70-100gm per day (shoot for 20-30 grams per meal)

Info BELOW this line includes the vitamins/minerals in each serving. You can use this info or not when choosing foods.

Ignore these percentages—they are based on a 2000 calorie diet, which you are not following.

Nutrient Guide

Protein	Fats	Starches	Vegetables	Fruit
<p>Have at least 3 servings/day Eat entire portion of protein first Pair with every meal</p> <p>All fresh fish (salmon, tilapia, snapper, trout, tuna) All shellfish (crabs, shrimp, lobster, scallops, etc.) Canned fish (tuna, salmon) Frozen fish Chicken (skinless breast, skinless thighs, rotisserie, chicken meatballs, burgers, bacon, sausage) Turkey (deli, turkey meatballs, burgers, bacon) Ground chicken or turkey – 90-98% lean Reduced fat cheeses (string cheese, cheddar, mozzarella, Laughing Cow light wedges, cottage cheese) Lean pork, lean beef (90% lean or higher ground, or lean cuts) Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.) Fresh eggs (can use yolks/yellow) Egg beaters, Boiled eggs Vegan protein (tempeh, tofu, TVP, soy burgers, bacon, crumbles, hot dogs)</p> <p>Supplements for when you're not hungry: Ready-made protein shakes: Muscle Milk, Unjury, Atkins Advantage Protein powders Protein bars</p>	<p>Limit these to the serving size Tough to digest and high in calories</p> <p>1 tbspc – fats: All oils (olive, coconut, canola, vegetable, etc.) Butter Spreads Nuts, seeds: ¼ cup Peanut butter, almond butter, cashew butter, Sun butter: 2 LEVEL tablespoons Salad Dressings: 2 level tablespoons Avocado: 1/4 of the avocado</p>	<p>Limit these! Include some smart starches (3-4 servings per week) after 6 months post op if you'd like</p> <p>Smart Starches: Sweet potato Brown rice Beans Peas Corn Whole grain breads Whole grain pastas Whole wheat crackers Whole wheat wraps Quinoa Barley</p> <p>Slider foods/slider starches: Chips Cookies Crackers Cake Candy Popcorn Pretzels Trail mix with candy Pizza, fries Cereals (sugary)</p>	<p>Enjoy – eat a lot of them! Non-starchy veggies: Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, dalkon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, Kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), Swiss chard, tomatoes (fresh and canned), turnips, wax beans Steamer, frozen veggies Zucchini noodles Spaghetti squash</p>	<p>Up to 3 servings per day 1 serving = ½ cup to ¾ cup Or 1 small piece</p> <p>All fresh fruit (up to 3 servings per day) Unsweetened applesauce Canned or packaged fruit in own juice (less than 15 grams sugar per serving)</p> <p><i>(Note: pair fruit with a protein for a snack to prevent blood sugar spikes)</i></p>

Recommended Protein Shakes and Waters

These can be incorporated to any meal plan when you cannot reach your protein goals through solid food due to decreased hunger.



Recommended Protein Powders

Premade – Muscle Milk, Unjury, (Ensure Max and Premier if you're meeting your protein goals regularly)

Unjury Protein Powder

Syntrax Nectar Protein Powder

Chike! Protein Powder

Nature's Best Isopure Powder (zero carb)

Body Fortress Isolate Protein Powder

Six Star Pro Nutrition Whey Isolate

GNC Pro Performance 100% Whey Isolate

Infinite Labs- Infinite Pro 100% Whey Protein Isolate

NOW Foods Whey Protein Isolate

Dymatize ISO 100 Hydrolyzed 100% Whey Protein Isolate

Bariatric Advantage HPMR, and High Protein Supplement Mix

Celebrate High Protein Meal Replacement

Where to buy: GNC, Vitamin Shoppe, Walgreens, Amazon

TIPS: The Walgreens at GBMC sells Unjury and Nectar samples, if you buy at GNC and don't like the product you may be able to return within 30 days. Do not use collagen based protein waters usually found in "shots" or "test tubes" such as New Whey and Profect. These are considered incomplete proteins. Check out mybariatricpantry.com; bariatricpal.com (has Nectar samples) to order samples of different brands to try!

Protein Waters

Isopure Zero Carb

Cytosport Whey Isolate

Special K—K2O Protein

Designer Protein2Go

Lift by Atkins

Protein 2 O

Premier Clear

Bariatric Advantage Clearly

Protein

Protein Bars

Quest Protein Bar

Fit Joy Bar

Detour Whey Protein Bar

ISS Research Oh Yeah!

Fit Crunch

Power Crunch

Built Bars

7 day meal plan (snacks optional when needed)

Day	Breakfast	Lunch	Dinner
Monday	2 egg omelet w/ spinach 1 slice turkey bacon 1/2 banana	1 piece 647 bread with 1/2 cup tuna salad 4 carrot sticks	3 oz rotisserie chicken 3/4 cup "fried" riced cauliflower
Tuesday	Smoothie: <ul style="list-style-type: none"> • 8 oz fat free milk • 1/2 cup blueberries • 1/2 banana • 1 scoop protein powder • 1 cup ice 	Taco salad: <ul style="list-style-type: none"> • 3 oz taco seasoned turkey meat • 1 cup romaine • 1 tbsp salsa • 1 tbsp low fat sour cream • Sprinkle with scallion and cilantro 	3 oz salmon with garlic 1/2 cup butternut squash 1 cup tossed salad
Wed.	2 egg muffin tin "cups" <ul style="list-style-type: none"> • 1 oz feta cheese • 1 slice chopped Canadian bacon • 1/2 cup cooked spinach 1/2 fresh orange	2 lettuce cups (romaine or butter) 3 oz Waldorf chicken salad <ul style="list-style-type: none"> • 3 oz chopped chicken breast • 1 tbsp walnuts • 4 cut grapes • 1 tbsp low fat mayo and herbs 	1 cup 90% lean beef chili 1 cup tossed salad Sugar free jello for dessert
Thursday	Yogurt parfait: <ul style="list-style-type: none"> • 1 cup Low or non-fat greek yogurt or regular yogurt with 1 scoop protein powder • 1 tbsp sliced almonds • 1/2 cup berries or 1/2 banana • Sprinkle of cinnamon 	Turkey wrap <ul style="list-style-type: none"> • 3 slices turkey • 1 low fat slice cheese • 1 tsp Dijon mustard • Shredded lettuce 	Grilled chicken parmigiana <ul style="list-style-type: none"> • 3 oz grilled chicken • 1 oz mozzarella • 3 tbsp jarred tomato sauce • 2 basil leaves Sautéed broccoli or spinach with garlic and 1 tbsp olive oil
Friday	2 boiled eggs 1 piece fruit 1 string cheese	Greek salad <ul style="list-style-type: none"> • 1 cup romaine and spinach • 1 oz feta cheese • Chopped cucumber and tomatoes • 1 tbsp Greek dressing or vinaigrette 3 oz grilled chicken	3 oz pork chop with herbs and olive oil 1/2 cup low fat creamed spinach 1 cup sugar free pudding
Saturday	Breakfast burrito <ul style="list-style-type: none"> • 1 low carb wrap (Mission, La Tortilla Factory, Tumeros) • 1-2 eggs scrambled • 1 oz shredded cheese • 1 piece turkey bacon or chicken sausage 	1 cup chicken and vegetable soup 1 bag of Quest Protein Chips	1 BBQ thigh made with D Hughes Sugar Free BBQ sauce 3/4 cup steamed string beans 1 sugar free popsicle for dessert
Sunday	3/4—1 cup cottage cheese 1/2 cup peaches in water or cut fruit	Chopped Caesar salad <ul style="list-style-type: none"> • 1 cup romaine lettuce • 2 tbsp low fat Caesar dressing • 1 oz parmesan crisps • 3 oz grilled salmon or chicken 1 cup chopped watermelon	3 oz turkey burger 1 low carb bun (thinslimfoods.com) 3/4 cup cabbage slaw with vinaigrette dressing

It is highly recommended to add in protein shakes (for a snack or meal) if you cannot reach your protein goals

7 day meal plan for very LOW hunger levels

Breakfast			
Examples	Protein Shake: Premade	Homemade smoothie with: 1 scoop protein powder 1/2 cup to 1 cup fruit of choice 1 cup ice Fat free milk or unsweetened almond/soy milk	Something light like: 2 boiled or scrambled eggs w/ 1 oz cheese
Choose 1	Or Powder with fat free milk or unsweetened almond/soy milk (Protein powder suggestions provided in this packet)	Do not use premade smoothies like Naked or Boltonhouse (too much sugar, minimal protein)	Or 1 cup low sugar Greek yogurt with berries
Lunch			
Examples	Protein Shake: Premade	Homemade smoothie with: 1 scoop protein powder 1/2 cup to 1 cup fruit of choice 1 cup ice Fat free milk or unsweetened almond/soy milk	Something light like: 1 cup of soup with unflavored protein powder
Choose 1	Or Powder with fat free milk or unsweetened almond/soy milk (Protein powder suggestions provided in this packet)	Do not use premade smoothies like Naked or Boltonhouse (too much sugar, minimal protein)	Or 1 cup tossed salad with 1/2 cup tuna or chicken salad
Snack			
Examples	Protein Shake: Premade	Homemade smoothie with: 1 scoop protein powder 1/2 cup to 1 cup fruit of choice 1 cup ice Fat free milk or unsweetened almond/soy milk	Solid food examples: 1/2 cup low fat cottage cheese
Choose 1	Or Powder with fat free milk or unsweetened almond/soy milk (Protein powder suggestions provided in this packet)	Do not use premade smoothies like Naked or Boltonhouse (too much sugar, minimal protein)	1 string cheese w/ 1/2 apple 1 tbsp peanut butter w/ 1/2 banana 1 serv Quest Protein Chips 1 protein bar 3 slices low sodium deli turkey
Dinner (Lean protein with vegetable)			
Examples	3 oz pork chop with herbs and olive oil	1 BBQ thigh made with D Hughes Sugar Free BBQ sauce	3 oz turkey burger
Choose 1	1/2 cup low fat creamed spinach 1 cup sugar free pudding	3/4 cup steamed string beans 1 sugar free popsicle for dessert	1 low carb bun (thinslimfoods.com) 3/4 cup cabbage slaw with vinaigrette dressing

NOTE: Medical weight loss after bariatric surgery can significantly decrease your hunger levels. However, in order to effectively lose weight, you'll need to consume enough protein and calories. This is an example of a low calorie diet with some solid foods. This can vary based on your results (i.e. it may be recommended by your dietitian to add more or fewer solid meals or shakes, depending on your weight losses).

Quick Foods and Optional Snacks

Snacks:

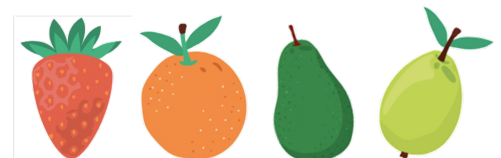
- 1-2 boiled eggs
- String cheese
- 1/2 cup low fat cottage cheese
- Turkey or beef jerky
- 2 turkey, ham, roast beef or chicken slices
- 1 slice low fat cheese
- 1 cup baby carrots with 1-2 tbsp salad dressing
- 10 olives
- Piece of fruit or unsweetened applesauce
- Sugar free jello
- Low or non-fat yogurt or greek yogurt (<15gm sugar)
- Parmesan crisps
- Medium sized pickle
- 1/4 cup nuts or seeds
- Roasted seaweed snacks
- Sugar free popsicles
- Quest protein chips
- (can pair any of these high protein items with a piece of fruit)
- Protein bar (should be <200 calories, >15gm protein, <5gm sugar)
- Protein shake (should be <200 calories, >15gm protein, <5gm sugar)

For low carb options check out the following websites:

Thinslimfoods.com
Julianbakery.com
Netrition.com

Quick foods to always have on hand:

- Frozen foods:
 - Shrimp
 - Grilled chicken breasts
 - Lean (90% or higher) meatballs—turkey, beef or chicken
 - Lean (90% or higher) burgers—turkey, beef or chicken
 - Chicken or turkey sausage
 - Chicken or turkey bacon
 - Veggies—riced cauliflower, riced broccoli, spiralized butternut squash, any frozen vegetables
 - Fruit—any frozen fruit
- Deli meat (can choose low sodium, or minimally processed)
- Bagged or canned chicken



Your Grocery List

Meat	Details
Lean cuts – bottom round, eye of round, flank steak, London broil, lean pas-trami, sirloin steak, top loin and round, filet mignon Ground beef – 90-98% lean Lean frozen burgers, meatballs Beef jerky (less than 5 grams sugar)	3 oz = ~25 gm protein
Fish	
All fresh fish (salmon, tilapia, snapper, trout, tuna, catfish, flounder, halibut, haddock, etc. – avoid fried fish) All shellfish (crabs, shrimp, clams, mussels, lobster, scallops, etc.) Canned fish (tuna, salmon, sardines, etc.) Frozen fish, shellfish	3oz = ~18-21 gm protein
Poultry	
Chicken (skinless breast, skinless thighs) Chicken meatballs, burgers, bacon, sausage Rotisserie chicken Premade/frozen non-breaded chicken strips/breasts Turkey (skinless) Turkey meatballs, burgers, bacon, sausage Ground chicken or turkey – 90-98% lean	3 oz = ~25 gm protein
Deli Meats and cheese	
Turkey, chicken, roast beef, ham (avoid sugar-cured, maple-cured, honey baked) Low fat cheese You may ask for least processed, lowest sodium products	3 oz = ~15-21 gm protein
Pork	
Ham, Canadian bacon, pork chop, pork roast, any cuts from the loin	3 oz = ~25 gm protein
Other Meats	
Veal chop, leg, top round Lamb center cut, chop, loin Game meats – buffalo, venison, elk	3 oz = ~25 gm protein
Dairy – All should be FAT FREE or REDUCED FAT	
Fat free or reduced fat cheeses (string cheese, cheddar, Swiss, blue cheese, feta, goat, mozzarella, Laughing Cow light wedges, Baby Bell, etc.) Fat free or reduced fat sour cream, cottage cheese, cream cheese Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)	Can vary from 6-22 grams per serving

Eggs	
Fresh eggs (can use yolks/yellow) Egg beaters Boiled eggs Frozen/ready to eat eggs without starch (e.g. Jimmy Dean frittatas)	1 egg = ~6 gm protein
Meat Alternatives	
Tofu (all kinds) Tempeh Textured Vegetable Protein (TVP) Soy burgers (without corn, beans, rice) Soy bacon Soy crumbles Soy hot dogs Soy sausage patties and links	Protein varies
Non-starchy vegetables	
Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans Steamer, frozen veggies Zucchini noodles Spaghetti squash	This is not a complete list of non-starchy vegetables Avoid potatoes, sweet potatoes, corn, peas, and beans
Fruit	
All fruit (up to 3 servings per day; 1 serving = ½ cup to 1 cup or small whole fruit) Unsweetened applesauce Canned or packaged fruit in own juice (less than 15 grams sugar per serving) <i>(Note: pair fruit with a protein for a snack to prevent blood sugar spikes)</i>	
Pre-made Foods/other foods	
Atkins Meals Bagged tuna Sugar free jello Miracle Noodles/Shirataki noodles (in produce/tofu section) Fast food – salads w/ dressing on side, sandwich without bun, grilled chicken nuggets Premade chicken or tuna salad w/ lite mayo Premade salads at deli counter (some may be high in fat) Rotisserie chicken	

Condiments	
<p>All fresh and dried herbs (basil, thyme, rosemary, sage, garlic powder, etc.) Low fat, low sugar dressings (Walden Farms, Primal Kitchen, Simple Girl products) Low fat/lite mayo Sugar free ketchup, BBQ sauce, honey mustard, cocktail sauce (G Hughes products) Extracts (vanilla, almond, etc.) Mustard (Dijon, yellow, brown, etc.) I Can't Believe it's not Butter Spray Mrs. Dash Steak sauce (1/2 tbsp) Worcestershire sauce (1 tbsp) Sriracha sauce Soy sauce, reduced sodium Vinegar (all kinds) Salsa (check label for added sugar) Sugar free jelly Sugar free syrups, sugar free honey All spray oils (e.g. Pam) PB2 (peanut butter aisle)</p>	<p>Should be low fat and low sugar/sugar-free</p> <p>Limit ALL oils to 2 tablespoons per day</p>
Sweets	
<p>Sugar free hard candy Sugar free chocolate syrup Sugar free cool whip/whipped topping PB2 (peanut butter aisle) Chocolate powder with no sugar added Sugar free fudgsicles and popsicles Sugar free pudding and jell-o Halo Top, Enlightened, Arctic Zero ice creams</p>	<p>All sweets should be sugar-free</p>
Drinks	
<p>Unsweetened almond milk Unsweetened soy milk Unsweetened cashew milk Fat free half and half Fat free or 1% milk Sugar free, low fat creamers Flavored water (no sugar) Sugar free mixes like Crystal Light, Mio, Propel, True Lemon, store brand sugar free mix) Diet, caffeine free iced/hot tea Powerade Zero, Vitamin Water Zero Oceanspray Sugar Free juices Diet V8 Splash Diet Lemonade Sobe Lifewater Bai waters Decaf or herbal teas Decaf coffee (after 3 weeks) Regular coffee (after 1 month, does not count toward fluid goals) Note: there are no sugar free Gatorade products</p>	<p>This is not a complete list</p> <p>Any sugar free, non-carbonated, caffeine free drinks will go towards 64 ounces fluid goal</p>

Foods/Drinks to Limit/Avoid



High sugar foods:

- Cookies, cakes, candy, ice cream (try to avoid the snack and candy aisles in the grocery store)

Sugary drinks

- Soda, sweet tea, lemonade, fruit punch, smoothies by Naked or Boltenhouse and even fresh squeezed or unsweetened fruit juices (orange, cranberry, or apple juice have as much sugar as soda!)

High sugar condiments

- BBQ sauce, honey mustard, glazes, teriyaki sauce
- **TIP:** G Hughes has a great line of sugar free sauces

Fried/greasy foods

- Fries, pizza, battered and fried fish, chicken, mozzarella sticks, some Chinese takeout (egg rolls, fried rice, orange chicken, etc.), many fast food restaurants

High carbohydrate foods

- Chips, popcorn, sugary cereals, oatmeal, cream of wheat (especially sweetened), breads, pastas, rice dishes
- **TIP:** Have “smart starches” in moderation (brown rice, whole grain breads, whole wheat products, baked sweet or regular potato, quinoa)

Still avoid carbonated drinks even if they are diet (can cause GI distress)

These foods may halt your weight loss or even make you feel sick. There are plenty of low sugar/low carb/lower fat options to choose from.

Check out netrition.com, thinslimfoods.com, julianbakery.com for more options! The grocery store will have low carb options too like cauliflower rice, spaghetti squash, zucchini noodles, low carb wraps and bread (Sola, Josephs, 647, Mission, La Tortilla Factory, Tumaros, Outer Aisle) and even pizzas by Quest, Cali'flour

Supplement Resources



Our Focus

Celebrate® Vitamins' Path to Success® is a medically supervised weight loss program designed to provide your patients with rapid, safe, and sustainable weight loss.



Nutrition
Get Healthy From The Inside Out.

The Celebrate Approach

JUMP - Supplements Only

BURN - Supplements + Food

MAINTAIN - Food Only

REGAIN - After Initial Weightloss



Fitness
Gaining Muscle, While Losing Fat.



Behavior
Choose Your Health. This Day. Every Day.



Education
The Key to Long-Term Success.

The Medical Weight Loss Program Provides:

- 12-week customizable plan
- Rapid, safe patient weight loss
- Ability to drastically reduce the patient's hunger while providing affordable, high-quality products.
- Multidisciplinary education plan for long-term success.
- Includes a potential weight regain plan.

www.celebratevitamins.com



Know your numbers

It may be helpful to understand your unique caloric and physical activity needs to reach your goal weight within a specific time frame and to maintain this weight loss. Your healthcare practitioner can guide you with this using a weight loss trajectory tool that you monitor.



Self-monitor your weight, food intake, and physical activity every day

Self-monitoring can help you pinpoint your strengths and can offer you and your healthcare practitioner opportunities to brainstorm solutions for areas that tend to be more challenging for you.



Take the recommended servings of meal replacements and allowable foods daily

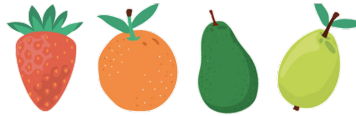
In the beginning phase, it's recommended that you follow a highly structured meal plan until you feel comfortable crafting your own meals.

www.bariatricadvantage.com

Behavioral goals

Behavioral change goals are helpful when changing habits. Making the changes below will help promote positive results.

Pick at least (3) three goals to practice and enter the date to begin practicing. Practice the goals until they have become habits. Repeat process until all the goals are completed. Habits can take up to 6 months to form, so these are long term goals.



	Behavior Change	Date Started	Habit Formed!
	Eliminate sugary beverages and simple sugars		
	Eliminate all carbonated beverages		
	Have protein at each meal and snack		
	Eat protein first		
	Plan meals ahead of time		
	Eat 3 meals a day, starting with breakfast		
	Limit snacks (1 – 2 a day if hungry)		
	Be aware of physical hunger and fullness		
	Stop eating as soon as you feel satisfied/full		
	Take small bites (size of a dime or less)		
	Chew each bite at least 20 times		
	Use smaller plates (7 to 9 inches or less)		
	Put utensil down between bites		
	Limit caffeine		
	Drink at least 64 oz. (or 8 cups) of water or sugar free non-caffeinated beverages a day		
	Do not drink with meals and wait 30 minutes after each meal to drink		
	Keep a food diary in a notebook or a food app		
	Do not multi-task when eating – such as watching TV or computer work		
	Limit fried/high fat foods and sugary condiments		
	Limit eating out or make healthy choices when eating out		
	Schedule/track physical activity (at least 150 min/week)		
	Find ways to handle emotions (stress, boredom, etc.) without the use of food		
	Limit alcohol		
	Identify sources of support and practice positivity!!		

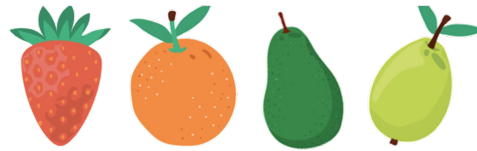
NOTE: Use this weekly tracker or download an app to track your foods such as Baritastic, MyFitnessPal, Lose It. Bring this with you to your appointments. It will be especially helpful for your dietitian to evaluate your progress.

WEEKLY FOOD DIARY

GOALS:

Date	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast							
Lunch							
Dinner							
Snacks							
Water	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Notes							

Mindful Eating, Hunger Scale, and Food Triggers



How hungry and full am I?

You may start to realize that the feeling of hunger may not be clear. However, it is very important that you identify how hungry and how full you are.

Below is the hunger and fullness scale. Take a moment and identify how you would describe your feeling of hunger and fullness.

Famished

Content

Extreme Discomfort

1 2 3 4 5 6 7 8 9 10

It is recommended that you start eating when you feel less than content (4) or the twinges of hunger, but not quite hunger pain, and stop eating when you are content (5) when there may be some food left but if you walk away you won't be coming back to finish it.

6 Ways to Practice Mindful Eating

Mindless Eating

1. Eating past fullness and ignoring your body's signals
2. Eating when emotions tell us (e.g. sad, bored, lonely)
3. Eating needs to be immediate
4. Eating alone, at random times and places
5. Eating foods that are emotionally comforting and eating fast
6. Eating and multitasking

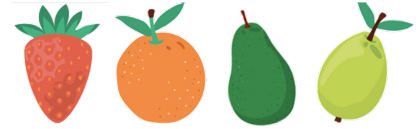
Mindful Eating

1. Listening to your body and stopping when satisfied
2. Eating when our bodies tell us to eat (stomach growling, low energy)
3. Hunger comes on slowly
4. Eating with others or at set times and places
5. Eating foods that are nutritionally satisfying
6. When you're eating, you're just eating

Follow your 'WHY'

Ask yourself the following:

- *What is in it for you?*
- *Why do you put in the effort daily to achieve your goals?*
- *What are your goals to move you forward?*



Remember:

Your motivators are going to push you forward each day and ensure that you stay on track

Take advantage of the support that you have around you and lean into this journey

COMP Positive Mantra Board

Start noticing how wealthy you are right now

Is it real hunger or just head hunger?

Slip, don't slide

When we stop feeling sorry for ourselves, we start feeling stronger.

Keep Calm Keep Going



If you need help with your goals, how to prepare your meals, or just need some extra support, take advantage of the following COMP resources:

- Make an appointment with your Registered Dietitian by logging onto the MyChart App or calling the COMP office at 443-849-3779
- Join our Facebook Support Group
- Come to our monthly support groups and COMP Stomp (see schedule at www.gbmc.org/bariatricsupport)

