



- This is how to eat BEFORE bariatric surgery or if you're doing medical weight loss.
- The circle represents a full-sized dinner plate.
- Remember to eat your biggest meal at breakfast
- Try to eliminate starches and desserts as much as possible.

Starches are:

- Corn
- Bread
- Pasta
- Rice
- Oatmeal
- Malt-O-Meal
- Tortillas
- Pancakes/waffles
- Cereal
- Granola

## Step 1

### EAT 2 CUPS FRUITS/VEGGIES

- Corn doesn't count
- Cucumber, lettuce and celery have little/no nutrition
- Don't do too many bananas or too much watermelon because they're sugary
- Don't eat fruits that packaged/canned with syrup...like most canned peaches
- Avocado doesn't count...it's a FAT!

## Step 2

### EAT PROTEIN

- Lean meat
- Eggs
- Fish
- Sea food

## Step 3

### EAT 2 DAIRY PRODUCTS PER DAY

- Don't drink whole milk
- Don't drink oatmilk, coconut or almond milk
- Everything else is OK!