Gastic Bypass Food Guide Pyramid

**Fruit**
2 servings per day
One serving equals:
- 1 medium fruit
- ½ large fruit
- ½ cup canned fruit

**Starches**
2 servings/day
One serving equals:
- ½ cup oatmeal
- ½-3/4 cup dry cereal
- 1 small corn tortilla
- 1/3 cup brown rice or pasta
- 1 slice whole wheat bread

**Healthy Fats**
4 servings per day
One serving equals:
- 1 teaspoon oil
- 1/8 avocado
- 2 Tbsp. guacamole
- 1 Tbsp. nuts or seeds
- ½ Tbsp. mayonnaise
- 1 Tbsp. salad dressing

**Vegetables**
2 servings per day
One serving equals:
- ½ cup cooked vegetables
- 1 cup raw vegetables

**Protein**
8-10 servings per day
One serving equals:
- 1 oz poultry, fish, or lean meat
- ¼ cup lowfat cottage cheese or ricotta cheese
- ½ cup beans
- 1 whole egg, 2 egg whites or ¼ cup egg substitute
- 6 oz nonfat/lowfat yogurt
- 4 oz nonfat greek yogurt
- 8 oz skim milk
- 1 oz lowfat cheese

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