

HEALTHFUL TIPS



Fresh Foods

Use these 7 Simple Steps to Clean Eating

It's time to stock up on the fresh foods of the season and eat foods that are closest to the way nature intended. The idea is to eat the best and healthiest options in each food group—back to the basics with real foods. Eating clean, fresh, healthy foods is one way you can take care of the new you after weight loss surgery. There's no need to settle for highly processed junk food. Here are some simple steps to make it easy to eat right.

1. Drink more H₂O.

Carry a water bottle with you at all times and sip constantly (except with meals). Add some fresh lemon, lime or mint to flavor.

2. Prepare meals at home.

When you prepare meals, you can control what you are eating.

3. Select healthy protein sources.

- Keep it simple and start with the basic protein sources: lean meat/fish/poultry. Avoid processed options and instead start with the real deal. Use spices or marinades and healthy preparation methods. Crock pots are a big help for busy people and foods are tender, moist, and easy to eat.
- Beans or legumes are another good protein source. If you use canned beans to save time, choose organic to avoid pesticide residues and additives like salt.
- Another option is to build your meal with protein-packed low-fat dairy—milk, cottage cheese, yogurt.

4. Eat more veggies.

If you focus on what to add to your diet, rather than what to take away, the good, fresh, healthy foods will naturally push out the not-so-good foods. Vegetables are a good place to start. Right after surgery, vegetable portions may need to be smaller because of higher

protein needs, but are still important to include in your diet. Vegetables are full of vitamins, minerals and fiber, and low in calories. Eat them fresh from the farm whenever possible or steam them. Fresh veggies smeared with a wedge of Laughing Cow Cheese Light make a great snack. Add veggies to your morning eggs. Make sure to include a good serving of vegetables with lunch and dinner.

5. Fruit is naturally sweet, delicious, whole and unprocessed.

It is chock full of vitamins and fiber. Eat it fresh whenever possible. Frozen and canned fruit are other good options—just look for the kind with no added ingredients. Add fruit to protein drinks; eat it with peanut butter or yogurt for a snack.

6. Nix the added sugar.

So many reasons to stay away from added sugar, but it is everywhere—you need to make a concerted effort keep it out of your diet. Avoiding processed foods is a good start: read labels and ask questions when eating out. If you need a sweet fix, use stevia—it's a natural sugar sub.

7. You need some fat in your diet—

just get it from the right places. Swap out saturated fats (butter, cheese and high-fat meat) in favor of healthy fats like olive oil, canola oil and the kind found in nuts and fatty fish. Try topping your salad with a few nuts instead of cheese, use peanut butter instead of cream cheese on a bagel, and replace mayonnaise with avocado on a sandwich.



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