Medical Bariatrics of Lexington **Dr. Julie Swindler**
(859) 263- SLIM (7546) **2716 Old Rosebud Rd, Lexington, KY 40509**

5 Nutritional Keys to Success

****

Plan ahead & Journal

****

1) **One** multivitamin
   #**1:** urination should be clear for good hydration

2) **2**000mg fish oil tabs a day

3) Minimum of **3** meals a day
   **Control calories: Women: 1000-1200
   Men: 1500-1600

**These are net calories <u>after exercise calories burnt are subtracted</u>.
For example, 1000 calories eaten minus 300 calories burned = 700 calories (must eat 300 cal more).
But, 1500 calories eaten minus 300 calories burned = 1200 (correct female range).

4) **4** palms of protein a day <u>minimum</u>
   Women: ~20g each (≥ 80g/day)
   Men: ~30g each (≥ 120g/day)

5) Tsp of sugar = (Total Carbs–Fiber) then divide by **5**
(Example: 18g TC – 3g F = 15g divided by 5 = 3 tsp of Sugar)
*Goal: 10-15 tsp total a day (a difference of **5**)
*This is the same as Total Carbs (TC) minus Fiber (F) being ~50-75g/day
For example: 100g TC – 25g F = 75g which is OK.

REMEMBER:

"***If it's a carb and it's white, it ain't right!***"