

The Plate Method

Protein

Choose 3-4 oz

(size of a deck of cards)

- Lean meat
- Chicken
- Turkey
- Fish
- Shellfish

Starch/Fruit

Limit to 1 serving

- **Fruit**, ½ cup or 1 small fruit
- Dried fruit, 2 Tbsp
- Corn, ½ cup
- Green peas, ½ cup
- Potato, ½ cup, or ½ medium
- Sweet potato, ½ cup
- Cereal, ¾ cup
- Oatmeal, ¾ cup
- Beans, ¾ cup
- Grits, ½ cup
- Bread, 1 slice or 1 roll
- Biscuit, 1 small
- Waffle 1 small - 4"
- Tortilla, 1 small - 6"
- Pasta, 1/3 cup
- Rice, 1/3 cup

Protein:

Eat 1st

Non-Starchy

Vegetables:

Eat 2nd

**Starch/
Fruit: Eat
3rd**

Non-Starchy Veggies

Should fill half your plate

- Artichokes
- Asparagus
- Bamboo shoots
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Greens
- Mushrooms
- Leeks
- Okra
- Onions/green onions
- Parsnips
- Peppers all varieties
- Radishes
- Rutabaga

We recommend using the plate method as a guide to help with weight loss and to create good eating habits prior to surgery. Use a dinner plate no more than 9-10 inches in diameter.