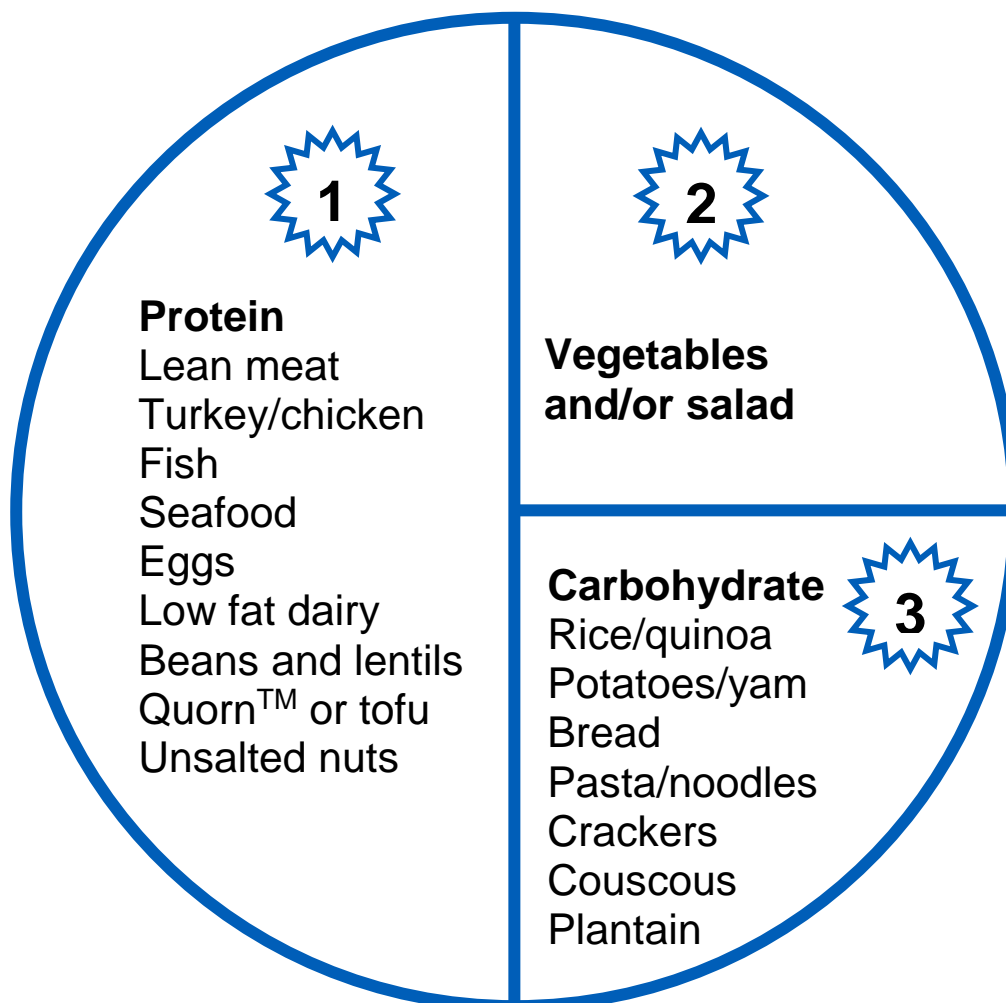


# The bariatric plate

**This leaflet explains how to balance your meals after weight loss surgery. If you have any further questions or concerns, please speak to the dietitian caring for you.**

You should follow this plate balance once you have finished the post-op texture progression diet and returned to normal diet. Aim to have two main meals balanced like this, and one lighter meal each day. Use a side plate (16-18cm/6-7" across) and avoid using larger dinner plates, as this can cause portions to slowly increase. Try to eat food roughly in the order 1, 2, 3 (protein, followed by vegetables, followed by carbohydrate). This is because the protein part of the meal is the most important and also the most filling.

## Small dinner plate



## Cooking tips

- Remove all fat and skin from any meat or chicken **before** cooking.
- Use low fat cooking methods such as grilling, baking (wrap in foil to keep things moist), steaming or boiling.
- Limit oil or butter to vegetables or salads. If you need extra flavour, add seasoning or a little bit of low calorie dressing or vinegar.
- If you need to use oil to stop food from sticking, use a spray oil.
- Add flavour using herbs, spices, seasonings, lemon juice, ginger, onions, and garlic.
- Do not add any oil or butter to carbohydrates – keep them simple.
- Choose high fibre carbohydrate options wherever possible as these will keep you fuller for longer and help to prevent constipation (try wholegrain bread, pasta, rice, crackers and keep skins on potato).

### Contact us

If you have any further questions, please contact, **t:** 020 7188 4128,  
**e:** [BariatricDietitians@gstt.nhs.uk](mailto:BariatricDietitians@gstt.nhs.uk), Department of Nutrition and Dietetics, 1<sup>st</sup> Floor Tower Wing, Guy's Hospital, London SE1 9RT.

Out of hours, contact NHS 111. In an emergency dial 999 or go to your nearest Emergency Department (A&E).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am-5pm

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111      **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

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