

Regional Weight Management Center
January 2011 Newsletter
(605) 719-1375

We hope that you all had a wonderful holiday season. All of us ate too much and too often over the holidays. Now it is time for us to get back on track, making the best and healthy food choices to continue your weight loss journey. A healthy diet will have items from each of the following food groups. Quantities and suggested foods are listed in each group.

Meat, fish, poultry, eggs

2 to 4 oz. of meat, fish or poultry, or one egg, for additional protein. Remove all visible fat from the meat. Remove the skin from poultry. Prepare the meat in ways that require very little fat. Grilling, steaming, microwaving and boiling are all good ways to do that.

Fruits and vegetables

1 to 2 servings of fresh fruit daily

2 to 3 servings of fresh vegetables daily

Whole grains

1 small portion of cornflakes for breakfast, or 1 to 2 slices of whole wheat or rye bread, preferably toasted, each day.

Dairy Products

Milk and yogurt are calories in liquid form. In theory, then, they should be low-fat. But these types of food have calcium and protein. That makes them an important part of the healthy daily diet. Choose a maximum of 2 cups of low-fat milk or low-fat yogurt or 1 oz. of low-fat cheese a day.

Fats

Restrict the use of fat to 3 or 4 teaspoons of margarine, butter or oil per day. You can have low-fat salad dressing and mayonnaise in moderation.

Drinks

Drink as many calorie-free liquids per day as you wish. Suitable drinks are;

- Noncarbonated beverages containing few or no calories
- Tea or coffee (black) with low-calorie sweetener
- Clear soup and broths
- Water

Although the lap band restricts your food intake and the types of food you are able to eat, make sure to keep your diet as varied and balanced as possible.

Terry Anderson, Supervisor of Regional Weight Management Center
Phone: (605) 719-1011