

Controlling portions & meal planning

Introduction

The surgery that you have had, or will have, is a tool to help you to lose weight. However, the eventual success will depend on how well you can change your eating habits. Developing new eating habits will ensure that your weight loss is safe and successful.

Remember: the way you eat is just as important as what you eat.

Your new eating habits should be based around the following points:

- Eat small portions
- Chew foods well and appreciate them
- Eat slowly
- Eat at regular intervals without grazing
- Plan your meals and snacks in advance
- Eat meals and snacks on time, at set times
- Follow a healthy portion controlled diet

How many calories do you need?

We all have different needs, depending on our age, gender, activity levels and body weight. In order to lose weight you need to take in fewer calories and be more physically active. To lose weight, you need to eat 500 to 600 calories fewer than your daily calorific needs.

Guideline daily amounts for weight loss: 1500 calories a day

How many servings of different foods can you have?

Food group	1500 calories
Fruit & vegetables	6
Starchy Foods	6
Dairy	3
Protein	2
Fats	2
Extras	150 calories

Food groups and portion sizes

Fruit and vegetables	One serving is
Vegetables	
Cooked vegetables e.g. broccoli, cauliflower, carrots	3 tablespoons
Side salad	Size of a cereal bowl
Tomatoes	1 tomato or 6-8 cherry
Fruit	
Tinned fruit e.g. peaches, pears, raspberries	3 tablespoons
Stewed fruit e.g. apple, rhubarb, cherries	4 tablespoons
Melon	1 slice
Grapes	12
Apricots	2
Plums	2
Strawberries	7
Fruit juice (maximum 1 per day)	1 small glass or carton (100ml)
Apple, pear, banana, orange, peach	1 piece
Dried apricots	3
Raisins, sultanas	1 tablespoon

Carbohydrates	One serving is
Breakfast cereals e.g. flakes/crispies Dry porridge oats	3 tablespoons
Muesli	2 tablespoons
Muesli bar	1
Shredded wheat/Weetabix	1
Toast or bread	1 slice
Roll or bagel	Half
Crackers/ Crispbreads	3 (small)
Chapatti	1 (small)
Rice- cooked	2 heaped tablespoons
Pasta, noodles or couscous- cooked	2 tablespoons
Potatoes Jacket potato Sweet potato Mash potato Chips	2 egg size Half 100g (4oz) 2 tablespoons 8 oven chips
Pitta bread Tortilla wrap	1 mini, half Half

Protein Foods	One serving is
Raw lean meat e.g. beef, pork, lamb, chicken (without skin)	Size of a pack of playing cards (100g)
Ham, turkey	3 thin slices
Fish – e.g. salmon, trout, cod, haddock, tuna, mackerel,	Size of a cheque book (100g)
Fish fingers	3
Eggs (not fried)	2
Baked beans	4 tablespoons
Lentils, kidney beans, chick peas, butter beans	4 tablespoons
Nuts	2 tablespoons

Fats	One serving is
Butter or margarine	1 teaspoon
Reduced or low fat spread	2 teaspoons
Salad dressings: Mayonnaise Reduced fat/light mayonnaise/salad cream/french dressing or oil based salad dressing	1 teaspoon 2 teaspoons
Oil (any type)	1 teaspoon

Dairy foods	One serving is
Skimmed or semi-skimmed milk	1 medium glass/1/3 pint
Yoghurt - diet/low calorie	1 small pot of (150g)
Fromage frais light	1 small pot of (150g)
Low fat cheese eg brie, camembert, edam, reduced fat cheddar	1 matchbox size piece
Light cream cheese	2 small matchbox size pieces
Cottage cheese	1 large pot (200g)
Soya milk	1/3 pint
Soya dessert / yoghurt	1 small pot of (150g)

Extras

We all enjoy treats and snacks and they don't have to be avoided all together but its best to stick to the suggested amount.

50 calories	100kcal	150 calories
Something sweet		
1 plain biscuit e.g., rich tea, ginger nut	1 fun size chocolate bar or chocolate mini roll	1 small slice of sponge cake, malt loaf, fruit cake
1 Jaffa cake	1 small cereal bar	25g (1oz) chocolate
1 garibaldi biscuit	1 chocolate digestive biscuit	1 chocolate covered biscuit
1 fig roll	1 Hob Nob biscuit	1 ice lolly
1 scoop of plain ice cream	5 jelly sweets	1 choc -ice
1 low calorie hot chocolate drink		
Something savoury		
2 Tuc or Hovis crackers	1 small packet of Skips, Quavers, French Fries, Thai rice cakes, Twiglets	25g (1oz) peanuts 5 tablespoons Bombay mix
15g (1/2oz) Brie, Camembert, Edam	1 packet of reduced fat crisps	1 small packet of crisps
An alcoholic drink		
1 pub measure of spirit with a diet mixer	1 small glass of wine (100ml)	½ pint of premium lager (5%) or strong ale
	½ pint of lager or bitter (normal strength, 3.5%)	35ml cream liqueur e.g. Irish Cream
	2 pub measures of spirit with diet mixer	

Planning meals

People who have successfully lost weight and managed to keep it off, say two of the main things that helped them are:

1. Planning meals and snacks in advance
2. Eating at regular intervals

On the next page is an example of a **1500kcal daily eating plan** with the three meals spaced out evenly over the day.

Your menu plan could follow the below format:

Breakfast: 2 carbohydrate portion
1 dairy portion
1 Piece of fruit

Lunch: 2 carbohydrate portions
1 fat portion
1 protein portion
2 vegetable/ fruit portions

Evening: 2 carbohydrate portions
1 protein portion
1 fat portion
2 vegetable/ fruit portion
1 dairy portion

Snacks/ Extras: 1/3rd pint of milk for tea / coffee
2x pieces of fruit as snacks between meals

An example of a typical day

Breakfast	2 weetabix Strawberries x 7 1/3 pint milk
Snack	1 apple
Lunch	Grilled Chicken Breast (100g) sandwich (2 slices of bread) with large mixed salad and 2 tsp low calorie mayonnaise/ dressing
Snack	1 slice of melon or handful of grapes
Evening meal	Lean meat (100g) or fish (125g) 1 jacket potato with low fat margarine Carrots (3 tbs) cauliflower (3 tbs)
Extras	Milk for tea and coffee 1 small packet of quavers 1 Jaffa cake

Breakfast ideas

- Bowl of your favourite cereal with strawberries and hot skimmed hot milk.
- Baked beans on toast.
- Bowl of muesli, with a pot of low fat yoghurt
Glass of fruit juice.
- 2 slices of toast with light cream cheese
Glass of fruit juice.
- 2 Weetabix, with stewed cherries and skimmed milk
- 2 slices of toast with 2 poached or scrambled eggs. Served with 1 grilled tomato.

Light meal ideas

- Crisp breads with tuna in brine. Served with side salad and small amount of low calorie mayonnaise/ dressing.
- Crackers with low fat cheese e.g. brie & grapes.
- Medium jacket potato with cottage cheese and side salad.
- 2 slices of toast with sardines or pilchards in tomato sauce. Served with sliced tomato.
- 2 egg omelette with 2 slices of toast and low fat spread.

Main meal ideas

- Vegetable risotto, served with Parmesan cheese.
- Bolognese sauce and small well-cooked pasta shapes, served with a side salad.
- Fish pie with low fat white sauce topped with mashed potato. Served with broccoli and cauliflower.
- Chicken/beef/pork or lamb casserole, cooked with onion, mushrooms and carrots. Served with a jacket potato.
- Shepherds or cottage pie, with broccoli and cauliflower.

Buying and using 'ready made' meals

- Ready prepared low calorie meals are acceptable for occasional use.
- They usually tend to be low in dietary fibre, so add vegetables or salad for a more balanced and filling meal.
- These meals can also contain a lot of salt and so, ideally, should not be eaten every day
- Aim for complete meals that are less than 450 calories.

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Other resources available in this series

- Eating after a sleeve gastrectomy
- Eating after a gastric bypass
- Eating after gastric banding
- Controlling portions and meal planning
- Good sources of low fat protein following weight loss surgery
- Healthy recipes following weight loss surgery