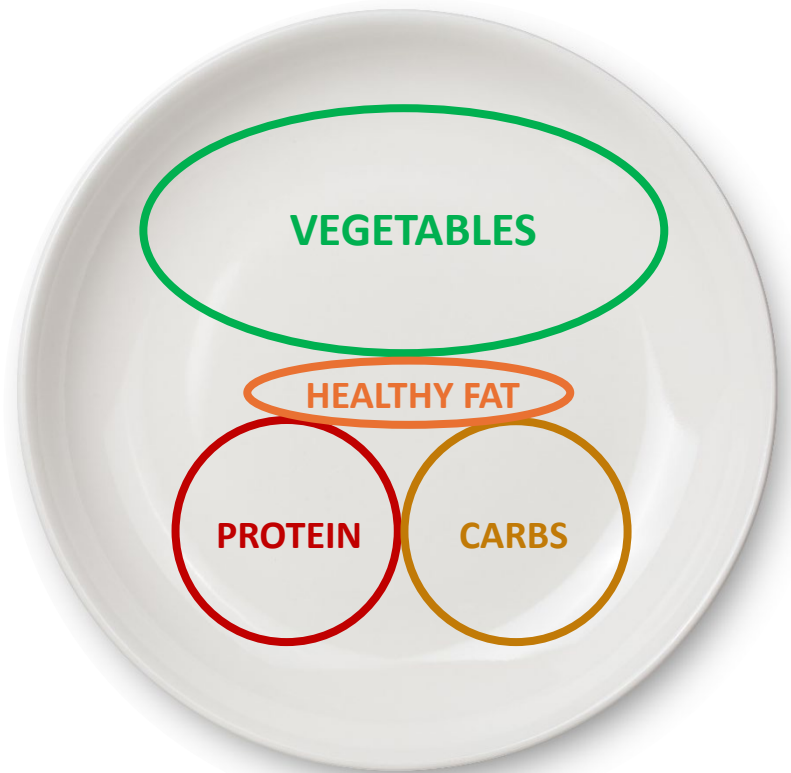


My Plate Meal Plan

Eating well before your surgery

The goal of the **My Plate Meal Plan** is to show a visual guide for setting up your meal plate.

- Eat from a plate that is 8–9 inches across from side to side.
- Leave an empty 1-inch border around all your food as a frame.
- Cut food to the size of a quarter and take 1 bite at a time.
- Chew until the food is smooth.
- Take 20–30 minutes to eat your food.
- Stop eating when you no longer feel hungry or have an appetite.
- At meals, set your plate up to look like this →



Whole Foods and Processed Foods

Try to choose whole foods over processed foods as much as possible.

Whole Foods:

Whole foods are close to their natural form.

Benefits of eating them include:

- Lots of vitamins, minerals, fibers, and protein.
- Takes longer to chew which helps you feel full in 20–30 minutes.
- Takes longer to digest which helps you feel full for a longer time.
- Supports your gut microbiome (intestinal bacteria), which helps with weight loss, blood sugar balance, and health.

Processed Foods:

Processed foods have been changed a lot from their natural form. **Reasons to limit them include:**

- Added sugars, fats, and salt, and low fiber.
- Easy to chew, so it is easy to eat extra calories.
- Fast to digest, so you feel hunger sooner.
- You often experience more food cravings, especially for sugary or fatty items.
- Increases blood pressure, cholesterol, weight, and blood sugar.



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