

# Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

*This Can Be The Starting Point To Your Success In Becoming A Healthier You*

## Learn To Interpret Food Labels and Choose The Right Foods

“You need to eat less calories, exercise more and choose healthier foods.” For most patients, including those after weight loss surgery, this is often easier said than done. It will take work and effort on your part, especially in the beginning as you learn how to retrain your body into craving specific food items. The starting point in achieving this goal is to understand food labels and know what to look for while grocery shopping.

After weight loss surgery, protein is a very important food component. It is not only used for growth and repair of the human body, but also as a source of energy. Therefore, when reading a food label, the first item you should review is the amount of protein in that product. The higher the protein, the more beneficial.

Carbohydrates are the next important item on the food label as it provides energy for the brain and muscles. Sugar and fiber fall under the umbrella term carbohydrate. There are “good carbohydrates” that are low on the glycemic index and are high in fiber to help sustain one’s appetite and energy

levels; then, there are “bad” carbohydrates that are very high on the glycemic index which do not sustain energy for long periods of time. For example, a piece of whole grain bread will contain more fiber and less sugar than a candy bar, helping to increase the length of feeling full in between meals.

The next components to decipher are calories per serving and serving size. Put the serving size into perspective with your current dietary habits. Can you stop after eating three cookies or seven crackers? If you cannot, be honest with the quantity you would most likely consume in one sitting and multiple that number by the calories per serving listed on the food label. The final answer is the number of calories you would be consuming by eating that food item. Does that fall into your recommended calorie consumption? If not, move on to the next food item that does. If trying to lose weight, calories in versus calories out are key to “tip the scale.”

Fat is essential to our bodies in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature and promoting healthy cell function. Dietary fats carry the highest number of calories per gram, nine (9), but are still needed to help transport Vitamins A, D, E and K. Limit the amount of saturated fat you consume. Unsaturated fats are the best sources to consume, which include olive oil, avocado, nuts, sesame seeds and fish.

Nutrition Facts	
Serving Size 50 g (1.8 oz)	
Servings per Container 6	
Amount per Serving	
<b>Calories</b> 100	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>% Daily Value</b>
<b>Saturated Fat</b> 1.5g	Tells you the percentage of the daily value you are getting based on the recommended amount you need each day, based on 2,000 calories. A food with 20% of the DV is a good source of that nutrient.
<b>Trans Fat</b> 0g	
<b>Polyunsaturated Fat</b>	
<b>Monounsaturated Fat</b>	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 10mg	<b>0%</b>
Total Carbohydrate	
<b>Dietary Fiber</b> 1g	
<b>Sugars</b> 8g	
<b>Protein</b> 1g	
<b>Vitamin A</b> 2%	
<b>Calcium</b> 2%	<b>Iron</b> 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	
<b>Total Fat</b>	Less than
<b>Sat Fat</b>	Less than
<b>Cholesterol</b>	Less than
<b>Sodium</b>	Less than
<b>Total Carbohydrate</b>	Less than
<b>Dietary Fiber</b>	Less than
<b>Calories per gram</b>	
<b>Fat</b> 9	<b>Carbohydrates</b> 4 • <b>Protein</b> 4

**% Daily Value**  
Tells you the percentage of the daily value you are getting based on the recommended amount you need each day, based on 2,000 calories. A food with 20% of the DV is a good source of that nutrient.

**Sodium**  
Tells you how much salt is in food. Eating less than 2400 mg of sodium each day is recommended.

**Cholesterol**  
Cholesterol is only found in animal products. Aim to consume less than 300 mg of cholesterol per day.

Read the full article on ObesityHelp.com.

### Support Group Meeting

Thursday

**21**

Our next gastric banding support group meeting is Thursday, January 21 at 7 pm. See you there!

### Newsletter Archive

Did you know that you can find the archive of all our past newsletters on our website at [www.surgicalassociatesvhc.com/newsletters.shtml](http://www.surgicalassociatesvhc.com/newsletters.shtml). You will enjoy browsing through them and you may be specifically interested in the issue from January 2009 which focused on improving you New Year’s resolution’s success!

