BWH BRIGHAM AND WOMEN'S Center for Metabolic and Bariatric Surgery

DAILY GOALS

<u>Total Calories</u>	1,200 per day	Fluid Goals	64 ounces/8 cups	
<u>Protein</u>	60-70 grams/day 35-55 Calories per serving	<u>Vegetables</u>	25 Calories per serving	
Servings	1	Servings	1	
	2		2	
	3			
	4	<u>Fruit</u>	60 Calories per serving	
	5	Servings	1	
	6		2	
	7			
	8	<u>Fat</u>	45 Calories per serving	
Starch/Breads 80 Calories per serving		Servings	1	
Servings	1		2	
	2		3	
	3	Milk/	Milk/Yogurt (Low Fat)	
	4	Servings	1	
			2	

CHEWABLE MULTIVITAMINS x 2, CALCIUM SUPPLEMENTS (1200-1500mg/day), VIT B12 (350-500 mcg/day)

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