Lap-Band Food Guide Pyramid

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

Fruit
2-4 servings per day
One serving equals:
1 medium fruit
½ large fruit
½ cup canned fruit

Vegetables
2-4 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
6oz nonfat/lowfat yogurt
4oz nonfat greek yogurt
8oz skim milk
1oz lowfat cheese

www.personal-nutrition-guide.com ©Inspiring Nutrition, LLC