



Sample Meals for Bariatric Surgery Patients

While diets must change following bariatric procedures, patients can find more than 400 recipes customized to meet the needs of bariatric patients in the REALIZE mySUCCESS® Program.

Here are just two of the recipes available within REALIZE mySUCCESS®, a Web-based clinical designed to help patients achieve and maintain a healthier weight. In fact, it has been shown that REALIZE Band patients who frequently use REALIZE mySUCCESS® lose significantly more weight.*

Within the myNutrition section of REALIZE mySUCCESS® you can also keep track of the food you eat, identify eating patterns, and get detailed nutritional information for more than 5,000 foods. Sign up today to begin enjoying the many benefits of REALIZE mySUCCESS®.

The following recipes are suitable for gastric banding, gastric bypass, and sleeve gastrectomy patients. Talk with your doctor before starting any diet or exercise program.

* Patients who frequently use REALIZE mySUCCESS® lose significantly more weight. Based on 12 months of patient-reported data from REALIZE Band patients using REALIZE mySUCCESS®. Frequent users were in the top third of patients based on frequency of entering a weight into REALIZE mySUCCESS®. Source: Ethicon Endo-Surgery, data on file.

Breakfast: Breakfast Burrito

Prep Time: 5 minutes

Total Time: 10 minutes

Servings: 1 weight-loss-friendly or standard serving

Ingredients:

- 1 tbsp Chopped onion
- 1/2 tsp Garlic cloves
- 1/2 tsp Canola oil
- 1/4 cup Egg substitute
- 1/2 tsp Fresh cilantro leaves
- 1 Whole wheat tortilla
- 1 tsp Salsa
- 1 tsp Low-fat shredded cheddar cheese
- 1/8 tsp Black pepper

Preparation:

1. Wash onion and garlic; chop onion and mince garlic.
2. Heat oil in skillet over medium-high heat and sauté vegetables until tender.
3. Add egg substitute and cilantro to skillet and continue to cook, stirring, until egg is set.
4. Remove from heat and place cooked egg mixture down the center tortilla. You can use 1/4 to 1/2 of the tortilla if it is not tolerated well.
5. Top with salsa, sprinkle with cheese, and season with black pepper, as desired.
6. Roll tortilla and enjoy.

Tips:

- Engage in mindful eating to ensure that you are chewing each bite well—taking eraser-sized bites and eating slowly.
- Stop eating at the first sign of fullness.

Nutritional Content:

Saturated Fat: 0.8, Vitamin A: 320.9, Calcium: 63.1, Sodium: 330.4, Dietary Fiber: 2.2, Sugar Alcohols: 0.0, Vitamin C: 1.8, Lean Meat (Exchange): 0.1, Iron: 2.3, Potassium: 176.0, Total Carbohydrate: 21.9, Calories: 157.0, Sugars: 0.7, DHA: 0.0, Protein: 11.4, Phosphorus: 333.6, Fat (Exchange): 0.8, Total Fat: 5.1, Water: 75.8, Trans Fatty Acid: 0.0, Very Lean Meat (Exchange): 1.2, Bread/Starch (Exchange): 0.9, Cholesterol: 1.1, Vegetable (Exchange): 0.2

Lunch or Dinner: Chicken Chef Salad

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 2 weight-loss-friendly or standard servings.

Ingredients:

- 1 cup Chopped romaine lettuce,
- 1/4 cup Chopped green bell peppers
- 1/4 cup Fresh grated carrots
- 4 oz Broiler/fryer chicken breast without skin
- 2 tbsp Low-fat shredded cheddar cheese
- 1 tsp Olive oil
- 1 tbsp Balsamic vinegar
- 1/4 tsp Black pepper
- 1/4 tsp Ground oregano

Preparation:

1. Place the lettuce and vegetables on 2 plates.
2. Top with equally divided chicken and cheese.
3. Sprinkle with olive oil, vinegar and seasonings.

Tips:

- Make sure to consume the chicken first, followed by the vegetables. Chew each bite thoroughly and stop eating at the first sign of fullness.
- Refrain from drinking during meals. It is best to stop taking in liquids at least 30 minutes before and after each meal. This will allow you to consume adequate amounts of food/protein before getting full.

Nutritional Content:

Phosphorus: 147.0, Saturated Fat: 1.1, Lean Meat (Exchange): 0.2, Iron: 1.1, Protein: 18.9, Sugar Alcohols: 0.0, Fat (Exchange): 0.6, Cholesterol: 45.1, DHA: 0.0, Vitamin A: 4045.5, Total Fat: 4.6, Sugars: 2.7, Total Carbohydrate: 4.9, Vitamin C: 22.7, Dietary Fiber: 1.4, Water: 105.4, Potassium: 271.9, Very Lean Meat (Exchange): 2.6, Calcium: 58.6, Trans Fatty Acid: 0.0, Calories: 140.1, Vegetable (Exchange): 0.6, Sodium: 93.3