60 g protein 20g p/meal weigh after cook
eliminate what doesn't add to the meal

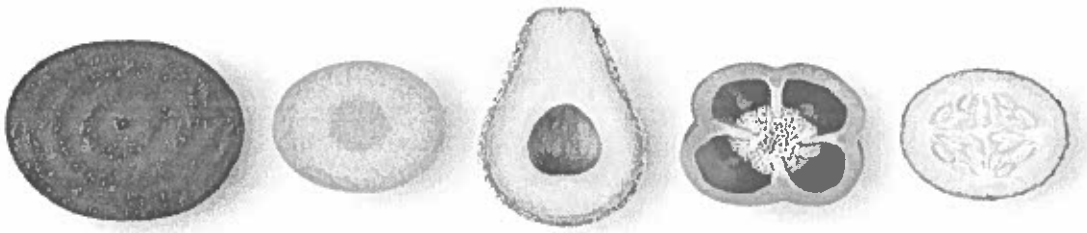
Bariatric Surgery – Nutritional Education

Below are diet changes that will help you reach your desired goals.

Dairy Products	Consume reduced fat or fat-free dairy products. They contain protein, calcium, and Vitamin D - Light Greek yogurt - Non-fat or 1% milk - Low fat cheese Non-dairy milks vary in how much protein they offer. Soy milk has the closest nutritional composition to dairy milk. Ensure that it is fortified and that no additional sugar was added.
Grains	Try to make all your grains whole grains - Brown rice - Whole wheat pasta - Whole wheat bread If possible, try to reduce and eliminate your intake of grains prior to your surgery.
Proteins	Eat a high quality protein first during your meals. Avoid tough, dry meats. Eat moist, tender meats.
Snacks	Better snacking options include low-fat cheese, fruits, vegetables, nuts
Fruits and Vegetables	Focus on getting 2+ servings a day of vegetables. Dark green vegetables (kale, collard greens, spinach, broccoli) have the highest nutrient density. Avoid fruits packed in syrup and dried fruits with added sugar
Dips, sauces, dressings, condiments, oils	Buy low fat / fat-free salad dressings, light margarine, light mayonnaise. Use cooking sprays instead of oils. Avoid butter, sauces, dressings, condiments that are creamy, high in fat, or have added sugar. Buy ketchup with no added sugar. Mix Ranch seasoning with a low-fat, high protein yogurt.
Desserts, candy	Try to eliminate added sugars. If you are craving something sweet try: sugar-free pudding, sugar-free Jello, sugar-free popsicles, or fruit. You may use a sugar substitute (equal, stevia, etc.) while cooking and baking.
Beverages	Eliminate carbonated and sugary drinks (soda, juice) Eliminate caffeinated coffee and tea. Decaffeinated is fine but avoid cream and added sugar. Try skim milk and a sugar substitute. Eliminate alcoholic beverages. No drinking with straws. Do *not* drink 30 min prior to or after eating.

Below are lifestyle and general changes that will help you reach your desired goals.

Meal Times	Do not skip meals. Eat 3 meals per day, about 4-5 hours apart Reduce and eliminate distractions while eating (TV, phone, reading) Eat smaller portions Use smaller plates and bowls. Plates should be smaller than 6" across Chew your food thoroughly Practice mindful eating Do not chew gum, reduce the amount of air that you swallow while drinking
Exercise	Increase your physical activity as tolerated Try parking further away, taking the stairs up, taking a lap around the house of office every hour



Below are suggested items to have before your surgery:

- A blender or immersion blender to puree foods to a smooth, baby food consistency
- Low sugar, protein shakes
- Low sodium broth
- Zero-calorie sweeteners / sugar substitutes (Splenda, Truvia, Sweet n' Low, Equal)
- Decaffeinated tea and coffee
- Sugar-free non-carbonated beverages (Propel Fitness Water, Vitamin Water Zero, Powerade Zero, water, fruit-infused waters, Sugar free Crystal Light, etc.)
- Measuring cups, measuring spoons
- Food scale (able to weigh up to 1 lb)
- Vitamins (Flintstones Complete Chewable)

Bariatric Surgery: Post-Operative Diet

Surgery Day / Post-operative Day 1:
1 ounce (30 mL) per hour of water

Post-operative Day 2:
3-4 ounces per hour of a clear liquid
Goal: 60 ounces of clear liquids per day

Post-operative Day 3-21 (Weeks 1-3):
4-6 ounces per hour of a clear liquid
Protein Shake/Drink

Goals:	**AVOID after Surgery**
1) 60 ounces of clear liquids per day **2) 60 grams of protein per day** **3) Daily vitamins**	• **Sugary drinks** • **Fizzy / Carbonated Drinks** • **Alcoholic Beverages** • **Coffee / Caffeinated drinks** • **Food**

If you are feeling dehydrated, please call your surgeon's office.

Examples		
Clear Liquids	**Protein Shakes**	**Vitamins**
Water Sugar-free Crystal Light Sugar-free Kool Aid Sugar-free gelatin / Jello Reduced Sodium Broth Sugar-free juices Diet Snapple Propel Fitness Water Fruit Flavored Water Vitamin Water Zero PowerAde Zero Herbal Tea Fruit2O Sugar-free popsicles Sugar-free Italian ice "Zero" calorie drinks	Premier Protein Light Muscle Milk (14oz.) Atkins Advantage Shake Atkins Lift Fairlife Nutrition Plan Isopure Zero Carb Body Fortress Super Whey Protein Bipro Unjury EAS Advantedge carb control Bariatric Advantage Protein Powder Glucose Control Boost What to look for when picking a protein supplement - About 150 calories / serving - Less than 10 grams sugar / serving. Pick *no sugar added* if possible - 25 grams or more of protein - Less than 5 grams of fat / serving - Whey protein isolate is preferred	Daily Multivitamin or prenatal vitamin Ex. Flintstones chewable Vitamin B12 - Sublingual drops (placed under the tongue) - OTC sublingual pill (dissolves under the tongue) - Prescription nasal spray - Monthly injections with your doctor Calcium Citrate - avoid calcium carbonate if possible - do not take at the same time as your multivitamin Oral fiber (liquid form) - Benefiber

Goals:

- **60 ounces of clear liquids per day**
- **60 grams of protein per day**
- **Take your vitamins every day**

Tips:

- **Take small, frequent sips**
- **No straws**
- **Take your time**
- **Stay hydrated!**

Remember, after surgery:

- **NO Sugary drinks**
- **NO Fizzy / Carbonated Drinks**
- **NO Alcoholic Beverages**
- **NO Coffee / Caffeinated drinks**
- **NO Food**

Looking ahead:

- Post-operative Day 22 – 28: Low fat puree
- Post-operative Day 29 and beyond: Regular, calorie-controlled diet

When you transition to a puree and regular diet:

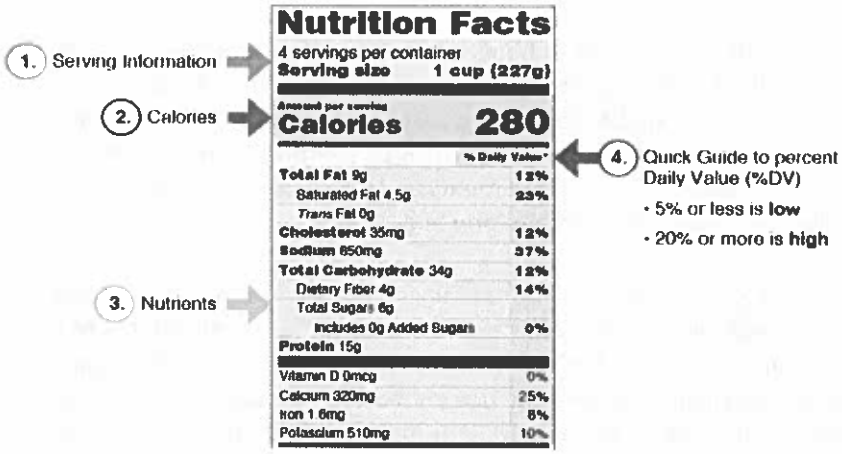
- Take small bites
- Chew thoroughly, until the food is like a puree (count to 30, sing Happy Birthday)
- Take your time, meals should take at least 30 minutes to complete
- Do not drink 30 minutes before or after eating

WEIGHT MANAGEMENT
FREQUENTLY ASKED QUESTIONS

Q: How much should I be eating?

A: There are many things to consider when determining how much food is too little, just right, or too much. Here are some approaches you can try:

Serving size: It gives you an idea of how many calories and grams of sugar, fat, protein, and sodium as well as vitamins and other nutrients you will get from that amount of food. The number of calories, fat, cholesterol, sodium, carbohydrates, protein, and vitamins required vary from person to person. Remember, the daily value is based on a 2,000 calories/day diet – your daily values will be different if you consume more or less than 2,000 calories a day. If a nutrition label is not available, there are apps you can use, such as Fooducate.



Portion size: Portion size is how much you actually eat. Using the nutrition facts label, you can make an informed choice on how much to plate based on your needs. You can also use the attached MyPlate guide. Beware of *portion distortion*. Remember that the serving sizes at restaurants are frequently 2-3x how much we should actually be eating. Try using smaller plates and bowls when eating. It can also be helpful to pre-portion out your meals since you may plate more than you typically would if you are hungry.

Counting Calories: Keeping an eye on how many calories you are consuming in a day versus how much you are "burning" can give you a better understanding of why you are losing, maintaining, or gaining weight. Your caloric needs are based on your activity levels, height and weight, and whether you are seeking to gain, maintain, or lose weight. A good way to keep track is to use a food journal or an app such as MyFitnessPal, Baritastic, or Lifesum.

Body Cues: Your body typically will let you know when you are hungry or full. Sometimes though, we fall into a habit of eating out of boredom or stress, or even just because everyone else is eating. When that happens, you can sometimes alter the body's ability to signal or your ability to understand those signals. If you find yourself not feeling full after eating here are some things to try: mindful eating journaling, eating without distractions (phone, TV, reading materials), chewing for longer periods of time, and spacing out bites.

If you are eating out of boredom or stress: try finding a new activity for these moments. For example, try knitting or some other crafts, you may also be interested in physical activity like walking, biking, or yoga.

Are you feeling uncomfortably full after eating? This may mean you're overeating. Slowing down while eating gives your body time to "read" the signals coming from your stomach and bowels that indicate you are full. If you eat too fast, you may consume more than your body needs to feel full. Then when you finally notice you're

full, you're actually stuffed! Starting off with smaller portions and waiting longer periods of time between getting seconds can also give your body the time it needs to get the signals through.

Q: What makes something *healthy VS. unhealthy?*

A: When it comes to picking food, it is best to consider the nutrients you can get compared to the amount of calories, fat, and carbohydrates. It's also important to consider if the food will keep you full. Let's take a look at things that can help you decide if that food is *nutritious*. Always remember, too much of a good thing can be bad, moderation is key!

Calories are a way to quantify the amount of energy that your body will receive from consuming the food. When more energy is consumed than is used by the body, it is stored in the form of fat. Food with a high caloric value isn't bad if it is nutrient dense (high in things your body needs like protein and vitamins), but it should be eaten in moderation. Food with a lot of calories but few nutrients should be limited.

Protein is the building block of muscle. It helps you feel satiated for longer periods of time. Protein can be found in a variety of different foods, not just meat. It is important to think about your sources of protein as they may have a high fat content. Plant based proteins offer more fiber and are a great way to ensure you're getting enough protein and fiber. Lean meats (white meat), eggs, seafood, beans, lentils, nuts, seeds, and tofu are great protein options. Avoid frequently eating red meats and processed meats (bacon, deli meat) as these contain more fat and sodium. Include a high protein food at all meals!

Sugar is the preferred energy source for your brain, so you need some in your diet. However, consuming too much sugar can have multiple negative effects on your body. Sugar contributes to fat. Your body is not able to process a part of sugar, so it is stored as fat in the body. Sugar can also lead to type II diabetes. Most foods already naturally contain sugar, so your body does not really need any added sugar. You can see how much naturally occurring versus added sugar is in food by looking at the nutrition facts label.

Fats come in many different forms and some are better than others.
-*Trans-fat*: Keep your intake low. They are found in processed foods (cookies, cakes, deep-fried foods, margarine). Look out for words like "partially hydrogenated", which suggests high levels of trans fats.
-*Saturated fat*: Come from a variety of sources such as dairy, red meats, processed meats, palm and coconut oil. Keep your intake of saturated fat low since it increases bad cholesterol.
-*Monosaturated fat*: Mostly found in red meats, dairy, olive oil, canola oil, nuts, and avocados. Replacing saturated fats with plant-based monosaturated fats may help lower bad and improve good cholesterol.
-*Polyunsaturated fat*: These are the omegas and are heart healthy, especially omega-3s. They come from fish and fish oils, walnuts, soybeans, and canola oil.
-*Cholesterol*: Most commonly found in eggs. Keep intake of cholesterol to under 300 mg per day.

Salt (Sodium): Too much salt can contribute to high blood pressure. Processed, pre-packaged foods and sauces, and restaurant food often contain a lot of salt. Cooking at home can help reduce your sodium intake.

Fiber is a part of plants that humans are not able to digest. Fiber is considered to be heart healthy and can help improve high cholesterol, blood pressure, and blood sugar. Fiber can also keep you feeling fuller for longer and help with regulating bowel movements. Try to eat 25-36 grams of fiber a day. Fiber can be found in fruits, vegetables, whole grains, nuts, seeds, and supplements.

Cooking method: Cooking and eating at home ensure that you know exactly what is going into your meals. Opt to bake, steam, or air-fry your food to reduce the amount of fat you use to cook foods. Non-stick cookware can also help. Experiment with different herbs, spices, and even acids (lemon juice, vinegar) to make food taste great with less salt, sugar, and fat.

Q: What's the best way to exercise?

A: Getting at least 30 minutes of exercise, 5 times a week is great! The best exercise is the one that works with your body, schedule, and is one that you enjoy. Your exercise can happen all in one session, or you can break them down into smaller sessions. For example, it is recommended that you get 30 minutes of cardio a day. If you prefer, you can do cardio for 10 minutes, 3 times a day. Increase your overall physical activity. Every step really does count! Take the stairs, park a bit further away, go to the store instead of getting what you need delivered, take a walk around the office in-between meetings... there are many ways to increase your daily activity!

Types of exercise include:

-**Cardio:** The goal of cardio is to increase your heart rate. Some examples are walking, swimming, biking, running, stair climbing, using the elliptical, or jumping rope.

-**Strength training (weights, resistance bands):** This is a great addition to your exercise routine. It helps build muscle which can help augment weight loss. It can also help reduce your blood sugar.

Q: How frequently should I be weighing myself?

A: Routine weighing can be a great tool in monitoring your progress, whatever your goals may be. Here are a few things to keep in mind:

Weight fluctuations are normal! It's okay if you're a pound or so heavier than you were yesterday. What matters is the trend. Try plotting your weight on an app or by hand to help you get a better idea of your overall progress. Weight gain may occur if you are building muscle. This typically does not account for significant gains, but do not be discouraged if you are not seeing a significant change in your scale, especially if you have been incorporating strength training in your exercise routine.

Weight is one of many ways to monitor your progress and general health. It's accessible and easy. However, if you would like other ways to keep track of your journey, another measurement you can easily obtain at home is your waist circumference.

Slow and steady wins the race! Unless you have undergone certain medical treatments, rapid weight loss is not good. It suggests that the methods employed are not sustainable. Lifestyle modifications work, but you have to be patient. You are working toward long-term changes to lose or maintain your weight and improve your health.

Believe in yourself

You got this!

TIPS FOR TAKE-OUT, FAST FOOD, AND RESTAURANTS

SIZE

The portions at restaurants can be big
Consider eating half of what is plated and saving the rest for later
↳ (try putting the food in the container before eating or share with a friend)

SWAP

Pick tomato sauce over a cream sauce
Replace creamy dressings with some vinegar or lemon juice and a little bit of olive oil
Try vinegar on your fries instead of ketchup
Try hot sauce instead of ketchup, BBQ sauce, or other dipping sauces

SIDES

Order a salad or fruit as a side instead of fries
Limit appetizers, bread & butter, chips & dip
Ask for sauces and dressings on the side

SIP

Pick Water! Squeeze in some lemon juice for flavor
Soda, juice, and alcoholic beverages are high in calories and sugar
Drink coffee and tea with just a splash of milk. Avoid cream and sugar

SPECIAL REQUESTS

Don't be afraid to ask if a restaurant can accommodate your low-fat, low-sodium, and/or low-sugar diet

TIPS FOR HOME COOKING

↓ FAT

- Use low fat or non-fat options
- Drain, trim, or dab off fat and oils while cooking
- Pick lean meats or plant-based proteins
- Limit high fat, cheese, or creamy sauces, dressings, and soups
- Use non-stick cookware and cooking sprays instead of oil or butter

LOW FAT COOKING METHODS

Baking
Steaming
Grilling
Microwave
Boiling
Poaching
Roasting

↓ SUGAR

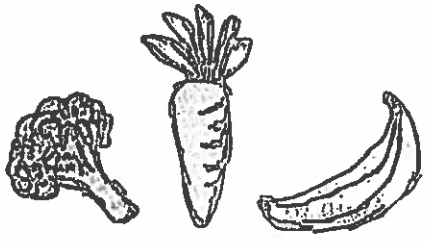
- Avoid foods, sauces, condiments, ingredients with added sugar
- Reduce the amount of sugar you use when cooking or baking
- Try replacing some or all of the sugar in a recipe with a sugar substitute

Things with a high sugar content:

- Sugar, honey, syrup, agave
- Jams, ketchup, BBQ sauce, dressing
- Soda, juice, (some) flavored waters
- Fruits (they're part of a healthy diet, but eat them in moderation).

↑ VEGETABLES & FRUITS

Vegetables and fruits are full of fiber and vitamins



Ideas to eat more vegetables:

- Try prepping them in different ways: raw, roasted, grilled, steamed, baked
- Add them to sauces, soups, smoothies
- Replace bread/rice/tortilla/pasta with a vegetable

EXERCISE IDEAS

WALK

Walk on a trail, around the mall or your neighborhood, up and down a long hallway.

STEP

Try step aerobics. Step on and off the bottom step. Alternate your leading foot every 10 steps. Make sure you have a railing for support.

BIKE

Try biking indoors on a stationary bike or using a pedaling device.

SWIM & WATER AEROBICS

LIFT

Start with 1,3, or 5 pound weights or try resistance bands

DANCE

Take a class or just turn on your favorite song and dance!

EATING & DRINKING AFTER YOUR SURGERY

SIP

Take small sips.
Let the liquid sit a bit before swallowing
No straws
No fizzy drinks
No alcoholic beverages
No coffee
Do not drink 30 min before and 30 min after eating

CHEW

When you transition to food:
Take small bites
Chew your food thoroughly

- Until the food is a puree consistency
- Count to 30
- Sing Happy Birthday

TAKE YOUR TIME

Meals should take 30 min.

NUTRITION

SETTING THE FOUNDATION FOR YOUR WEIGHT LOSS JOURNEY

THE NUTRITION FACTS LABEL

LA ETIQUETA DE INFORMACIÓN NUTRICIONAL

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories **230**

% DV*	
12%	**Total Fat** 8g
5%	**Saturated Fat** 1g
	Trans Fat 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	**Dietary Fiber** 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	**Vitamin D** 2mcg
20%	**Calcium** 260mg
45%	**Iron** 8mg
8%	**Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

isopure

Cholesterol 30mg	**10 %**
Sodium 650mg	**28 %**
Total Carbohydrate 30g	**10 %**
Dietary Fiber 0g	**0 %**
Sugars 5g	
Protein 5g	

Vitamin A 5% • Vitamin C 2%

Calcium 15% • Iron 5%

60 GRAMS / GRAMOS

PER DAY / PAR DIA

≤150 Calories

≤5 grams fat

≤5 grams (added) sugar

20-30 grams protein / serving

Nutrition Facts

1 serving per container
Serving size 1 Bottle (348mL)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 30g	60%

Vitamin D 5mcg 25%	•	Calcium 720mg 60%
Iron 1.8mg 10%	•	Potassium 480mg 10%
Vitamin A 300mcg 20%	•	Vitamin B12 1.4mcg 60%
Phosphorus 510mg 40%	•	Iodine 80mcg 40%
Magnesium 70mg 15%	•	Zinc 4mg 35%
Selenium 10mcg 20%	•	Chloride 450mg 20%

Not a significant source of trans fat.

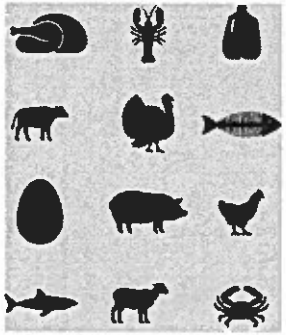
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PLANT-BASED PROTEIN

PROTEÍNA DE BASE VEGETAL

ANIMAL-BASED PROTEIN

PROTEÍNA DE ORIGEN VEGETAL



FAT / GRASA

FRUITS (& LEGUMES)
VEGETABLES
WHOLE GRAINS

FRUITAS (& LEGUMBRES)
VERDURAS
GRANOS ENTEROS

Total Carbohydrate 46g	**17%**
Dietary Fiber 7g ★	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	

Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g ★	**25%**
Total Sugars 4g	
⚠Includes 2g Added Sugars⚠	**4%**
Protein 11g	

Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**

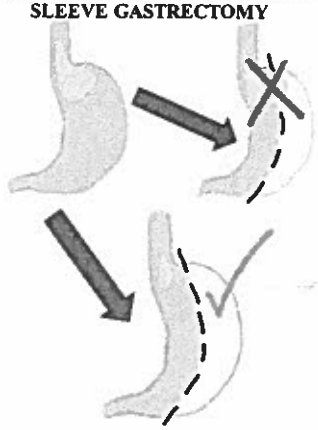
LIQUIDS ONLY
SÓLO LÍQUIDOS

FOR 3 WEEKS AFTER SURGERY
POR 3 SEMANAS DESPUÉS DE LA CIRUGÍA

SMALL SIPS
DRINK SLOWLY

PEQUEÑOS SIPS
BEBE DESPACIO

SLEEVE GASTRECTOMY



DAILY GOAL / OBJECTIVO DIARIO:

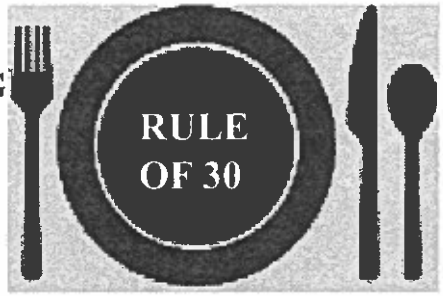
60 OUNCES / ONZAS

STAY HYDRATED WITH 60 OZ OF:

CLEAR LIQUIDS
LIQUIDO CLAROS

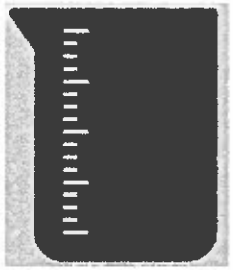
- NO SUGARY DRINKS / SIN BEBIDAS AZUCARADAS
- NO FIZZY DRINKS / BEBIDAS NO GASEOSAS
- NO CAFFINATED DRINKS / BEBIDAS SIN CAFEÍNA
- NO ALCOHOLIC DRINKS / SIN BEBIDAS ALCOHÓLICAS

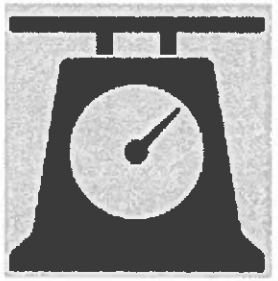
CHEW THOROUGHLY
EAT SLOWLY
NO EATING & DRINKING
AVOID DISTRACTIONS



MASTICAR BIEN
COMER LENTAMENTE
NO COMER NI BEBER
EVITA LAS DISTRACCIONES

PORTION CONTROL





CONTROL DE PORCIÓN

PROTEIN FIRST / PROTEÍNA PRIMERO

IMPORTANT

NO STARCHES / SIN ALMIDONES

KEEP MEALS & DRINKS 30 MIN APART / MANTENGA LAS COMIDAS Y BEBIDAS A 30 MINUTOS DE DISTANCIA

PORTION CONTROL / CONTROL DE PORCIONES

VITAMINS / VITAMINAS

CHEWABLE OR LIQUID MULTIVITAMIN / MULTIVITAMÍNICO MASTICABLE O LÍQUIDO

+

SUBLINGUAL VITAMIN B12 / VITAMINA B12 SUBLINGUAL

+

CHEWABLE OR LIQUID CALCIUM WITH D3 / CALCIO MASTICABLE O LÍQUIDO CON D3

Have plenty of vegetables and fruits

Fruits and vegetables are high in fiber and have essential vitamins and nutrients to protect our bodies from disease and enhance our energy levels.

Eat protein foods

Protein-rich foods help to fill you up and can prevent muscle and hair loss.

Make water your drink of choice

Try to avoid getting your calories from beverages by avoiding sugar-beverages and drinking more water.

Choose whole grain foods

Whole grains are rich in fiber and nutrients, which can get drained out in the processing of white bread, pastas, and flours.

Building a Healthy Meal

Protein

Recommended 3 servings daily

1 serving is equal to:

3 oz meat
½ cup cooked beans
¼ cup nuts/seeds
2 tbsp. nut butters
1 egg

Plant Based Protein

- ❑ Beans (black, red, pinto, chickpea, kidney, navy, lima, etc.)
- ❑ Lentils – red, black or green
- ❑ Nut or seed butters/peanut butter/ PB2 powder
- ❑ Nuts – cashews, almonds, pecans, pistachios etc. (unsalted)
- ❑ Hummus (pureed chickpeas)
- ❑ Edamame
- ❑ Split peas
- ❑ Chia seeds, flax seeds, pumpkin seeds, etc.
- ❑ Tofu/tempeh/seitan (meat alternatives)
- ❑ Protein powder/spirulina
- ❑ Nutritional yeast (Red Star Nutritional Yeast Flakes)

Animal Based Protein (Avoid Processed Meats)

- ❑ Cheese (limit due to saturated fat)
- ❑ Cottage cheese (low fat)
- ❑ Greek yogurt (low fat)
- ❑ FairLife milk or soy milk (both high in protein)
- ❑ Chicken (light or dark)
- ❑ Eggs/egg substitutes/egg whites
- ❑ Fish (fresh or canned)/seafood
- ❑ Turkey
- ❑ Lamb, lean cuts
- ❑ Pork loin
- ❑ Beef (lean cuts, >90% lean)

Vegetables

Recommended 4+ servings daily

1 serving is equal to:

1 cup of raw vegetables
½ cup of cooked vegetables

Vegetables

- ❑ Artichokes
- ❑ Asparagus
- ❑ Beets
- ❑ Bell peppers (any color)
- ❑ Broccoli
- ❑ Brussel sprouts
- ❑ Bean sprouts
- ❑ Cabbage
- ❑ Carrots
- ❑ Cauliflower
- ❑ Celery
- ❑ Cucumber
- ❑ Eggplant
- ❑ Green beans
- ❑ Kale
- ❑ Lettuce
- ❑ Mushrooms
- ❑ Onions
- ❑ Pea pods
- ❑ Radishes
- ❑ Spinach
- ❑ Summer squash (yellow)
- ❑ Tomatoes
- ❑ Turnips
- ❑ Zucchini

Carbohydrates (Grains and Fruit)

Grains

Limit to 3-5 servings daily

1 serving is equal to:

½ cup of cooked rice
1 slice of bread

Fruit

Limit to 1-2 servings daily

1 serving of fruit is equal to:

1 medium whole fruit
½ cup of chopped fruit
¼ cup of dried fruit

Grains

- ❑ **Whole oats/steel cut oats/oatmeal***
- ❑ **High protein cereal*** (Ezekiel, Special K high protein, etc.) – no added sugar
- ❑ Whole wheat/whole grain bread/wraps
- ❑ Brown rice
- ❑ **Amaranth***
- ❑ **Bulgur***
- ❑ **Quinoa***
- ❑ Whole wheat pasta
- ❑ **Chickpea/edamame/black bean/red lentil pasta***
- ❑ Whole grain crackers

Starchy Vegetables:

- ❑ Corn
- ❑ Green plantains
- ❑ Peas
- ❑ Winter squash (acorn, butternut, spaghetti, etc.)
- ❑ Sweet potato/yams
- ❑ White potatoes

*** = Also contains protein**

Fruits

- ❑ Apple
- ❑ Apricots
- ❑ Banana
- ❑ Berries (blueberry, raspberry, blackberry, strawberry)
- ❑ Cantaloupe
- ❑ Cherries
- ❑ Grapefruit
- ❑ Grapes
- ❑ Kiwi
- ❑ Mango
- ❑ Orange
- ❑ Papaya
- ❑ Peaches
- ❑ Pears
- ❑ Watermelon
- ❑ Starfruit
- ❑ Yellow plantains