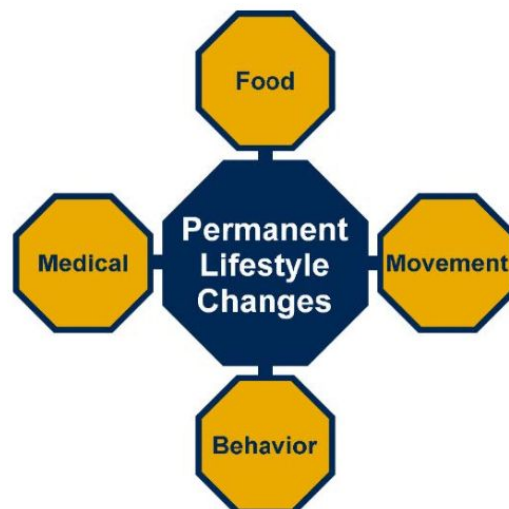


Welcome to the WVU Medicine Medical Weight Management Program!

As you well know, there are many hard decisions to make when you choose to lead a healthy lifestyle, and making choices about what and how much to eat are among the most difficult. Finding a balance between what we eat and how we move is an important step. We are here to offer you some helpful resources.

By providing you with nutrition counseling from Registered and Licensed Dietitians, you have direct access to the foremost food and nutrition experts. You will meet with your registered dietitian soon after your initial visit with your medical provider. Expect to spend time discussing your medical, weight, and dieting history, current habits, questions, and concerns. You may follow up with your dietitian during as needed to help you stay on track with your personal nutrition goals.

Diet is a key component to your weight loss journey. As one of the four pillars of health, diet plays a crucial role in your success.



Here are some basic guidelines to get you started with making healthy choices until you meet with your dietitian:

1. **Track what you eat.** Research shows that people who track their food intake are *more successful* with weight management than those who do not. Keeping track creates awareness of what you are eating/drinking and can help you see where to make changes.

Here are some recommended on line trackers:	
<i>My Fitness Pal</i>	www.myfitnesspal.com
<i>Lose It</i>	www.loseit.com
<i>My Plate App</i>	https://www.myplate.gov/resources/tools/startsimple-myplate-app
<i>Cronometer</i>	www.cronometer.com
<i>FitBit App</i>	https://www.fitbit.com/gb/app

Some of these have great mobile apps that you can use anywhere on your mobile device. Not fond of the web or apps? *Paper and pencil work too!*

2. **Get to know your plate.** If you have not seen it yet, be sure to check out “My Plate” at <https://www.choosemyplate.gov/> to see how your plate stacks up. This is a great way to plan meals and practice portion control by simply using your plate. Start by filling half your plate with vegetables and fruit. Take a peek here to see how to *Start Simply with My Plate* <https://www.eatright.org/health> .
3. **Get to know your habits when it comes to calorie dense, low nutrient foods (empty calories).** Solid fats and added sugars taste good, but they also can add a lot of extra calories. Be aware of **how often** and **how much you eat**, and consider ways to cut back.

Here are some of the biggest culprits:

- *Sweet treats* such as: cakes, cookies, pastries, ice cream, doughnuts and candy
- *Sweetened beverages* such as: sodas, energy drinks/sport drinks, fruit drinks and sweet tea
- *Full fat* cheese, pizza, and *high fat* meats such as sausage, hot dogs, bacon, and ribs
- *Deli meats like:* bologna, pepperoni, salami, etc.

4. **Eat out less and cook more.** We are not suggesting you become a gourmet cook! Simple meal prep and cooking skills are great! Those who prepare foods at home are going to have more control over what they eat, simply because they prepare it themselves. You can control the ingredients and the preparation methods to create healthy, delicious dishes that are good for you and your family. And yes, *you CAN make time*. **Ask your registered dietitian to help you with great tips on how.** You can also check out cooking tips and trends from the ***Academy of Nutrition and Dietetics*** at <https://www.eatright.org/search-results?keyword=cooking+tips>. Check out great recipe apps from *Spark People*, *Eating Well* and *Cooking Light* as well.

5. **Start looking at your food as fuel and nourishment for your body.** The human body is a very complex machine. It needs the proper fuel to function at its best. The food we eat provides essential nutrients that our bodies need such as carbohydrate, protein, fat, vitamins/minerals/antioxidants and other compounds, as well as water. All of these nutrients have a specific purpose. So start off by fueling up with a healthy breakfast and give your body nourishing food that it **NEEDS** during the day. Ask yourself, *“Is what I am choosing fuel or fluff?”* If it’s mostly fluff, try making a better choice.

Remember, your registered dietitian will help you personalize your plan based on your nutritional needs, but starting to take a look at these things prior to your appointment can help them, help you. It’s a tough road ahead. Our environment does not make it easy to make healthy choices, but **remember why you have chosen to commit to a healthier lifestyle**. No matter what the reason, *we are here to help you on your journey*.

Let’s get started!

Nutrition Counseling with Your Registered Dietitian: It may be different than you expect!

What do you think of when you hear the term Registered Dietitian? Do you automatically think of the “food police”, or someone who will demonize all of the foods you hold dear, and leave you crying in your last bowl of ice cream? We sure hope not. Registered Dietitians are, after all, human. We enjoy food as much as everyone else. We just happen to be experts in the science of food and nutrition, and how what we eat/drink affect the very complex processes of the human body. But we also understand that food is not all about specific nutrients or “dos and don’ts”. Food and eating are also about choice, taste, friendship, family, love, tradition, spirituality, comfort, and even accessibility, sustainability, and safety. As RDs, we take *all* of these factors into consideration when we help YOU make the best choices for YOU. All of these things matter when guiding people to make behavior changes that will help maintain a healthy weight, or prevent and treat chronic disease.

So, what should you expect from your RD?

- **Expect evidence based information.** The recommendations that we make are based on extensive evidence stemming from quality research. The latest diet fads and marketing schemes don’t exactly fit this bill, but we will be happy to honestly answer questions about them, and explore pros and cons.
- **Expect personally tailored advice.** Nutrition is not “one size fits all”. Expect to talk about your history, habits, schedule, food preferences, meal planning, cooking, and cultural influences. This way we can help you prioritize how to fit healthy eating into your personal life.
- **Expect realistic, practical approaches to behavior change.** Doing a complete overhaul of everything you do and eat is not realistic or sustainable. Expect to collaborate with your RD in discussing small changes that are manageable and achievable in your life, *right now*.

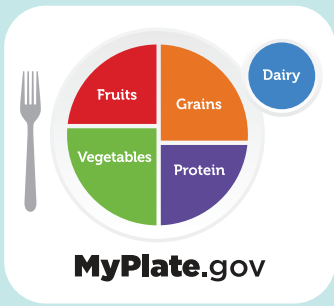
- **Do not expect a strict diet with lots of menus.** Intensive, restrictive diets are difficult to follow and are unsustainable for the long haul. Unless you have a specific medical condition that requires a strict diet, don't come looking for one.
- **Don't expect us to forbid or eliminate foods from your diet unless you have a serious medical condition that warrants it** (such as gluten with celiac disease). Would we like you to stop drinking soda? Yes. Can we expect that you will *never* have one again? No. It's about making wise choices, and finding balance.
- **Don't expect us to recommend the latest nutritional supplement or weight loss product.** With the exception of using supplements to treat deficiencies or specific medical conditions, they are expensive and likely unnecessary. **Expect us to talk to you about real food.**
- **Don't expect us to tell you to go out and buy the latest "super food" or pricy ingredients.** You can certainly eat healthfully without being "fancy" and breaking your budget. If budget is a concern, expect us to help you choose and prepare healthy foods that fit your bottom line.

Remember, we are here to help you find your own path to success! We want you to eat well, live well, and enjoy life!

For more information on what a Registered Dietitian can do for you, go to:

<http://www.eatright.org/Public/landing.aspx?TaxID=6442452104>





Small Changes Matter.

Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.



Make half your grains whole grains.

Vary your veggies.



Vary your protein routine.

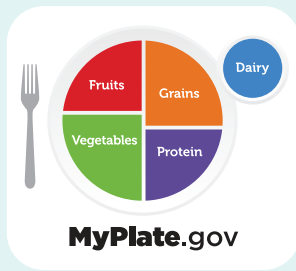
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Choose foods and beverages with less added sugars, saturated fat, and sodium.

The benefits add up over time, bite by bite.

Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



Choose from these simple tips to help you...



Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.



Protein



Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



Dairy



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



Choose foods and beverages with less added sugars, saturated fat, and sodium

Limit



Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.





The Dietary Guidelines for Americans

Developed jointly by the U.S. Department of Agriculture and U.S. Department of Health and Human Services, the *Dietary Guidelines for Americans* are the Nation's science-based guidance on how to eat for good health. The Guidelines encourage all Americans to start and maintain a healthy eating routine. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the *Dietary Guidelines*.

For more information:

[MyPlate.gov](https://www.myplate.gov)

[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)

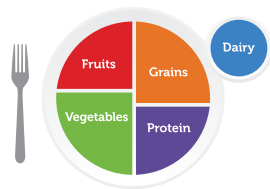


Food and Nutrition Service
USDA Publication number:
USDA-FNS-2020-2025-DGA-CP
December 2020

The U.S. Department of Agriculture is an equal opportunity provider, employer, and lender.



Start *simple*
with MyPlate



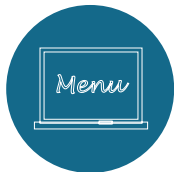
Meal Planning

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.



Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.



Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the [Nutrition Facts label](#).



Think about your schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.



Make a grocery list

Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trips.

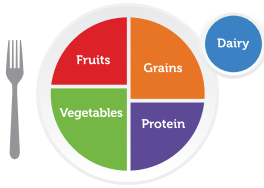


Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.



Start simple
with MyPlate



Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.



Ways to increase/optimize nutrient intake while taking medications that decrease appetite and/or enhance satiety:

- 1. Pick your portions:** You may need to choose smaller portions of foods at meals. Try taking half of your normal portion to start, and have additional protein or vegetables if you are still hungry. You may want to use a smaller plate to help guide you.
- 2. Pick your protein:** Choose protein first. Protein is needed for muscle growth, maintenance and repair. You are more likely to lose muscle mass if you are eating inadequate protein throughout the day. Make sure you are having protein at each meal (1/4 of your plate) and with snacks if you need them. Choose a variety of plant based or lean animal based proteins.
- 3. Pick your produce.** Vegetables and fruits provide a significant amount of vitamins and minerals that are necessary for health. Fill 1/2 your plate with non starchy veggies. Feel free to add a serving of fruit to your intake at least 2x/day.
- 4. Add in extra fiber:** Whole grains and starchy veggies have fiber and needed vitamins and minerals. Fiber is necessary for digestive and cardiovascular health. Adequate fiber and fluid intake can help with side effects of constipation.
- 5. Don't forget the fat:** Keep to small portions of heart healthy unsaturated fats as much as possible (like olive oil, nuts, seeds, avocado, etc). Greasy, fried foods may be difficult and slow to digest and not tolerated well.
- 6. Get your fluids:** Drink mostly water and try to separate your fluids from foods. Fluids between meals will be less likely to interfere with your food intake. Some medications can alter your sensation of thirst, so be sure to stay well hydrated.
- 7. Eat regularly.** Aim for 3 small meals per day and add a healthy snack as needed. If you have difficulty getting a meal in, try a protein smoothie or shake that provides at least 20 grams of protein and is low in added sugar

Writing down your goals will keep you on track. Revise or add to your goals at any time. Start by setting a long-term weight loss goal. Next, set a goal for how much you wish to lose each week. **Losing anywhere from ½ pound to 2 pounds per week is safe.** Then, figure out how long you will give yourself to reach your long-term goal. Weigh yourself daily (or at least weekly) to track your progress.



1. Set your weight loss goal to improve your health

Start with a goal of 5% to 10% of your current weight.

Losing just 5% can improve your health.

I currently weigh _____ pounds.

My long-term goal is to lose ___% of my current weight, which is equal to _____ pounds.

Losing (½ to 2) pound/s per week, I want to reach my long term goal by _____ (date).

Example: If you weigh 250 pounds, your goal might be to lose 10%, which is 25 pounds. 5% is 12.5 pounds. It is very important to choose a goal you are confident you can reach. You can always reset your goals after you reach them.

SMART Goals

To achieve your long-term weight loss goal, create an action plan to decrease calories and increase physical activity. Here are some tips:

- Goals are a road map to help us succeed. They give us a clear idea of where we want to be and how to get there.
- SMART goals are especially useful.

SMART stand for:

Specific: There are specific actions to take to reach the goal.

Measurable: You know how much to do and when the goal has been achieved.

Action-Oriented: You need to take action to achieve your goal(s).

Realistic : The goal is practical, given your resources and time

Time-based: This is a specific time frame to achieve the goal.

Example: “I will walk up the stairs (Specific, Realistic, and Action-oriented), once daily (Measurable) for the next month (Time-based).”

2. Set SMART goals to decrease calories in your diet

What can you do to eat or drink fewer calories?

Examples: “I will have low-fat milk with my cereal every day this week.” “I will drink no more than three cans of sugar-sweetened soda per week.”

Write them down:

Goal one:

Goal two:

3. Set SMART goals to increase physical activity

As your fitness improves, set new goals.

Examples: “Every day this week I will walk briskly for at least 15 minutes.” “I will take the stairs up to my office at least once each day that I am at work.”

Write them down:

Goal one:

Goal two:

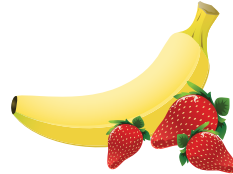
Planning healthy meals

Cornerstones4Care®



Making healthy food choices

- Lots of nonstarchy vegetables
- Whole-grain foods
- Fish at least 2 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Non-fat or low-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free “diet” drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
 - Limit quantities
- Choose whole foods over processed foods whenever possible



Ask your diabetes care team how many fruits a day are right for your meal plan

Diabetes and healthy eating

- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink
- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, trans fat, and sodium
- Talk with your diabetes care team if you have any questions about your meal plan

“Every time I prepare my foods now I think of my health beforehand.”

– Cornerstones4Care® member

Tips for dining out with diabetes

- If you don’t know what’s in a dish or how it’s prepared, ask
- Ask for salad dressing, sauces, and gravy on the side
- Estimate your normal portion and put the extra in a container to go
- Try to limit alcohol and sugary drinks, or avoid them
- Don’t rush! Eat slowly and really enjoy your meal



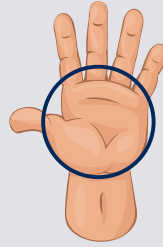
Estimating portion sizes

When you can't measure, you can estimate!

Keep in mind that all hands are different sizes. Before you estimate, compare your fist size to a measuring cup.

Portion size is the amount of a food you choose to eat at any one time.

Serving size is a set, measured amount of food as shown on the label below.

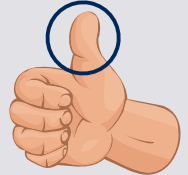


A loose fist equals about 1 cup
(milk, yogurt, dry cereal, etc.)



A palm equals about 3 ounces
(cooked, boneless meat)

A thumb equals about 1 ounce or 1 tablespoon
(peanut butter or salad dressing)



Reading a Nutrition Facts label

Use it to compare foods and to help you make decisions about the foods you choose to eat.

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the food facts given are for only 1 serving.

Look at the amount of fat. Try to limit saturated fats and avoid trans fats.

Check how many grams of total carbs are in each serving.

Notice how many grams of fiber are in each serving. Dietary fiber has many benefits on your body, such as helping to lower cholesterol. Therefore, try to choose foods with the most fiber.

Look at how many grams of added sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
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.

Know your nutrients and create your plate



1. Nonstarchy Vegetables

Fill half your plate with nonstarchy vegetables such as salad greens, broccoli, cauliflower, or squash.

2. Protein Foods

Fill one quarter of your plate, about 3 ounces, with lean protein foods. Fish, chicken, lean beef, soy products, and cheese are all foods that are high in protein.

3. Carbohydrate Foods

Fill one quarter of your plate with carbohydrate foods like whole grains, starchy vegetables, fruit, or dairy.

4. Water or a 0-calorie drink

Choose a drink without calories or carbs like water or unsweetened tea or coffee (hot or iced).

Protein Foods

Size of a deck of cards



Carbohydrate Foods

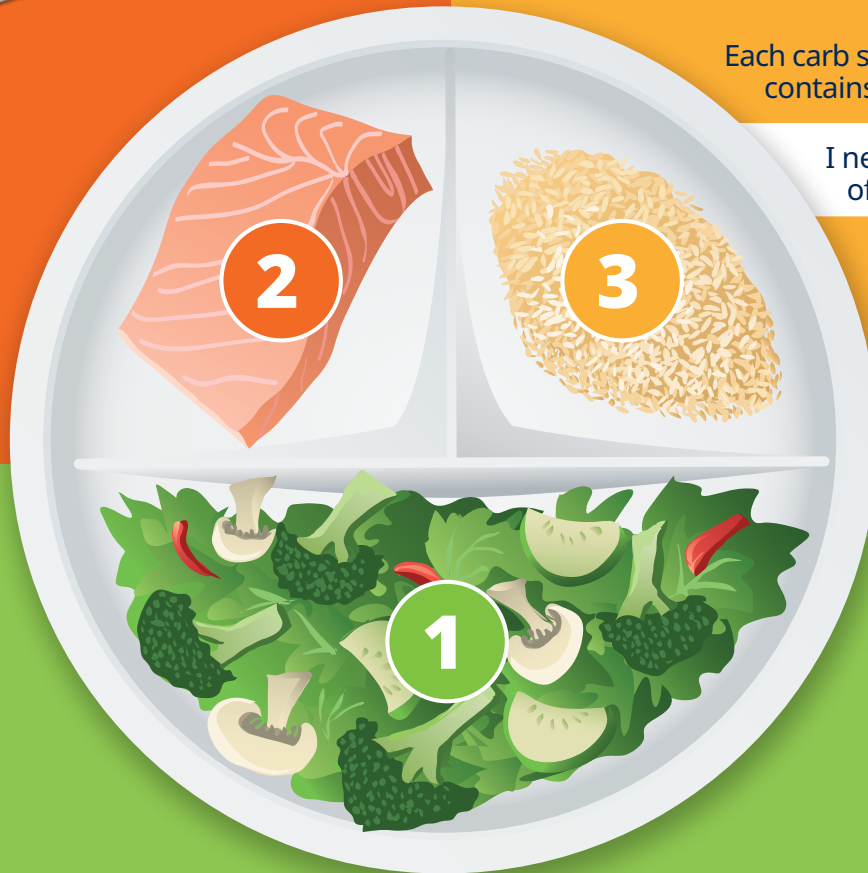
Size of a computer mouse



Each carb serving listed on page 7 contains 15 grams of carbs.

I need _____ grams of carbs per meal.

Ask your diabetes care team what the right amount of carbs is for you.



Nonstarchy vegetables

- Do not raise blood glucose very much
- High in vitamins, minerals, and fiber, making them an important part of a healthy diet
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

Artichoke hearts

Asparagus

Baby corn

Bamboo shoots

Bean sprouts

Beans (green, wax, Italian)

Broccoli

Brussels sprouts

Cabbage (green, bok choy, Chinese)

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Green onions or scallions

Greens (collard, kale, mustard, turnip)

Leeks

Mixed vegetables (without corn, peas, or pasta)

Mushrooms, all kinds, fresh

Okra

Onions

Pea pods

Peppers (all varieties)

Radishes

Sauerkraut

Soybean sprouts

Spinach

Squash (summer, crookneck, zucchini)

Tomato

Turnips

Water chestnuts

Noncarbohydrates

Protein Foods



- Protein foods do not raise blood glucose significantly
- Try to choose lean proteins and bake, grill, or broil them
- Each serving size of protein foods listed below = 0 grams of carbs
- A portion on your plate may be 3 oz of cooked meat or 3 servings
- Your number of servings per day will depend on your meal plan

	Protein	Fat
Lean meat	7 g	0–3 g
Medium-fat meat	7 g	4–7 g
High-fat meat	7 g	8+ g

Meat		SERVING SIZE
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin	1 oz
	Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz
Chicken	Lean—Without skin	1 oz
	Medium-fat—With skin	1 oz
Fish	Lean—Smoked: herring or salmon (lox)	1 oz
	Medium-fat: Any fried product	1 oz
Lamb	Lean—Chop, leg, or roast	1 oz
	Medium-fat—Ground, rib roast	1 oz
Pork	Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin	1 oz
	Medium-fat—Cutlet, shoulder roast	1 oz
	High-fat—Ground, sausage, spareribs	1 oz
Sandwich meats	Lean—chipped beef, deli thin-sliced meats, turkey ham	1 oz
	High-fat—bologna, pastrami, hard salami	1 oz
Sausage	Medium-fat—With 4–7 grams of fat per oz	1 oz
	High-fat—Bratwurst, chorizo, Italian, knockwurst, Polish, smoked	1 oz
Shellfish	Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal	Lean—Loin chop, roast	1 oz
	Medium-fat—Cutlet (no breading)	1 oz

Meat Substitutes	SERVING SIZE
Beef jerky (lean)	½ oz
Cheese	
Lean—cottage cheese	¼ cup
Medium-fat—feta, mozzarella, reduced-fat cheeses, string	1 oz
High-fat—American, bleu, brie, cheddar, queso, and Swiss	1 oz
Egg (medium-fat)	1
Egg substitutes, plain (lean)	¼ cup
Egg whites (lean)	2
Hot dog	
Lean—3 grams of fat or less per oz	1
High-fat—Beef or pork	1
Sardines, canned (lean)	2 small
Tofu	½ cup

Fats

- Do not raise blood glucose significantly
- Use sparingly and limit saturated fat
- Will help slow the rise of blood glucose after meals
- Each serving size of fats listed below = 5 grams of fat



Unsaturated Fats (Monounsaturated)	SERVING SIZE
Avocado	2 Tbsp
Nut butters (<i>trans</i> fat-free)	1½ tsp
Nuts	
Almonds	6
Cashews	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives, Black	8 large
Olives, Green, stuffed	10 large

Polyunsaturated Fats	SERVING SIZE
Margarine	
Lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp
Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Walnuts	4 halves

Saturated Fats	SERVING SIZE
Bacon	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

Carbohydrate Foods

- Most of the carbohydrates we eat quickly turn into blood glucose
- There are 3 main types of carbohydrates in the foods you eat, sugar, starch, and fiber
- When you look at food labels, “total carbohydrate” includes all three types
- A serving size of carbs listed = 15 grams of carbs



Starch/Grains

Bread	SERVING SIZE
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1

Crackers and Snacks	SERVING SIZE
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2–5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15–20
Regular (tortilla, potato)	9–13

Cereals and Grains	SERVING SIZE
Bran, dry, wheat	½ cup
Cereals	
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup

Starchy Vegetables	SERVING SIZE
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

Dairy

Milk and Yogurts

Chocolate milk, fat-free or whole	½ cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup



Fruit

Fruits	SERVING SIZE
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots, whole	4 (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1 (3½ oz)
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries, whole	1¼ cups
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups

TAKE 5 TO CARE 4 YOURSELF



Cornerstones4Care®

Cornerstones4Care® is a **FREE** diabetes support program to help you stay motivated and empowered to manage your diabetes. Lead a healthier life with helpful information on eating better, moving more, treating diabetes, and staying on track in a variety of ways.

What do I get with Cornerstones4Care®?

- Simple lessons that take less than 5 minutes at [Cornerstones4Care.com](https://www.cornerstones4care.com)
- Texts and emails that provide information and help to keep you motivated
- The Diabetes Health Coach, a personalized coaching program that provides one-on-one support when you need it*

How can you sign up?



Online:
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) or
[Espanol.Cornerstones4Care.com](https://www.espanol.cornerstones4care.com)



By phone:
Call the Customer Care Center at
1-800-727-6500 (option 8 for Spanish)
from 8:30am to 6:00pm EST

Or, scan this code with a
smartphone or tablet

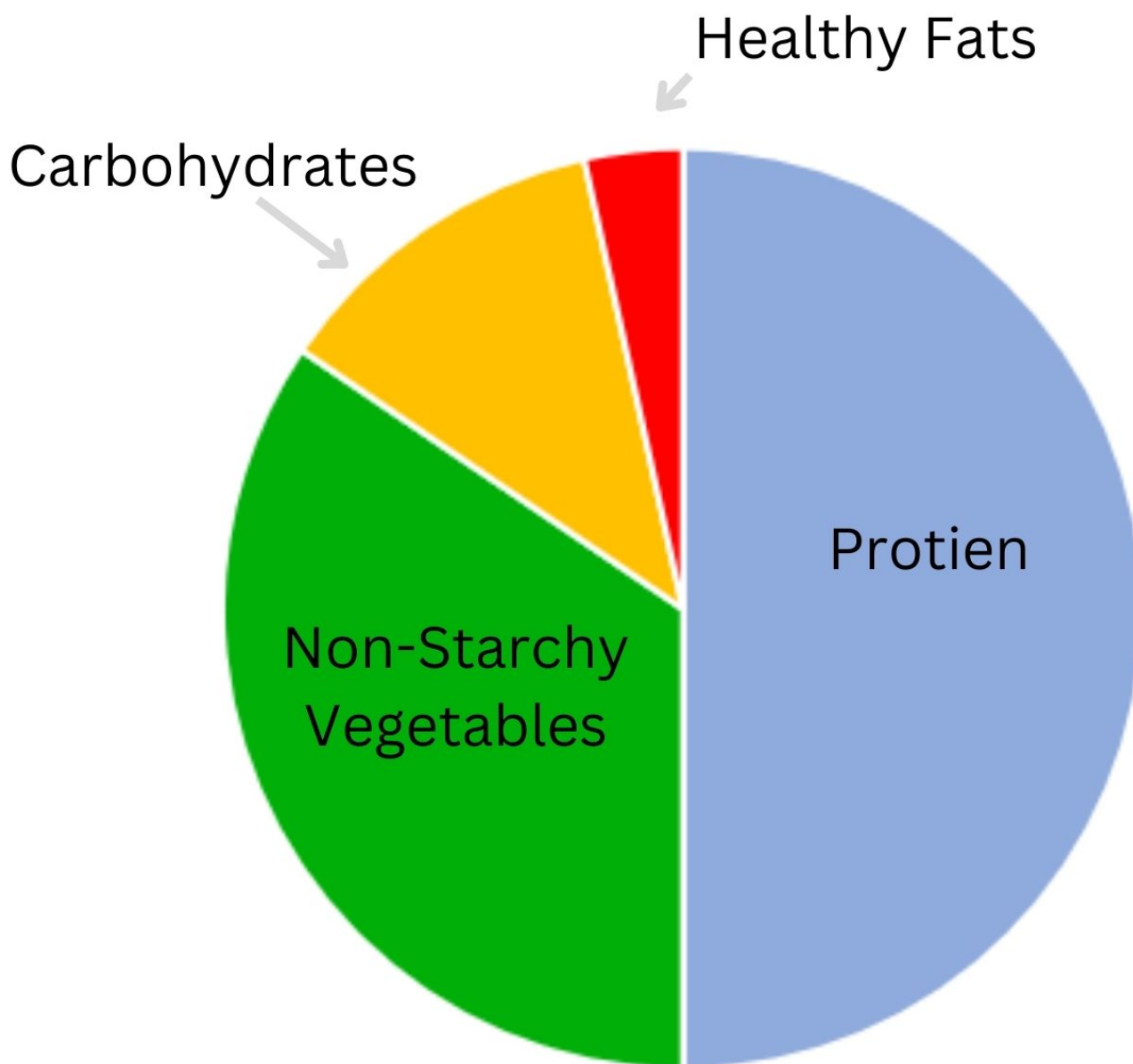


Scan me!

*For people starting certain Novo Nordisk products.

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.
Novo Nordisk is a registered trademark of Novo Nordisk A/S.
All other trademarks, registered or unregistered, are the property of their respective owners.
© 2021 Novo Nordisk All rights reserved. US21PAT00111 August 2021





Use the Bariatric Portion Plate to help guide you when planning meals. Always start with protein first followed by non-starchy vegetables, a small portion of carbs, and finally, a heart healthy fat.

Go Lean With Protein: Aim for 60-80 grams per day spread out between meals and snacks. Try some of these high protein foods:

- | | |
|---|---------------------------------|
| 1oz lean meat (beef, pork, venison) | ¼ c low fat cottage cheese |
| 1oz skinless poultry (chicken, turkey) | 1oz of natural cheese |
| 1oz fish or seafood | 3oz light or plain Greek yogurt |
| 1 egg or 1/4c egg beaters | 1 c skim or 1% milk |
| ½ c cooked beans, chick peas, or lentils | 1c unsweet soy milk |
| ¼ c nuts or seeds (once a day) | 1c unsweet almond milk |
| 1 Tbsp natural peanut butter (once a day) | |

Get your veggies! Eat at least 2-3 servings daily (you can spread out in small portions)

- 1c raw vegetables:* carrots, celery, broccoli, cauliflower, tomatoes, snap peas, cucumbers, peppers, etc.
- 2c salad greens (the greener, the better!):* spinach, romaine, kale, iceberg lettuce, butter lettuce, spring mix, etc.
- ½ cup cooked vegetables:* green beans, broccoli, cauliflower, carrots, zucchini, yellow squash, asparagus, eggplant, spaghetti squash, bok choy, kale, spinach, radishes, onions, brussel sprouts, cabbage, mushrooms, etc.

Watch your carbs and choose healthy sources! Get a variety of fruit, whole grains, and starchy vegetables. Keep to 4 servings total per day.

Grains:

- | | |
|---------------------------------------|--|
| 1 slice whole grain bread | ½ c hot cereal (oats, cream of wheat, grits) |
| 1/3 c brown rice or whole grain pasta | 1 c cold cereal (<6g added sugar) |
| 1/3 c cooked quinoa | 4-6 whole grain crackers |

Starchy vegetables:

- ½ c potato, sweet potato, corn, peas, butternut squash, acorn squash, lima beans

Fruit:

- Small piece of fruit (size of a baseball): apple, orange, plum, nectarine, peach
- ½ c unsweetened canned fruit
- 1 c berries or melon ½ cup cherries or fresh pineapple chunks
- ½ banana 15 grapes
- 2 clementines ½ a mango

Top it off with healthy fats! Fats add flavor to your food and essential nutrients that your body needs. Choose a max of 4 servings daily.

- 1 tsp olive oil, canola oil, or other vegetable oils.
- 1 tsp margarine or butter
- 1 Tbsp light margarine or butter
- 1 Tbsp regular salad dressing
- 2 Tbsp reduced fat/cal salad dressing
- 2 Tbsp avocado
- 1 Tbsp light mayo

Keys to success:

Try to get 64 oz of fluids per day: non-carbonated, decaffeinated, sugar free. Try to drink 30 minutes after meals.

Eat regularly: Aim for 3 meals and 2 snacks per day; choose small portions and include protein at every eating occasion.

Choose nutrient rich, whole foods instead of soft, high calorie foods.

Track your intake daily in a nutrition tracker. Set your calorie and protein goals appropriately. Ask your registered dietitian for help if you need it!

Get regular physical activity! Start slow and work up to getting at least 150 minutes of moderate activity per week. This could be 30 minutes of walking 3 days a week and 30 minutes of strength training 2 days a week. Whatever movement feels good to you, do it!

Take your vitamins and minerals as prescribed by your bariatric surgical team. These are essential to prevent deficiencies! Check back in with your surgical team regularly for monitoring.

Use mindful eating strategies. Pay attention to your hunger and fullness cues. Eat slowly, focusing on the eating experience, without distraction. Use non-food strategies to cope with emotions and stress. If stress and emotional eating are an issue, please let us know so that we can address with you.

Get adequate sleep (7-9 hours per day). If sleep is an issue, be sure and address this with your doctor.



Grocery Ideas for Healthy Meals: Be sure to check food labels and ingredients!

Vegetables:

Artichoke
Asparagus
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Edamame
Eggplant
Green beans
Kale
Leeks
Collard Greens
Lettuces (any)
Mushrooms
Onions (any)
Parsnips
Peppers (any)
Radishes
Rutabagas
Shallots
Snow Peas
Spinach
Tomatoes
Turnips
Water Chestnuts
Zucchini/Yellow
Squash
Spaghetti Squash
Look for canned or frozen without added salt

Fruits: (carbs)

Apples
Apricots
Bananas
Blackberries
Blueberries
Raspberries
Strawberries
Cranberries
Cherries
Figs
Grapefruit
Grapes
Guava
Kiwi
Lemons/Limes
Mangos
Nectarines
Oranges
Papayas
Peaches
Pears
Pineapple
Plums
Pomegranate
Rhubarb
Tangerines
Tangelos

Look for canned or frozen without added sugars

Protein:

Chicken (and ground)
Turkey (and ground)
Lean Beef (>85% lean)
Lean Ground Beef
Pork Loin
Cod
Halibut
Salmon
Tuna
Tilapia
Shrimp/Scallops/Crab
Eggs
Almonds
Cashews
Pecans
Peanuts
Walnuts
Nut butter (no sugar/hydrogenated oils)
Pumpkin Seeds
Flax Seeds
Sunflower Seeds
Sesame Seeds
Soy beans
Tofu
Tempeh
Dairy protein:
Cheeses: Swiss, cheddar, mozzarella, provolone, parmesan, fontina, feta, goat, ricotta
Low Fat Cottage Cheese

Dairy:

Dairy Milk (skim, low fat or whole)

Yogurt or Greek Yogurt (plain or sugar free)

Evaporated milk (2% or skim)

Fortified Soy Milk (unsweetened)

Soy Yogurt (plain or sugar free)

Rice Milk (unsweetened) *

Almond Milk (unsweetened)*

Cashew Milk* (unsweetened)

***Not good sources of protein**

Starches: (Grain/starchy veg)

Barley
Brown Rice
Cous Cous
Oats
Popcorn
Quinoa
Whole Grain Crackers
Whole Grain Cereal (low sugar)
100% Whole Wheat Bread/Bagels/English Muffins/Pita/Tortillas
Tortilla Chips
Whole Wheat Pasta
Corn
Peas
Potatoes
Sweet Potatoes/Yams
Butternut Squash
Pumpkin
Lima Beans
Kidney Beans**
Cannellini Beans**
Pinto Beans**
Navy Beans**
Black/red beans**
Lentils**
Chick Peas/Hummus**
Look for no/min added sugar or salt

****Can count as protein too**

Fats/Oils, Condiments/Spices: **watch for sugars in condiments**

Avocado
Avocado Oil
Canola Oil
Peanut Oil
Safflower Oil
Sunflower Oil
Walnut Oil
Olive Oil
Butter
Butter w/Canola oil
Non-Hydrogenated
Margarine
Miracle Whip/Mayo and light versions
Cream Cheese (Whipped or Neufchatel)
Sour Cream/Light Sour Cream
Salad Dressings: Oil/vinegar, "simple ingredients"

Fresh or dried herbs
Spices
Ketchup
BBQ Sauce
Horseradish
Pickles
Soy Sauce (low/red sodium)
Low/Red Sodium broths
Vinegars
Worcestershire Sauce (low/red sodium)
Pure Maple Syrup
Salsa

Cornerstone High Protein Medical Meal Replacement

WVU Medicine's Medical Weight Management team has partnered with Cornerstone to provide their shakes at a lower cost to their patients



Use the Promo code:
WVU weight
to receive a 10%
discount!