

Nutrition Information 1 Year and Beyond

Patient Education

10 Goals to Maximize Weight Loss and Stay Healthy

1. MEET PROTEIN GOAL

- 80 grams or more per day
- Protein at every meal and snack

2. STAY HYDRATED

- 80 ounces or more per day
- Hydration fluids include water and anything that is diet, decaf, & non-carbonated
- Roux-en-Y – Do not drink 15 minutes prior to, during, and 45 minutes after meals

3. BE AWARE OF CALORIES

- 1,100 – 1,200 calories
- Individualized based on activity level and caloric needs

4. KEEP A FOOD LOG

- Keeping a food log is highly recommended

5. INCLUDE FIBER (COMPLEX CARBOHYDRATES) IN YOUR DIET

- These include vegetables, fruit, beans/legumes and whole grains
- Fiber helps keep you full and regulates digestion

6. INCLUDE HEALTHY FAT IN YOUR DIET

- This includes nuts, seeds, hummus, avocado, and olive oil
- Helps to make you satisfied and keep you full

7. EAT MINDFULLY

- Make sure to eat slowly and chew well
- Choose protein, then vegetables, then fruit, then whole grains and starches

8. CONTINUE VITAMIN PROTOCOL

- Multivitamin and Calcium (Plus Iron with Vitamin C for Roux-en-Y)
- Have labs drawn as ordered by GHP to prevent deficiencies

9. EXERCISE

- This is more important than just one bullet point! Physical activity is important for weight loss and overall health.

10. KEEP APPOINTMENTS FOR FOLLOW-UP CARE AND REMEMBER ALL AVAILABLE RESOURCES AT GHP

Vitamins

A multivitamin is required (See **Vitamin Protocol** for multivitamin requirements). A *biotin* (5,000 mcg) supplement and *probiotic* are recommended.

Vertical Sleeve Gastrectomy

A multivitamin is required. Choose one of the following:

1. Two Bariatric Advantage Multi Chewy Bites
2. One Bariatric Advantage Ultra Solo Capsule
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg)

Roux-en-Y

A multivitamin and Iron (45-60mg) with vitamin C are required. Choose one of the following:

1. Two Bariatric Advantage Multi Chewy Bites and two Chewable Bariatric Advantage Iron with vitamin C
2. One Bariatric Advantage Ultra Solo Capsule with Iron
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg), and over-the-counter Iron (45 mg) with vitamin C

Calcium

You need 1,200 mg of calcium daily from your diet and/or calcium supplements. Dairy foods contain calcium such as milk, yogurt, and cheese, and foods fortified with calcium.

Nutrition Facts	
8 servings per container	
Serving Size	1 Cup (240mL)
Amount per serving	
Calories	100
%Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 5mcg	15%
Calcium 361mg	30%
Iron 0mg	0%
Potassium 447mg	10%
Vitamin A 164mcg	20%

Food Labels: %DV (Daily Value*)

If your food label only lists percentages (%), try this:
Add a zero to get a close value of calcium.



30% = 300mg calcium

Calcium Supplements

- Recommend Calcium Citrate
- 500 – 600 mg absorbed at a time, must be 2 hours apart
- Do not take calcium and iron together, must be 2 hours apart
- Calcium Supplement Options:
- Calcium Supplement Options:
 - Bariatric Advantage Calcium Chews (500 mg)
 - Over-the-counter Calcium Citrate with Vitamin D
 - Over-the-counter Calcium Citrate Petites with Vitamin D

Resources Available at GHP

“Back on Track” programs for continued weight management begin with individual assessments:

Individual Visits with a Registered Dietitian (RD) and Behaviorist are utilized to help you find the best approach to your continued weight loss and healthy lifestyle changes.

- Total Cost: \$100 / \$50 for RD and \$50 for Behaviorist
- Please be prepared to provide 7 days of nutrition tracking at these appointments
- Review 10 TOOLS

Additional Programs and Tools:

These resources may be utilized as a single additional option or multiple options that can be stacked together to provide the most effective results. Talk with your health care provider to discuss which resources might be best for you!

Medical Weight Loss Program

- Getting Healthy 900 Program
- Getting Healthy 1200 Program
- Customized Meal Plan
- Collaboration with a Dietitian
- Nutrition, Exercise and Behavior Education Topics
- Watch a free Webinar online for more details: www.grandhealthpartners.com
- Contact Tanya Manley to sign up: tmanley@grandhealthpartners.com or (616) 464-4627

Food Freedom Coaching

- Individual, short-term, weekly Cognitive Behavioral Therapy (CBT) coaching sessions
- Goal of improving your relationship with food
- Includes weekly goal setting with daily emails for additional accountability
- Contact behavioral team for more information

Online Support Services

- Join our weekly peer support groups (See GHP website for times)
- Talk with other patients through our private Facebook support pages:

www.facebook.com/groups/GHPinteractivegroup/
www.facebook.com/groups/ghpsupport/

- Ask your behaviorist about additional behavior resources like Mentor Programs and Behavioral Topic Classes

Medications

- Medications for weight loss can be a helpful tool when added to any of these programs, but require lifestyle changes to be effective
- Talk with our staff if you are interested, so that we can provide a list of medications that may be covered by your insurance before you are scheduled with one of our weight management specialists

Foods High in Protein

These are approximate caloric and protein values for the foods listed. Calorie and protein amounts could be different for different products, so it is always important to look at the nutrition label for specific nutrition information.

DAIRY

Milk (1 cup)	CALORIES	PROTEIN
Fairlife, Fat Free	80	13
Fairlife, 2%	120	13
Silk Protein Nut Milk	130	10
Skim	90	8
2%	130	8
Soy Milk, Original	110	8
Soy Milk, Light	60	6

Greek Yogurt (5.3 oz)	CALORIES	PROTEIN
Any brand, 15 g of carbs or less	150	15

Cheese (1 oz)	CALORIES	PROTEIN
Cottage Cheese (1/2 cup)	90	13
Parmesan	120	11
Swiss	105	8
String Cheese	80	8
Mozzarella	80	8
Cheddar	115	7
American	105	5
Ricotta, Part-Skim, 1/4 cup	80	5

POULTRY

Chicken/Turkey (cooked, 1 oz)	CALORIES	PROTEIN
Chicken, white meat	50	9
Turkey, white meat	40	9
Turkey, dark meat	50	8
Chicken, dark meat	60	8

Eggs/Egg Substitutes	CALORIES	PROTEIN
1 Large Whole Egg	75	6
Egg Whites—2 whites	32	6
Egg substitutes – 1/4 cup	32	6

FISH/SEAFOOD

Fish (cooked, 1 oz)	CALORIES	PROTEIN
Anchovies	50	9
Tuna	38	8
Cod	30	7
Halibut/Catfish	40	7
Perch/Flounder/Sole/Pollock	30	7
Swordfish	35	7
Tilapia	30	7
Whitefish/Trout	50	7
Sardines	60	7
Lobster	30	7
Salmon	50	6
Crabmeat	30	6
Shrimp	30	6
Clams	40	4

RED MEAT

Lean Cuts (cooked, 1 oz)	CALORIES	PROTEIN
Venison	45	9
Steak, loin or round cuts	55	8
Roast Beef	50	8
Liver	50	8
Veal	60	8
Pork, tenderloin	50	8
Ground Beef, 90% lean	60	7
Ground Beef, 95% lean	50	7
Lamb	50	7
Ham, extra lean	40	6
Jerky	80	10

PLANT-BASED PROTEIN

Legumes – Beans/Peas/Lentils (cooked, ½ cup)	CALORIES	CARBS (Fiber)	PROTEIN
Soybeans	155	9	15
Lentils	110	19	9
Garbanzo Beans (chickpeas)	150	25	8
Tofu, extra firm	80	2	8
Edamame	95	8	8
Navy Beans	130	24	7

Legumes – Beans/Peas/Lentils continued...	CALORIES	CARBS (Fiber)	PROTEIN
Kidney Beans	110	20	7
Refried Beans	120	18	7
Pinto Beans	100	18	6
Black Beans	100	18	6
Baked Beans, Zero Added Sugar	110	26	7
Black Bean or Bean soup	120	13	6
Green Peas	70	12	4
Black Eyed Peas	80	17	3

Nuts (1/4 cup), Seeds & Peanut Butter (2 Tbsp)	CALORIES	FAT (Healthy fat)	PROTEIN
Pumpkin Seeds	180	15	10
Hemp Hearts/Seeds (3 Tbsp)	180	15	10
Peanut Butter (2 Tbsp)	188	16	8
Almonds	205	18	8
Peanuts, dry roasted	165	14	7
Sunflower Seeds	200	16	6
Brazil Nuts/Macadamias	230	24	5
Cashews	195	16	5
Walnuts	150	19	5
PB2	60	1.5	6
Pecans	170	17	3

NUTRITION SUPPLEMENTS

Protein bars/drinks can be used to supplement protein you are unable to get from other high protein foods. Protein bars/drinks can be helpful during busy times or used as a backup plan.

Protein Bars	CALORIES	PROTEIN
Look for high protein, low sugar bars, 15 g or less	150	15

Protein Powders & Drinks	CALORIES	PROTEIN
Look for high protein, low sugar drinks, 15 g or less	150	15

PROTEIN POWDERS

Look for **Whey Protein Isolate**. “Isolate” is the key word. If the ingredient list says “Whey Protein Concentrate” or “Whey Protein Blend,” you may not be absorbing all of the protein.

Recommended protein supplements include Whey Protein Isolate, Milk Protein Concentrate, Egg Protein, or other plant-based protein powders including Soy, Rice, and Pea protein.

Protein powders that are NOT recommended include Whey Protein Concentrate, Whey Protein Blend, or Collagen.

Non-Starchy Vegetables List

One Serving: 1 cup raw or ½ cup cooked vegetables

Calories: 25

Total Fat: 0 g

Total Carbohydrates: 5 g (dietary fiber 1-4 g)

Total Protein: 1-2 g

Alfalfa sprouts	Endive	Onions
Artichoke	Green onions or scallions	Parsley
Artichoke hearts	Beet greens	Peppers, all varieties
Asparagus	Collard greens	Radishes
Bamboo shoots	Dandelion greens	Rutabaga
Beans: Italian, green, wax	Kale	Sauerkraut
Bean sprouts	Mustard greens	Snow peas or pea pods
Broccoli	Turnip greens	Spaghetti squash
Brussels sprouts	Jicama	Spinach
Cabbage	Kohlrabi	Summer squash
Carrots	Leeks	Swiss chard
Cauliflower	Leaf lettuce	Tomato
Celery	Romaine lettuce	Turnips
Chinese cabbage	Mixed vegetables	Water chestnuts
Cucumbers	Mushrooms	Watercress
Eggplant	Okra	Zucchini

Broccoli Pesto Egg Casserole

Makes 12 servings: *Calories: 90 Protein: 7g Carbohydrates: 1g Fat: 6g*

- 12 eggs
 - ½ onion, sliced
 - 1 C broccoli, chopped
 - ½ C cherry tomatoes, halved
 - ⅓ C Fairlife milk
 - 1 tsp salt
 - 1 tsp pepper
 - 2 TBS pesto sauce
- Add cheese or ground meat for more protein!

Directions: Preheat the oven to 350°F and grease a 9x9 baking dish. Chop vegetables and spread them in the empty baking dish. In a large bowl, mix eggs with salt, pepper and milk. Pour the mixture over the raw vegetables. Top the egg mixture with 6-9 small dollops of pesto, do not mix in. Cook for 30-45 minutes, until the middle no longer jiggles.

Protein Veggie Dip

Makes 2 servings: *Calories: 75 Protein: 12g*

- 1 cup plain non-fat Greek yogurt
 - 2 teaspoons dried parsley
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon dried dill
 - 1/4 teaspoon kosher salt
 - Fresh chopped chives
- Mix, chill and enjoy!

Roasted Vegetables

Directions: Chop your favorite non-starchy vegetables into 1 inch pieces. Place in a bowl and toss with 1-2 TBS olive oil and salt. Spread vegetables over a sheet pan and bake at 400°F for 15-30 minutes. Stir occasionally and use a fork to check tenderness.

Grocery Store Foods

This is a list of high protein, easy to prepare products at the grocery store.

CHICKEN

● Meijer Chicken Sausage	130 calories	15 g protein
● Tyson Grilled & Ready Chicken Strips	110 calories	19 g protein
● Caulipower Chicken Tenders	110 calories	14 g protein
● Al Fresco Chicken Sausage	80 calories	10 g protein
● Oscar Mayer Deli Fresh Chicken Breast	50 calories	8 g protein
● Starkist Chicken Creations	80 calories	11 g protein
● Shredded Rotisserie Chicken	140 calories	21 g protein

TURKEY

● Jennie-O Ground Turkey 93/7 (4oz)	170 calories	21 g protein
● Jennie-O 90% Lean Turkey Burger	230 calories	25 g protein
● Jennie-O Oven-Ready Homestyle Turkey	110 calories	20 g protein
● Meijer Lean Turkey Burgers	170 calories	21 g protein
● Cooked Perfect Turkey Meatballs	140 calories	14 g protein
● Oscar Mayer Deli Fresh Turkey Breast	50 calories	9 g protein
● Ball Park Smoked White Turkey Franks	45 calories	6 g protein
● Hormel Turkey Pepperoni	70 calories	9 g protein
● Hormel Turkey Chili w/ Beans	220 calories	18 g protein
● Hormel Square Table Turkey Breast & Gravy	110 calories	21 g protein

FISH

● Star-Kist Tuna Creations	80 calories	17 g protein
● Star-Kist Tuna Salad Single Serving	80 calories	13 g protein
● Chicken of the Sea To-Go Cups	70 calories	15 g protein
● Chicken of the Sea Salmon Pouches	70 calories	15 g protein
● Cedar Bay Atlantic Salmon Burgers	160 calories	16 g protein
● Trident Alaska Salmon Burgers	130 calories	14 g protein
● Bumble Bee White Crabmeat	80 calories	16 g protein

RED MEAT

● Hormel Square Table Beef Roast & Savory Sauce	210 calories	27 g protein
● Hormel Square Beef Tips & Gravy	170 calories	17 g protein
● Frozen Beef Patty (90% lean)	175 calories	21 g protein
● Aidell's Smoked Andouille Sausage	160 calories	15 g protein
● Applegate Naturals Hot Dogs	100 calories	7 g protein

PLANT-BASED

● Morningstar Farms Grillers Prime	150 calories	16 g protein
● Boca Veggie Crumbles	60 calories	11 g protein
● Gardein Meatless Meatballs	150 calories	14g protein
● Impossible Beef Lite	180 calories	21 g protein
● Lightlife or Trader Joe's Tempeh	190 calories	19 g protein
● Trader Joe's Baked Teriyaki Tofu	190 calories	15 g protein
● Textured Vegetable Protein (TVP)	80 calories	12 g protein
● PB2 or PB Fit Peanut Butter Powder	60 calories	6 g protein
● Bush's Baked Beans, Zero Sugar	110 calories	7 g protein

BREAKFAST

● Red's Egg'Wich Turkey Sausage Sandwich	190 calories	17 g protein
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• Johnsonville Turkey Sausage	70 calories	8 g protein
• Applegate Turkey Bacon	30 calories	5 g protein
• Jimmy Dean Simple Scrambles - Turkey Sausage	150 calories	18 g protein
• Jimmy Dean Delights – Turkey Sausage Bowl	240 calories	22 g protein
• Life Cuisine Tomato & Spinach Egg White Bites	190 calories	15 g protein
• Veggies Made Great Spinach Egg White Frittata	70 calories	5 g protein
• Just Crack An Egg Protein Packed	320 calories	20 g protein

MILK, CHEESE, AND MILK ALTERNATIVES

• Light Mozzarella String Cheese	50 calories	7 g protein
• Fairlife Milk (2% or less)	~100 calories	13 g protein
• Cottage Cheese (2% or less)	90 calories	13 g protein
• Silk Unsweetened Soy Milk	80 calories	7 g protein
• Ripple Original, Unsweetened	80 calories	8 g protein
• Silk Protein Nut Milk	130 calories	10 g protein

GREEK YOGURT

• Dannon Light & Fit	80 calories	12 g protein
• Oikos Triple Zero	100 calories	15 g protein
• Oikos Pro	140 calories	20 g protein
• Chobani Zero Sugar	60 calories	11 g protein
• Chobani Complete	130 calories	17 g protein
• 2 Good	80 calories	12 g protein
• Ratio Protein	170 calories	25 g protein

SNACKS

• Oscar Meyer P3 (<i>Turkey, Ham & Cheddar or Turkey, Bacon & Colby Jack</i>)	120 calories	11 g protein
• Lorissa's Kitchen Chicken Jerky	80 calories	10 g protein
• Jennie-O Turkey Sticks	25 calories	5 g protein
• Jack Link's Jerky	80 calories	12 g protein
• Emerald 100 Calorie Pack Almonds	100 calories	4 g protein
• Bada Bean Bada Boom Snacks	100 calories	7 g protein

CONVENIENCE MEALS

• Real Good Foods o (<i>Chicken Enchiladas, Pizza Bites, Lasagna Bowl, Orange Chicken, General Tso's Chicken</i>)	250 calories	23 g protein
• Park Street Deli (found at ALDI) o (<i>Artichoke Stuffed Chicken, Thai Coconut Chicken</i>)	~200 calories	22 g protein
• John Soules Foods – Chicken Fajitas	110 calories	19 g protein
• Kevin's Natural Foods Chicken o (<i>Korean BBQ, Roasted Garlic, Chicken Marsala</i>)	150 calories	23 g protein
• John Soules Foods – Beef Fajitas	120 calories	17 g protein
• Trader Joe's Balsamic Rosemary Beef Steak	220 calories	21 g protein
• Curly's Sauceless Pulled Pork	100 calories	13 g protein
• Big Shoulder's Pork Carnitas	110 calories	14 g protein

CONVENIENCE MEALS CONTINUED*

*Follow the 10% rule when checking labels.

• Lean Cuisine Protein Kick (<i>Steak Portabella, Meatloaf with Mashed Potatoes, Buffalo Style Chicken, Herb Roasted Chicken</i>)	~200 calories	~20 g protein
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- **Smart Ones** ~180 calories ~18 g protein
(*Slow Roasted Turkey Breast, Roasted Chicken with Herb Gravy, Ham and Cheese Scramble, Homestyle Beef Pot Roast, Crustless Chicken Pot Pie*)
- **Healthy Choice** ~200 calories +20 g protein
(*Grilled Chicken Pesto and Vegetables, Verde Chicken, Simply Grilled Chicken Marsala, Chicken and Vegetable Stir Fry, Spicy Beef Teriyaki Power Bowl, Chicken Marinara Power Bowl, Basil Pesto Chicken Power Bowl, Greek-Style Chicken Power Bowl, Spicy Black Bean and Chicken Power Bowl, Cajun-style Chicken and Sausage Power Bowl, Sesame Chicken with Zoodles*)

PROTEIN DRINKS/POWDERS

Core Power, Regular or Elite	Vega**
Fairlife Nutrition Plan	OWYN, Regular or Elite**
Muscle Milk, Genuine or Pro Series	Orgain**
Quest	Evolve Protein Shake**
Premier Protein/Premier Clear	Isopure
Meijer High Performance Shake	Gatorade Zero with Protein
Equate High Performance Shake	Protein2O
Pure Protein Complete Shake	Seeq Clear Protein

PROTEIN BARS

Quest Protein Bars
GHP Protein Bars
Protein One Bars (by FiberOne)
Built Bars
Pure Protein
NoCow Bars**
Nugo Slim**
Misfits**

PROTEIN CHIPS/CRACKERS

Quest Chips and Cheddar Crackers
GHP Chips
Flex Chips**
Pure Protein Puffs
Atkins Chips
Pure Protein Cheezy Crackers

** Plant-based protein products

SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

Walden Farms Sauces and Dressing	Sugar-Free Pancake Syrup
G Hughes Sugar-Free Sauces	Sugar Substitutes
Skinny Girl Salad Dressing	<i>Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose</i>
Bolthouse Farms Yogurt-Based Salad Dressing	
Marzetti Simply Salad Dressing	
Mustard, Hot Sauce, Taco Sauce	
Spices, Herbs, Extracts	
<i>Taco seasoning, pepper, Mrs. Dash, garlic, etc.</i>	
Sugar-Free Coffee Syrups	
Torani, Jordan's Skinny Mix	
Hidden Valley Ranch Seasoning Mix	
Jello, Sugar-Free	
Popsicles, Sugar-Free	

Whole Grains & Starches Ideas and Alternatives

These products are better options, but are not to be used as a primary source of protein.

HOT CEREALS (make with milk or protein drink for added protein)

- GHP Oatmeal 100 calories 14 g protein
- Oats Overnight (Amazon) 260 calories 20 g protein
- Kodiak Cakes Carb Conscious Oatmeal Packs 170 calories 12 g protein

COLD CEREALS (consume with milk or protein drink for added protein)

- GHP Cereal 120 calories 15 g protein
- Catalina Crunch Cereal 110 calories 11 g protein
- Special K Protein Cereal 210 calories 15 g protein
- Premier Protein Cereal 180 calories 20 g protein
- Kashi Go Keto Cereal 150 calories 12 g protein
- Magic Spoon Cereal 140 calories 13 g protein

PANCAKES

- GHP Pancake Mix 90 calories 15 g protein
- Birch Benders Protein Pancake and Waffle Mix 180 calories 16 g protein
- Trader Joe's Protein Pancake Mix 140 calories 10 g protein
- Premier Protein Frozen Pancakes 210 calories 15 g protein

PASTA

- Explore Asian Black Bean Spaghetti 180 calories 25 g protein
- Red Lentil (Barilla) or Chickpea (Banza) Pasta 180 calories 13 g protein
- Carba-Nada Egg Fettuccini 170 calories 15 g protein
- Barilla Protein Plus 190 calories 10 g protein
- Fiber Gourmet Pasta 110 calories 7 g protein
- Chef Woo Ramen Noodles 320 calories 20 g protein
- Zucchini Noodles or Spaghetti Squash (1/2 C) <25 calories <1 g protein
- Miracle Noodles 0 calories <1 g protein
- Hearts of Palm or Shirataki Pasta <20 calories <1 g protein

GRAINS

- Nature's Earthly Choice Easy Quinoa 170 calories 7 g protein
- Cauliflower Rice or Riced Vegetables (1/2 C) ~25 calories <1 g protein
- Liviva Rice Shaped Shirataki 15 calories <1 g protein
- Banza Chickpea Rice 170 calories 11 g protein
- Right Rice 180 calories 10 g protein

BREADS/TORTILLAS & ALTERNATIVES

- Aldi's Fit & Active Original Flatbread 90 calories 9 g protein
- Foldit 5 Grain Flax Flatbread 90 calories 7 g protein
- La Banderita or Misson Low Carb Tortillas 70 calories 5 g protein
- Egglife Wraps 30 calories 5 g protein
- Outer Aisle Cauliflower Sandwich Thins 50 calories 4 g protein
- Aldi Fit & Active Whole Wheat Bread 35 calories 3 g protein
- Lewis Bake Shop Keto Bread 40 calories 5 g protein
- Aunt Millie's Live Carb Smart ~45 calories 4 g protein
 - o 5 Seed Bread, Hamburger or Hot Dog Bun