



Medical Weight Loss
A nonsurgical approach

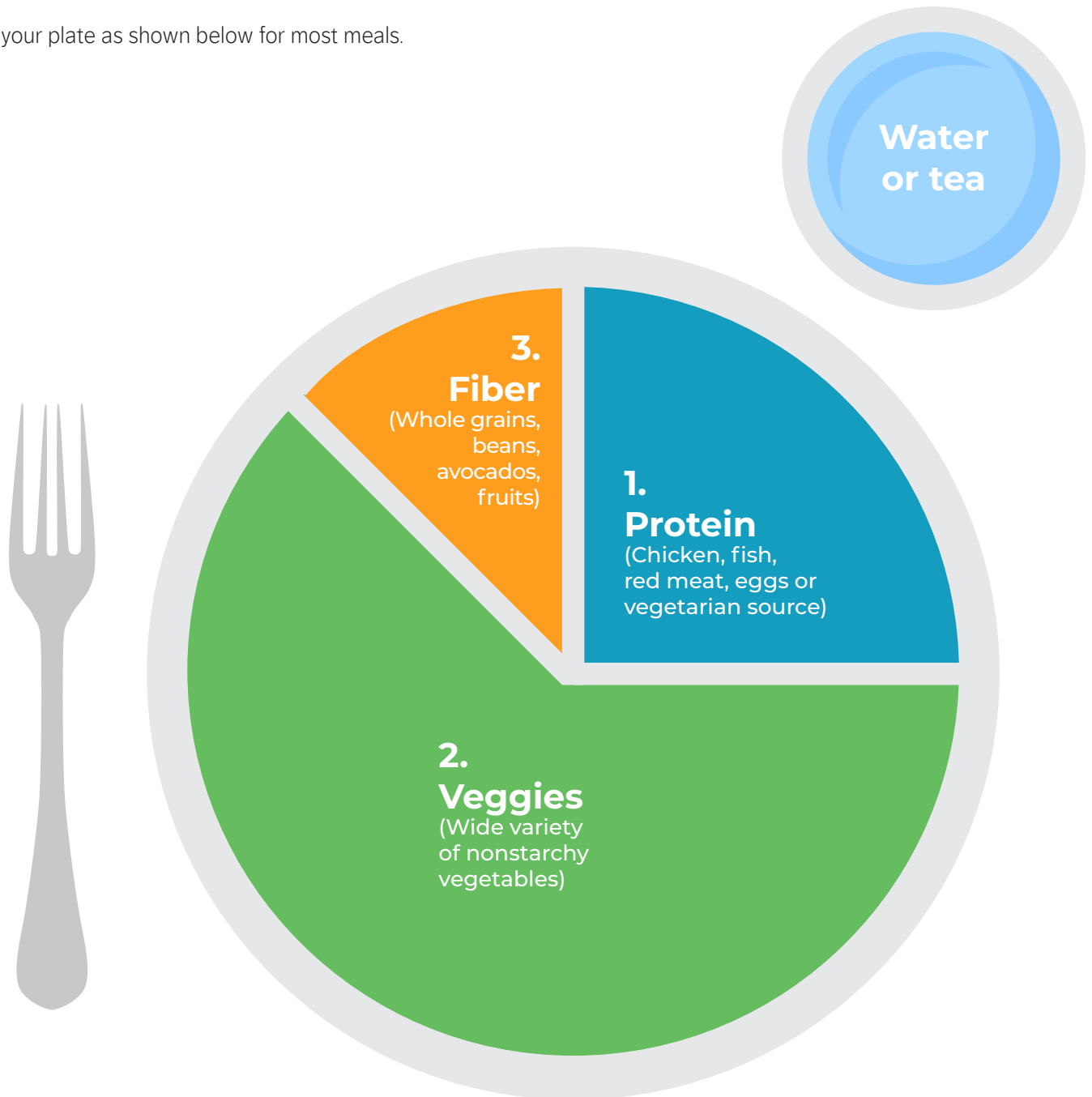


**Bariatric Surgery | Medical Weight Loss
Nutrition | Exercise | Behavior Support**



Anytime Meal

Fill your plate as shown below for most meals.



Eat slowly, and stop eating at the first sign of fullness.

Choose mostly whole foods with minimal processing.

Use smaller plates and bowls.

Protein and Fats

Protein

Proteins are the body's building blocks. They repair tissue, help maintain lean body mass, and support immune function and hormone/enzyme production. Proteins also help keep you feeling full. Eat high-quality protein at every meal.

3 oz. = 1 serving (size of a deck of cards) = about 20-25 gm protein

Your daily protein goals: _____

Aim for 20-30 gm protein per meal.



- Eat more chicken, fish, turkey, and lean cuts of beef and pork (rounds and loins).
- Avoid lunch meats and meats with added nitrates. Look for meats labeled cured/natural.
- Some protein sources such as processed bacon and ham are cured with sugar/honey, which adds to your carb count.
- Eat fish high in omega-3 fatty acids (salmon, herring, tuna, mackerel) at least twice a week.
- Limit intake of oysters and mussels to about 4 ounces per day. They are higher in carbs.
- Choose real crab over artificial crab.
- Eggs are a good source of protein and do not raise cholesterol levels significantly. It is OK to eat eggs.

Protein Supplements

- Protein shakes/bars make great snacks or meal replacements if you don't have access to actual food.
- Good liquid protein supplements include Premier Protein (30 grams protein, 1gram sugar), EAS® or Muscle Milk® Pro Series.
- Pure Protein®, Quest® and Atkins® make bars (20 grams protein, 4-12 grams net carbs).
- Unjury® Protein

Fats










Dietary fats give your body energy, support cell growth, help your body absorb nutrients and produce important hormones. They also help protect your organs and keep your body warm.



- Choose butter, not margarine.
- Choose full-fat versions of salad dressings. Low-fat salad dressings often have added sugars.
- Choose olive oil, coconut oil, avocado oil, walnut oil or sesame oil. Oils contain no carbohydrates; a serving size is about 1 tablespoon.
- Limit canola and vegetable oil.
- Some oils cannot withstand the high temperatures used for cooking.
 - If cooking with olive oil, use it for sautéing only.
 - Use walnut or sesame oil to dress cooked veggies or salad. Do not cook with them.
- Choose real mayonnaise. Make sure it doesn't have added sugar.
- Limit yourself to one serving (1 ounce) of nuts or nut butters per day.

Cheese

Cheese contains 1 gram of carbs per ounce (1-inch cube). Limit to 3-4 ounces per day. See serving size and grams of carbs below.

| | | | | |
|---|--|--|--|--|
|  Parmesan, grated 1 tbsp. (0.2 carbs) |  Goat, Chèvre 1 oz. (0.3 carbs) |  Blue cheese 2 tbsp. (0.4 carbs) |  Cheddar 1 oz. (0.4 carbs) |  Gouda 1 oz. (0.6 carbs) |
|  Mozzarella 1 oz. (0.6 carbs) |  Cream cheese, whipped 1 oz. (0.6 carbs) |  Parmesan, chunk 1 tbsp. (0.8 carbs) |  Swiss 1 oz. (1 carb) | |

Carbohydrates

Carbohydrates store and provide energy. They also build and store protein and fat for other uses. Overindulgence in foods from this group is common. However, limiting your intake of carb-heavy foods can keep you moving along your weight loss journey.

Common Carbs



Beans



Brown rice



Whole-Wheat Pasta



Fruit



Milk



Corn



Peas



Sweet potatoes



Juice



Processed snacks and sweets



Yogurt

Carbohydrate Intake Recommendations

Limit

bread, starchy vegetables (corn, potatoes, peas); products with added sugar; and flour, rice and grains.

Aim

for 12-15 grams (several cups) of net carbs per day of nonstarchy vegetables (lettuce, broccoli, cauliflower and Brussels sprouts). Veggies are lower in carbohydrates than fruit and should take up a large portion of your plate.



Choose

lower-carb fruits such as berries versus higher-carb fruits such as apples, bananas and pears.

Plan

to eat most of your carbs in the morning because we are more insulin sensitive in the mornings than in the evenings.

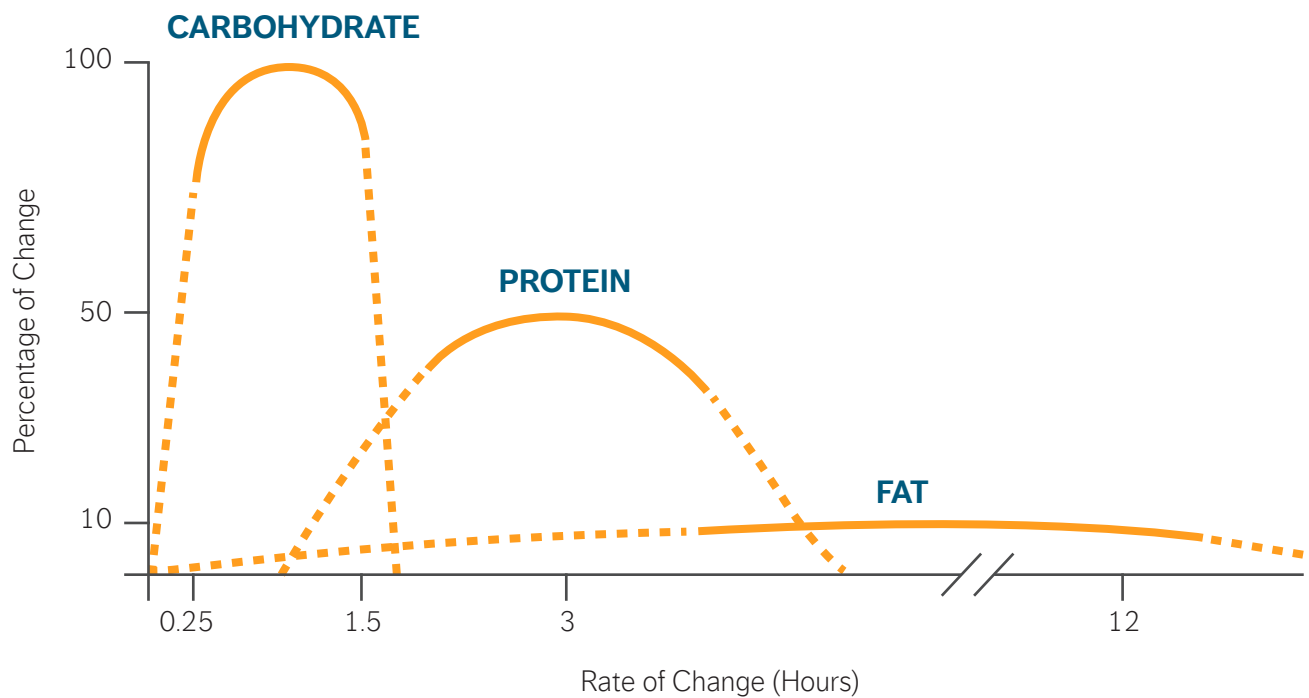
Read

food labels. Limit foods that have more than 1 teaspoon (4 grams) of sugar.



Limit carbs to _____ grams per day.

How Fast Nutrients Change to Blood Glucose



Tips and Snack Ideas

- Always pair carb sources with a lean protein or healthy fat
- Have planned snacks and limit grazing.

Carb Snacks

- Berries and nuts
- Orange and cheese stick
- Veggie and hummus
- Whole wheat toast and peanut butter

Non-Carb Snacks

- Boiled eggs
- Nonstarchy vegetables
- Nuts/seeds
- Sugar-free Jell-O
- Sugar-free jerky



Carb Content

| Food Item | Serving Size | Carbs (grams) |
|--------------------------------|--------------|---------------|
| Breads & Grains | | |
| Bagel, plain | 4" diameter | 56 |
| Brown rice (cooked) | ½ cup | 23 |
| Corn tortilla | 6" diameter | 11 |
| Dinner roll, small | 1 | 15 |
| Flour tortilla | 4" diameter | 25 |
| Frozen waffle/pancake | 4" diameter | 15 |
| Hamburger/hot dog bun, small | 1 small | 22 |
| Oatmeal (dry) | ½ cup | 27 |
| Pasta (cooked) | ½ cup | 19 |
| Quinoa (cooked) | ½ cup | 21 |
| Whole wheat bread, large slice | 1 | 19 |
| Whole wheat crackers | 4 | 13 |
| Whole wheat English muffin | 1 | 27 |
| Fruits & Juices | | |
| Apple | 3" diameter | 25 |
| Applesauce (sweetened) | ½ cup | 22 |
| Applesauce (unsweetened) | ½ cup | 14 |
| Avocado (cubed) | ½ cup | 6 |
| Banana | 8" | 29 |
| Cantaloupe (diced) | 1 cup | 13 |
| Grapes | 15 or ½ cup | 13 |
| Juice (Apple or Orange) | ½ cup | 14 |
| Orange, medium | 1 | 18 |
| Peach, medium | 1 | 14 |
| Pear, medium | 1 | 28 |
| Pineapple (chunks) | ½ cup | 10 |
| Raisins | ¼ cup | 33 |
| Raspberries/blackberries | ½ cup | 7 |
| Strawberries (sliced) | ½ cup | 6 |
| Watermelon (diced) | 1 cup | 12 |
| Vegetables | | |
| Corn | ½ cup | 16 |
| Peas | ½ cup | 11 |
| Potato, medium | 1 | 37 |
| Sweet Potato (cooked) | ½ cup | 29 |



Carb Content

| Food Item | Serving Size | Carbs (grams) |
|------------------------------------|--------------|---------------|
| Beans & Nuts | | |
| Almonds | 23 | 6 |
| Cashews | 18 | 9 |
| Edamame | 1 cup | 14 |
| Garbanzo beans (chickpeas) | 1 cup | 35 |
| Navy/white beans | 1 cup | 47 |
| Peanut butter | 2 tbsp. | 7 |
| Pinto/black beans | 1 cup | 43 |
| Milk, Cheese & Yogurt | | |
| Cheese | 1 oz. | 1 |
| Garlic (minced) | 2 tbsp. | 5.3 |
| Cottage/ricotta cheese | ½ cup | 2.9 |
| Greet yogurt (flavored) | 6 oz. | 20 |
| Greek yogurt (plain) | 6 oz. | 7 |
| Milk (Cow) | 1 cup | 12 |
| Milk (Chocolate Cow) | 1 cup | 30 |
| Milk (Fairlife Ultra-Filtered Cow) | 1 cup | 6 |
| Milk (soy/almond) | 1 cup | 9 |
| Snacks & Desserts | | |
| Graham crackers | 1 sheet | 12 |
| Popcorn (popped) | 5 cups | 23 |
| Pretzels | 1 oz. | 23 |
| Potato chips | 20 | 15 |
| Rice cakes | 1 | 8 |
| Sugar-free pudding cup | 3.6 oz. | 10 |
| Tortilla chips | 8-12 | 19 |
| Sweeteners & Condiments | | |
| Barbecue sauce | 1 tbsp. | 7 |
| Honey | 1 tsp. | 6 |
| Jam/jelly | 1 tbsp. | 14 |
| Ketchup | 1 tbsp. | 5 |
| Maple syrup | 1 tbsp. | 13 |
| Sugar | 1 tsp. | 4 |

Protein Content (3 oz. serving size)

| Food Item | Protein |
|---------------------------------------|---------|
| Atlantic salmon | 19 |
| Bison or buffalo | 22 |
| Boneless chicken breast | 27 |
| Catfish | 16 |
| Cod | 19 |
| Deer | 26 |
| Deli-style ham | 14 |
| Deli-style turkey breast | 15 |
| Ground beef (93/7) | 18 |
| Ground beef (85/15) | 16 |
| Ground chicken | 22 |
| Ground turkey | 23 |
| Ham | 19 |
| Large egg or egg substitute (1/4 cup) | 6 |
| Pork chop | 23 |
| Pork roast | 20 |
| Pork tenderloin | 22 |
| Rotisserie chicken | 22 |
| Round steak | 27 |
| Shrimp | 19 |
| Snapper or tilapia | 22 |
| Top sirloin | 24 |
| Tuna (canned) | 16 |
| Tuna (fresh) | 25 |
| Turkey sausage | 20 |

Beverages

If you're finding it difficult to lose weight, take a look at what you drink throughout the day. The calories in beverages can add up quickly. Soda, sweet tea, juice, lemonade, slushies, coffee drinks and alcoholic beverages are just a few examples of how sugar can sneak into your diet. These liquid calories are instantly stored as fat in the body.

Drink Alternatives

These drinks are typically sugar-free, but always check the label.

FLUID GOAL:
AT LEAST
64
OUNCES
 (up to 1/2 your
 body weight)

*Unless fluid restriction
 from another doctor*



Black coffee
 (decaf or regular);
 limit caffeine to 1-2
 cups/day*



**Clear broth/
 bouillon**



**Club soda, diet
 soda or flavored
 seltzer**



**Cream, heavy
 or light**
 (3 tbsp./day max.)



Herbal tea
 (without added barley or
 fruit sugar); limit caffeine
 to 1-2 cups/day*



**Unflavored soy/
 almond milk**



Water
 (filtered, mineral, spring or tap);
 aim for eight 8-ounce glasses/day or half your
 body weight in ounces. Limit lemon or lime juice
 flavoring to 3 tbsp./day of added juice total.

*If you experience symptoms of hypoglycemia or cravings after drinking caffeinated tea or coffee, move to decaf. If you have a true caffeine addiction, it is best to break the habit.

Artificial Sweeteners and Sugar Alcohols

Artificial sweeteners do not contain carbohydrates and will not impact your blood sugar. Artificial sweeteners are at least 100 times as sweet as table sugar, so a little goes a long way.

Sugar alcohols are a sweetener and do not contain alcohol. They have about half the calories of regular sugar. Examples of sugar alcohols include xylitol, erythritol and sorbitol.

We recommend using natural sweeteners such as stevia, monk fruit and erythritol. Splenda® and Sweet'N Low® are OK (one packet = 1 gram of net carbs).



Alcoholic Beverages

(Serving Size and Grams of Carbs)

Alcoholic beverages do not have any nutritional value and can derail your diet goals. While some people can have an occasional drink and continue losing weight, others notice their weight loss efforts stall when they drink alcohol. If you drink alcohol, choose vodka, gin, scotch or other spirits. Use club soda, diet tonic water, water with MiO, or diet soda as mixers to limit carbs.

If you choose to drink alcohol, do so in moderation. That means one 5-ounce glass of alcohol per day for women and two 5-ounce glasses per day for men.



Nutrition Facts Labels

Deciphering the Nutrition Facts label can be overwhelming. The tips below can help you understand what it takes to maintain a healthy lifestyle.

| | | | | | | |
|--|---|-------------|------------------------|-------------|---|------------|
| Nutrition Facts 4 servings per container Serving size 1 bar (60g) Calories per serving 200 | Amount/serving | % DV | Amount/serving | % DV | INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), SOLUBLE CORN FIBER, ALMONDS, WATER, UNSWEETENED CHOCOLATE, ERYTHRITOL, NATURAL FLAVORS, COCOA BUTTER. CONTAINS LESS THAN 2% OF THE FOLLOWING: SEA SALT, SUNFLOWER LECITHIN, STEVIA SWEETENER, SUCRALOSE. CONTAINS: MILK, ALMONDS. PROCESSED IN A FACILITY THAT ALSO PROCESSES EGGS, PEANUTS, SOY, WHEAT, AND OTHER TREE NUTS. | |
| | Total Fat 9g | 12% | Total Carb. 21g | 8% | | |
| | Sat. Fat 3g | 15% | Dietary Fiber 14g | 50% | | |
| | Trans Fat 0g | | Total Sugars 1g | | | |
| | Cholesterol 5mg | 2% | Incl. 0g Added Sugars | 0% | | |
| | Sodium 200mg | 9% | Erythritol 3g | | | |
| | Vitamin D 0mcg 0% • Calcium 120mg 10% | | Protein 21g | | | 42% |
| | Iron 0.6mg 4% • Potassium 150mg 4% | | | | | |
| | DISTRIBUTED BY QUEST NUTRITION, LLC., EL SEGUNDO, CA 90245 • 888-212-0601 • QUESTNUTRITION.COM | | | | | |

Serving Size

- All the label information is based on one serving. It's not a recommendation or limit, just a starting point.
- The weight in parentheses shows how much that serving would weigh on a food scale.

Amount Per Serving

- For one serving, everything is on the label.
- For two servings, double the information.

Calories

- If a food has a high calorie count, determine if the main source is protein, fat or carbohydrates.

Total Fat

- Some food labels have subcategories of saturated fat, trans fat, monounsaturated fat and polyunsaturated fat.
- Pick more mono- and polyunsaturated fats (nuts, seeds, avocado and olive oil). Limit saturated and trans fat (fried food, shortenings).

Total Carbohydrate

- The number refers to the amount of starch, sugar, sugar alcohols and fiber in one serving.
- Limit added sugars and choose high-fiber foods such as whole grains, fresh fruits and vegetables, and beans. A high-fiber food has at least 3 grams of fiber per serving.



4 grams of sugar = 1 teaspoon

In general, limit anything that has more than 1 teaspoon of sugar per serving.

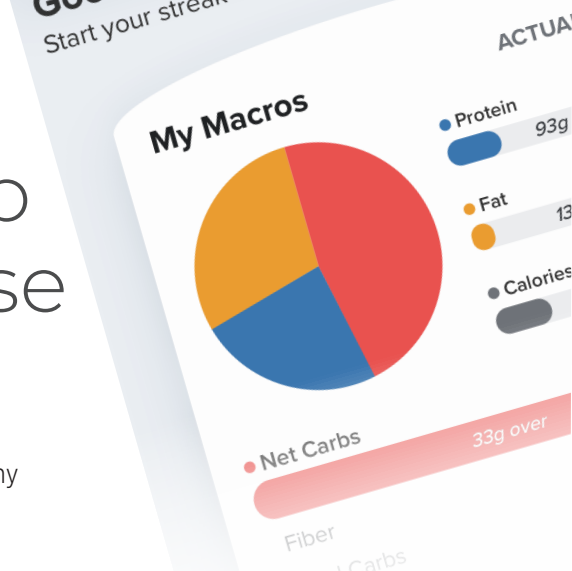
Total Protein

- High-protein foods and beverages have 15 grams or more per serving.

More Tips

Think of the ingredient list as a recipe. The label lists ingredients in the order of quantity, which helps you determine if protein, carbohydrate or fat is a main ingredient.

Food Tracking and Carb Restriction With Exercise



People tend to underestimate what they are eating and overestimate how many calories they burn with exercise. Tracking can help you get a clearer picture.

Tracking Food Intake

- Use the free versions of carb tracking apps such as Atkins/SparkPeople, Daily Carb or Carb Manager. These apps calculate and track net carbs versus total carbs. MyFitnessPal and the Loselt app are calorie trackers. They are useful if you prefer to track total carbs versus net carbs. Paper and pen work well, too.
- Track your carbs, and bring your phone or paper chart with you to follow-up appointments.
- Record every food and drink that has calories. You do not need to record black coffee and plain water.

Herbs and Spices

Certain herbs and spices can add flavor to your food without adding carbs. Make sure they have no added sugar.

| | | | | |
|--|--|--|---|--|
|  Basil 1 tbsp. (0 carbs) |  Black Pepper 1 tsp. (0.9 carbs) |  Cayenne Pepper 1 tbsp. (0 carbs) |  Chives 1 tbsp. (0.1 carbs) |  Cilantro 1 tbsp. (0 carbs) |
|  Dill 1 tbsp. (0 carbs) |  Garlic 1 clove (0.9 carbs) |  Ginger, fresh, grated 1 tbsp. (0.8 carbs) |  Oregano 1 tbsp. (0 carbs) |  Parsley 1 tbsp. (0.1 carbs) |
|  Rosemary, dried 1 tbsp. (0.8 carbs) |  Sage, ground 1 tsp. (0.8 carbs) |  Tarragon 1 tbsp. (0 carbs) | Herbs & Spices Serving Size & Carbs | |

Carb Restriction and Exercise

- If your carb restriction is less than 20 grams, do not increase exercise for the first two weeks.
- If you feel lightheaded/dizzy, achy or have lower-than-usual energy, add a bit more salt to your food.
 - If adding salt doesn't help, drink ½-1 cup of broth twice daily. The broth should not be low in sodium or have sugar. Make sure you also drink plenty of water.
 - Do not restrict your water or sodium intake when you are following a ketogenic diet. The kidneys process water and sodium more efficiently on the Keto diet, and you may need to replace them often.
 - If symptoms continue, call the Total Weight Loss Center or your primary care doctor.

More Tips

- Plan and prepare lunches, snacks and other meals ahead of time so they're in the refrigerator and ready to go. Easy snack ideas:
 - Celery and cream cheese
 - Deli meat with cheese in a lettuce wrap dipped in mustard and/or mayonnaise
 - Hard-boiled eggs
 - Nuts (limit to 1 ounce per day)
 - String cheese
- Eat slowly and chew your food well to help prevent overeating.
- When dining out, choose healthy protein sources with a nonstarchy vegetable such as steak and asparagus, salmon and broccoli, or chicken and salad. If you are eating fast food, remove the bun from a burger and swap fries for a side salad.
- If you stray from your diet plan, get back on track with the next meal. Don't wait until the next day or next week.

Exercise



Along with diet changes, regular exercise can help you lose weight and maintain your weight loss.

Cardio Exercise

Start with _____ minutes per day
_____ days per week.

Cardio exercises raise your heart rate for an extended amount of time. They also help build muscle and endurance. If you are short of breath after walking up a few stairs, cardio can condition your heart and lungs.

Getting Started

The goal is to increase your aerobic endurance each time you exercise.

- Choose an activity you enjoy. Walking, biking and swimming are good examples.
- Start with a time that is comfortable for you. Slowly increase your time by 1-2 minutes every 1-3 days.
- Work your way up to 150 minutes of exercise per week. To maintain your weight, do 60-90 minutes of cardio exercise per day, five days per week.
- Move at a pace that allows you to talk.
- Try exercising in intervals. Push the pace for a few minutes, then slow it down for a few minutes.
- If possible, exercise with a friend or loved one for accountability.
- Consistency is key. A few minutes each day is better than nothing at all.

Strength Training

Start with _____ minutes per day
_____ days per week.

Strength training improves your muscle tone, gives your body definition, and helps you look and feel better. It also increases your metabolism, which helps you burn more calories for an extended period of time.

Getting Started

- Start with no weights or light weights. Consider using canned vegetables or bottled water.
- Try two sets (8-20 reps); work your way up to four sets of 20 reps each.
- Increase the weight as you are able.
- When strength training, start with the larger muscle groups, such as your legs, chest and back. Then, move to the smaller muscle groups such as the abdominals and arms. This routine will reduce your risk of injury.
- Inhale at the beginning of a lift. Exhale as you finish the lift.
- Work your way up to strength training 2-3 times per week.
- It is normal to feel fatigued after strength training.

Resources

NKCH Fitness Classes

Find your fit at nkch.org/Class.

TWLC Fitness

Follow our exercise videos on TotalWeightLoss.com.

Bikini Body Mommy

Watch on [YouTube](https://www.youtube.com), or access free 20-minute cardio and strength training videos at bikinibodymommy.com; try a 90-day challenge.

Planet Fitness

[Memberships](#) start at \$10 per month.

YouTube

Search for:
[The Body Coach TV Body Project](#)
[FitnessBlender](#)
[Move With Nicole](#)
[POPSUGAR Fitness](#)
[SarahBeth Yoga](#)
[Yoga With Adriene](#)
Chair Yoga

Fitness Apps

(for smartphones)
The 7 Minute Workout
Down Dog
Evlo Fitness
Glo
MapMyRun
Nike Training Club
Sitting Cardio
Step Tracker
SworKit

Additional Resources

Find recipes, videos, podcasts and more that can help keep you motivated and educated.

Total Weight Loss Center Support Group

Check with a TWLC team member for more information.

Recipes

Diet Doctor | DietDoctor.com/Low-Carb/Recipes

I Breathe I'm Hungry | IBreathelmHungry.com/Recipes

KetoConnect | KetoConnect.net/Recipe-Index

The Keto Summit | KetoSummit.com/Ketogenic-Crockpot-Recipes

Ruled.me | ruled.me

Low-Carb Bread Options

Great Low Carb Bread Co. | Find at GreatLowCarb.com or in Hy-Vee's HealthMarket freezer section

L'oven Fresh Zero Net Carbs Bread | Find at Aldi's or Costco

Mission Carb Balance® Tortillas | Find at your local grocery store

Satisfy Sweet Cravings

Atkins® dessert bars

ChocZero | ChocZero.com

Lily's Sweets chocolate bars | Find at natural grocers or in Hy-Vee's HealthMarket section

Three Bears Bakery & BBQ (Lenexa, KS) | ThreeBearsBakeryBBQ.com

Recommended Movies

The Magic Pill

That Sugar Film

Recommended Podcasts

The Life Coach School (Brooke Castillo)

The Obesity Code Podcast (Carl Franklin)

Shortcut to Slim (Lindsay Nixon)

Weight Loss for the Busy Physician (Katrina Ubell)

Recommended YouTube Videos

Dr. Sarah Hallberg | TED Talk

KenDBerryMD | 7 Vegetables

KetoConnect | Artificial Sweeteners

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