

# Introduction

In my 25 years of practise as a dietitian, one of my major priorities has been to make dietary concepts simple and understandable for my clients. I developed the Great Ideas in Nutrition Portion Perfection Plate for just that purpose. The Portion Perfection Plate is a dinner plate with ideal portion size and nutritional balance guides printed on it so that you can quickly and easily monitor the amount and type of food you serve.

The Portion Perfection Bowl soon followed. This bowl is used for monitoring portion sizes of soups, purees, cereals and desserts. These products can be purchased online at [www.greatideas.net.au](http://www.greatideas.net.au).

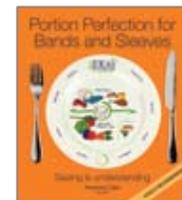
Around this time, I published *Portion Perfection: A visual eating plan*. This book can be used in conjunction with the Portion Perfection Plate and Bowl. Its aim is to help guide weight control food choices for the entire day. I've found that many people zone out when presented with a list of dietary options – but that they respond well to visual images, and so I often use pictures rather than words with my clients.

The plate and bowl concept is an effective way to monitor your progress on an ongoing basis, and the standard version of *Portion Perfection* can be used by the whole family.

It was following the success and positive feedback from the initial plate that the Portion Perfection Band and Sleeve Plate was developed. This plate was specifically designed for those who have undergone adjustable gastric band surgery or sleeve gastrectomy. This book, *Portion Perfection for Bands and Sleeves, Seeing is understanding*, acts as a companion to the Portion Perfection Band and Sleeve Plate and Bowl.

*Portion Perfection for Bands and Sleeves* includes photographs of the ideal portion size for gastric band or sleeve gastrectomy owners during the weight loss phase. It is assumed that you have completed your post-surgery regime which may include fluids and puree and you are ready for solid food.

Brand-named products have been incorporated to provide you with a realistic and practical everyday guide that will help you fit good nutrition into your busy lifestyle.



## Chocolate bars

Think back about 20 years ago, if you can! Can you remember how big chocolate bars were? Strangely, they were much smaller than they are today. For example, look at what's happened to the Kit Kat, which was one of the smallest bars on the market 20 years ago. Today, that very same snack is one of the largest on the market.



Originally Kit Kats were 20 g (around 100 Cals / 420 kJ), but now there's the Kit Kat Chunky King Size which is 78 g (409 Cals / 1717 kJ). It's gone from an acceptable snack to almost a meal's worth of Calories!

**20 years ago:**  
100 Cals / 420 kJ

**Today:**  
409 Cals / 1717 kJ

Let's look at some more comparisons between portion sizes 20 years ago and those today.

## Take-away coffees

Twenty years ago, a take-away coffee would have come in a 200 ml polystyrofoam cup. It would have been made on water, and even if you added full cream milk and sugar, it wouldn't be more than about 85 Cals / 357 kJ.

Over the last 15 or so years, though, there's been a coffee revolution. Where 20 years ago it wasn't that common to get a take-away – and many of us didn't even know what a latte was – now it's a different story. Think about the various different sizes of take-away cups, and all the milk-based coffees you can now order – lattes, flat whites and cappuccinos – and we start to see a problem. A typical small milk-based coffee (and you can include hot chocolates here, too) would be 250 ml – that's 200 Cals / 840 kJ. That's a 'Small', but what about a 'Grande'? At 470 ml, a Grande provides up to 480 Cals / 2016 kJ, depending on the particular drink you've ordered.

**20 yrs ago:**  
85 Cals  
/ 357 kJ

**Today:**  
Up to  
480 Cals  
/ 2016 kJ



## Introducing the tools

The Great Ideas in Nutrition Portion Perfection Plates and Bowls for Bands and Sleeves serve as self-monitoring tools to help encourage healthy eating and weight loss.



The tools address three common issues:

### 1. Portion size

How much we eat depends largely on how much food we have on our plates or in the snack-food packet. Portion control is a valuable tool to add to your band or sleeve.

### 2. Nutritional balance

Getting the right things for a balanced diet on your plate is easy with the plate system.

### 3. Eating awareness

By being fully aware of what you are eating, and eating in a 'conscious' way, you will find satisfaction for your mind as well as your stomach. This involves savouring your food and slowing down your eating so you feel satisfied with the smaller quantity. There are also specific eating behaviours that particularly help avoid unnecessary pain and discomfort for gastric band owners.

### A word on carbohydrates

It's important not to be fooled into thinking we weren't designed to eat them; that's what the enzymes in our intestines are for. Over half the world's population lives on carbohydrate-based foods as their staple – and most of those people don't have the obesity problem that we do in the Western world, so that is not the answer. It's just that carbohydrates aren't essential for every meal.

## Carbohydrates

You'll notice that carbohydrates feature in most meals – this is because they are the best fuel for your muscles and brain. It is okay to omit them in one main meal per day to leave extra space for protein and low starch vegetables or salad. Talk to your dietitian about the best option for you.

## Protein

Protein is vital for maintaining muscle mass and therefore metabolic rate as you lose weight. Protein is also essential to the structure of red blood cells, the immune system, the regulation of enzymes and hormones and for healing after surgery.

Daily protein needs can be calculated by multiplying your ideal body weight in kg x 0.8. For most people, this will be in the range of 50-80 g protein/day. For example, Sue's ideal body weight is 70 kg x 0.8 = 56 g protein.

To help you ensure that you are achieving your daily intake we have displayed the protein content of each choice. For example, 1/2 cup cottage cheese, shown on page 53 contains **21** grams of protein and is a very good choice because it provides more than one third of Sue's daily needs.

## Drinks

Timing your intake of liquids is important to get the best from your band or sleeve. I recommend drinking before meals. With a band, thin liquids such as water can be consumed within minutes of starting a meal because they will simply slide through into the second pouch. With a sleeve, you will need to allow a little longer – about 30-40 minutes – to ensure the liquid gets out of the stomach before eating.

The type of liquid you drink is also important. Liquids will generally not be as satisfying as solid food. Keep most of your Calories for solid food, and limit Calories from drinks to 200 ml milk. A milk drink can be handy if you don't get the opportunity to eat a solid snack between meals. After the meal it is important for both band and sleeve owners to wait 30 minutes before drinking. Check out the volume of your glasses – use large glasses for water and small 200 ml glasses for milk.

Dietitians recommend an acceptable rate of weight loss to be anything between 1 kg per week and 1 kg per month for adults and teenagers over 13. Faster weight loss may occur in the initial stages after surgery. This is fine because while the band or the sleeve is working for you there is minimal risk of weight regain with the right eating habits.

### APDs and Advanced APDs

All dietitians who maintain their training to a high standard are APDs – this means they're Accredited Practising Dietitians. Some dietitians have been granted Advanced status. This identifies the top 1 per cent of the profession who are formally recognised as leaders in their field.

## What weight is right for me?

A simple way to assess your ideal weight is by using the Body Mass Index (BMI). This is a general measure of body mass, and provides a good general guide to whether you are underweight, average, or overweight. Higher BMIs result in higher risk for diabetes, heart disease and joint problems.

### Calculate your BMI using the following equation:

Your weight (kg) ÷ your height (m)<sup>2</sup> = your BMI.

**BMI 18.5–25** = Healthy weight

**BMI 25–30** = Moderate health risk

**BMI 30+** = High to very high health risk

*Note: The BMI is useful as a general guide, however it does not take individual muscle mass into consideration. Many people who have reached a very high body weight have also achieved a very high muscle mass. It is beneficial to maintain as much of that muscle mass as possible, as muscle determines how many Calories your body burns. For a true assessment of your ideal weight, consult a dietitian.*

## How much do I need?

The daily Calorie guide that this book is based on is as follows:

### Breakfast:

200–250 Cals (840–1050 kJ), and up to 1 cup

### Lunch:

200–250 Cals (840–1050 kJ) and up to 1 cup

### Dinner:

200–250 Cals (840–1050 kJ) and up to 1 cup

### Morning tea:

100 Cals (420 kJ) and up to 1 cup

### Afternoon tea:

100 Cals (420 kJ) and up to 1 cup

### Supper:

100 Cals (420 kJ) and up to 1 cup

# Breakfast

## Toast and toppings

Toast can be a great way to start the day, but is it too much to have melted cheese on it? Consider the components of a toast-based breakfast to be the bread, nutritious toppings to accompany the toast (Add Ons) and other choices that don't significantly add to the Calories but enhance the meal (free foods).

Meal components

Calories	Breads (100 Cals / 420 kJ)	Add Ons (100 Cals / 420 kJ)	Free Foods (<20 Cals / 85 kJ)
<b>220 Cals / 924 kJ</b>	1	1	1

### Toast (100 Cals / 420 kJ)



Multigrain bread, 1 slice (30 g) **3**



English muffin, ½, wholegrain **4** or fruit **3**



Low GI white bread, 1 slice (30 g) **3**



Raisin bread, 1 slice (30 g) **3**



Stoneground wholemeal or sourdough rye, 1 slice (30 g) **3**



Grainy corn/rice cakes, 4 **3**



Ensure toast is crisp – not soggy or doughy; sometimes stale is best.

“Breakfast kickstarts the metabolism and there is clear evidence that concentration levels are improved in the mornings following breakfast.”

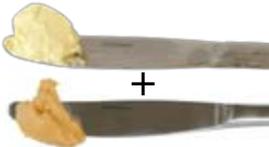
# Breakfast

## Toast and toppings *continued*

### Add Ons (100 Cals / 420 kJ)

\* For more 'Add Ons' serves refer to Appendix 2

Note you may choose to have half of two Add Ons for your 100 Cals, rather than one whole Add On. For example you might like the 1½ tsp spread with half a banana.

 Cottage cheese, low fat, ½ cup, 120 g <b>21</b>	 Cream cheese, 1 tbsp <b>2</b>	 Eggs, 2 small, poached or boiled, 80 g <b>10</b>	 Spread, 1½ tsp <b>0</b> + Peanut butter, 1½ tsp <b>2</b>	 1 banana <b>3</b>
 Baked beans, 130 g <b>6</b>	 Corn, kernals or creamed, 125 g <b>3</b>	 Cheese, 1 slice, 20 g <b>5</b>	 Avocado, ⅓, (60 g) <b>1</b>	
 Nestlé Diet Yoghurt, 1 tub, 200 g <b>9</b>	 Yoghurt, low fat, 100 g <b>5</b>	 Mince, 55 g <b>11</b>	 Hot skim milk drink, 200 ml <b>6</b>	 Skim milk, 200 ml <b>7</b>

**BAND TIP** Ensure drinks are taken a few minutes prior to solid food – the thicker the drink, the longer the delay. Please note that thin liquids are unlikely to be as satisfying as solid food.

### Free foods (< 20 Cals / < 85 kJ)

\* For more 'free food' serves refer to Appendix 3

 Asparagus spears, 5 <b>2</b>	 Yeast extract, 2 tsp <b>3</b>	 Mushrooms, 60 g <b>2</b>	<p>Enjoy anytime</p>  Glass of water <b>0</b>
 Tomato, 100 g <b>1</b>	 Fish paste, 2 tsp <b>2</b>	 Tea/coffee, with milk <b>1</b> or 1 sugar <b>0</b>	

**SLEEVE TIP** For sleeve owners, avoid drinking 45 minutes either side of a meal.

# Everyday Dinner

## Fish / meat / chicken and salad

**RECIPE** IDEA

Fish is very well tolerated by band and sleeve owners. It is moist, tender, low in bad fats and can be cooked in a variety of ways. Choose cooking methods with small amounts of added fat and choose low fat sauces if desired. Fish is the perfect accompaniment to a green salad. Add Basmati rice, pasta, sweet potato or corn for low GI carbohydrate. Peter Howard has a great recipe for Soy Swordfish and Almond on page 83 of *Delicious Entertaining* that makes an impressive presentation.



**200 Cals / 840 kJ**

Salmon steak and salad



**250 Cals / 1050 kJ**

Salmon steak and salad with rice