


Nutrition Labels

Learning how to read a food label is important for lifelong success. **ALWAYS** read food labels.

FAT: 35 grams per day or less. Fat should be lower than protein per serving.
 **Limit** foods that have more fat than protein, such as bologna, salami, boudin, pepperoni, hot dogs, bacon, sausage, pea-

FIBER: When eating starch, look for foods higher in **FIBER**, aiming for

SUGAR: Everything should be 5 grams or less of **TOTAL SUGAR** (per serving) **EXCEPT** yogurt or fruit products, these should be less than 10 grams of sugar. All drinks should have 1 gram of sugar or less. Don't assume a product does not contain sugar.

SERVING SIZES: Are usually less than most people think. Make sure you account for

CALORIES: There is no precise measurement of calories after surgery, however, it is likely you will end up between 800-1200 calories per day. Use the Baritastic App to track

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

% DAILY VALUE: Based on a 2,000 calorie diet. Do not focus on percentages, focus on grams of nutri-

CARBOHYDRATES: <50 net per day during starch free and 50-100 grams per day after 6 months OR remove all starches and automatically be low carb. See page 54.

Net Carbs = Total Carbs

PROTEIN: 70-100 grams per day, 25-35 grams per meal. Look for products with more grams of **PROTEIN** than grams of sugar and fat.

A **GOOD** source of protein has at least 8 g of protein



TIP: Most restaurants offer nutrition facts online. Look up some of your favorite food choices and see if there is something lower in calories, fat, and sugar that would be just as satisfying.