



JOHNS HOPKINS

M E D I C I N E

JOHNS HOPKINS
BAYVIEW MEDICAL CENTER

Nutrition Guidelines

for

Bariatric Surgery

Dietitian: _____

For more information, please contact the Johns Hopkins Bayview Medical Center Clinical Nutrition Department at 410-550-1549. To schedule an appointment with a Registered Dietitian, call 410-550-7728.

Why should I follow these recommendations?

1. To help prevent nutritional deficiencies as a result of the malabsorption.
2. To help you achieve the maximal amount of weight loss.
3. Help prevent side effects such as nausea and vomiting, hair loss, and dumping syndrome.

Things to Consider Before your Surgery...

It is a good idea to start making changes **before** surgery to help you prepare for your new lifestyle after surgery.

1. **Practice eating slowly and chewing your food thoroughly.** You must be able to chew food to a liquid consistency before swallowing to decrease your risk of pain, nausea and vomiting.

Tips:

- Use infant utensils or chop sticks.
- Cut food into tiny pieces or take tiny bites (ie pencil eraser-size).
- Chew foods 20 times or until they are liquid.

2. **Stop eating when you feel comfortably satisfied.** It takes 20 minutes for your brain to realize that your stomach is full. When you feel a pressure in your **upper** stomach area, this is your new full feeling. If it is painful, you probably took one too many bites, or perhaps ate too quickly, or maybe the food was too dry (ie grilled food, leftovers).

Tips:

- Eat slowly to recognize your feeling of fullness.
- Savor each bite, noting its taste, flavor, and texture.
- Sit down and focus on eating. Avoid activities (ie reading, watching TV) where you can become distracted.

3. **Practice sipping beverages slowly.** Drinking too quickly, gulping and drinking too much may cause pain and discomfort. At the same time, make sure you are drinking adequate amounts of fluids **to prevent dehydration.** You should be taking in **6 to 8 cups** per day (48-64 ounces). Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, lethargy, a white coating on the tongue.

Tips:

- Try children's "sippy" cups or a sports top water bottle to slow you down.
- Keep fluids with you all day long and keep sipping. Eventually you should be able to take 8 ounces of fluid over 5-15 minutes.
- Avoid fluids on the table while you eat.
- Avoid alcohol. Alcohol may contribute to dehydration, weight gain and result in poor nutrition, since it is high in calories and low in nutrients.

4. **Wean off of beverages containing caffeine, carbonation and sugar.**

Caffeine and carbonation may irritate the stomach and make you uncomfortable and sugar may cause Dumping Syndrome. Caffeine may also contribute to dehydration.

Tips:

- Choose beverages such as Crystal Light[®], Propel Fitness Water, Fruit 2O[®], Diet Snapple[®] and low sugar versions of fruit drinks and juices.
- If you are having trouble tolerating plain water, try adding a sugar-free flavoring, such as True Lemon/Lime/Orange[®].

5. **Read food labels.** Begin by identifying the amount of sugar, fat and protein in a particular food.

- Sugar

Foods that are high in sugar may cause symptoms of flushing, dizziness, weakness, headache, nausea, vomiting, diarrhea and abdominal discomfort known as **Dumping Syndrome**. These foods can also slow down the rate of weight loss and may even cause weight re-gain.

Tips:

- Avoid high sugar foods such as sweets, candy, fruit drinks and sodas.
 - Do not eat foods that contain sugar in the first 3 ingredients on the food label.
 - Aim for no more than **15 grams of “sugars”** per serving of food at one sitting.
- Sugar alcohols

Sugar alcohols such as sorbitol, xylitol, mannitol, and starch hydrolysates may lead to cramping, abdominal pain, excess gas and/or diarrhea.

Sugar alcohols are typically found in dietetic foods such as sugar-free candies, cookies, ice cream and chewing gum.

- Fat

Tips:

- Avoid obviously high fat foods such as snack chips, fried foods, fast food, bacon, sausage, hot dogs, bologna, pepperoni, cream soups, Alfredo sauce, donuts, cakes, cookies and pastries.
 - Choose foods with **3 grams or less of total fat** per ounce, per serving or per 100 calories. Select cheeses with 5 grams or less of total fat per ounce.
- Protein

Protein is important for wound healing and immune function. You will need **60-80 grams** of protein a day. Protein should be consumed first at each meal, then vegetables and fruits, then whole grains.

Tips:

- Eat protein with each meal.
- Eat protein foods first at each meal. Take 2-3 bites of protein followed by a bite of fruit or vegetable and then a bite of starch/grain.
- Choose lean proteins prepared with little or no fat.
- Consider moist preparation methods and avoid dry meats.

6. Explore and purchase protein supplements (see handout).

Tips:

- Look for drinks made with **whey protein isolate** (this is absorbed very well, and has no lactose or milk sugar). Whey protein concentrate contains lactose, which may be an issue after your gastric bypass surgery. Lactaid pills can help with tolerance.
- Choose supplements with at least 20 grams of protein per serving.
- Mix supplements with skim or 1% milk for an additional 8 grams of protein per serving.
- Choose supplements with less than 3 grams of sugar per serving.
- **Avoid and/or limit products with collagen (not a complete protein).**

7. Purchase your vitamin and mineral supplements.

Vitamins and minerals are absorbed differently after surgery therefore daily supplementation is needed for **the rest of your life**. See individual diet information handout for recommendations.

8. **Include physical activity in your daily routine.** Exercise is recommended as a life-long habit and is known to improve over-all health, mood and sense of well-being as well as maximize weight loss. Strive for 30-60 minutes per day, most days of the week.

9. **Avoid “last supper” eating** (that “last hurrah” before your surgery). Weight gain, especially a few weeks before your surgery, can increase the size of your liver and may make it harder for your surgeon to get under your liver and to your stomach to perform your weight loss surgery.

10. **Consider losing 5 to 10 pounds before your surgery.** Weight loss has been shown to decrease the size of your liver and make it easier for your surgeon to perform your procedure.

Following Your Surgery...

Initially following your surgery, you will be encouraged to sip small amounts of liquids to assess tolerance and begin the healing process. The following liquids will be provided:

- Sugar free gelatin
- Low sodium broth
- Crystal Light®
- Unjury® (protein supplement, can be mixed with Crystal Light®)

Goals for GBP:

- Day 1, slowly sip 1 ounce (one medicine cup) of liquid per hour.
- Day 2, increase fluids to 2 ounces (2 medicine cups) per hour.
- Day 3, increase fluids to 3-4 ounces per hour.

Goals for AGB:

- Day 1, slowly sip 2 ounces (2, 1 ounce medicine cups) of liquid per hour.
- Day 2, increase fluids to 3-4 ounces per hour.

Following Discharge Home...

Liquid/Semi-liquid Diet: Post-op Week 1

Liquids

- Broth (the salt in the broth can help your body hold on to fluid better)
- Sugar-free fruit drinks
- Sugar-free popsicles and sugar-free Italian ice
- Water, decaffeinated tea, decaffeinated coffee
- Diluted fruit juice (maximum of 4 ounces juice per day, diluted with 4 ounces water)
- 1% or skim milk
- Protein supplements (please see approved list)

Semi-liquids

- Sugar-free sherbet
- Low-fat/light yogurt (fat-free plain Greek yogurt is preferred)
- Fat-free cottage cheese (no fruit added)

- Fat-free ricotta cheese
- Sugar-free gelatin (ie diet Jell-o®)
- Sugar-free, low fat pudding

Goals:

- 60-80 grams of protein per day (at least 3 high protein supplements per day).
- 48-64 ounces (oz) of fluid per day (including protein drinks).

Sample Liquid/Semi-liquid Meal Plan

- 7:00 am 8 oz fluid such as decaffeinated coffee
- 8:00 am 2 tbsp semi-liquid such as fat-free plain Greek-style yogurt
- 8:30 am 8 oz fluid such as decaffeinated tea
- 9:00 am 2 tbsp semi-liquid such as sugar-free pudding
- 10:00 am 8-12 oz protein supplement
- 12:00 pm 2 tbsp semi-liquid such as sugar-free gelatin
- 1:00 pm 8 oz fluid such as water with lemon
- 2:00 pm 8-12 oz protein supplement
- 4:00 pm 8 oz fluid such as decaffeinated iced tea
- 6:00 pm 2 tbsp fat-free cottage cheese
- 8:00 pm 8-12 oz protein supplement made with 1% or skim milk

Blended Diet: Post-op Weeks 2-4

Goals:

- 60-80 grams of protein per day (you will need at least 3 high protein supplements per day).
- 48-64 oz of fluid per day (including protein drinks) **sipped between meals.**
- Blend, mash or chew all foods to **liquid/baby food** consistency.
- Eat protein foods first, followed by produce (fruits and vegetables), then grains.
- Avoid spicy foods as well as very hot or very cold foods since they may cause discomfort.
- Try only **1** new food at a meal so that you know what you can tolerate.

| Food | Choose | Avoid |
|---|---|---|
| <p>Protein</p> <p>Always eat protein foods first</p> <p>Choose lean protein foods that provide ≤ 50 calories/oz</p> <p>Avoid proteins cooked in oil, fat and butter</p> | <p>2 tbsp provides approximately 6-7 grams of protein</p> <p>Beef, Pork, Poultry Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna fish in water Paper shaved deli meats Egg (scrambled) and egg substitute</p> <p>2 tbsp provides 3-4 grams protein</p> <p>Cottage and Ricotta Cheese (fat-free or 1%) Greek-style yogurt (fat-free, plain or vanilla) Baby Meat Tofu, extra firm nigari, mashed</p> <p>Cheese, Fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein) Milk, 1% or skim (8 oz provides 8 grams of protein)</p> | <p>Peanut butter Nut butters Potted meats</p> |
| <p>Produce</p> <p>Avoid fruits and vegetables</p> | <p>2 tbsp is a serving size</p> <p>Vegetables</p> <p>Soft, tender varieties, cooked and</p> | <p>Raw Tough varieties</p> |

| | | |
|---|---|---|
| <p>cooked in oil, fat and butter</p> | <p>blended or mashed with a fork</p> <p>Fruits</p> <p>Mashed banana, unsweetened applesauce Soft tender varieties without seeds, skins or hulls, cooked and blended or mashed with a fork</p> | <p>Fibrous stalks Seeds, skins, hulls</p> <p>Raw Tough varieties Seeds, skins, hulls</p> |
| <p>Grains and Starches</p> <p>Avoid grain and starches cooked in oil, fat and butter</p> | <p>2 tbsp is a serving size</p> <p>Hot cereal (oatmeal, grits, cream of wheat)</p> <p>Mashed white or sweet potatoes</p> | <p>Pasta and noodles Rice Bread and bread products All additional starchy foods not listed in the choose category</p> |
| <p>Soups</p> | <p>Broth, bouillon Reduced fat cream soups, blended Egg drop soup (1/2 c provides 3 grams protein)</p> | <p>All others</p> |
| <p>Beverages</p> | <p>Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light[®], Propel[®] Fitness Water, Fruit 2O[®], True Lemon/Lime/Orange[®]</p> | <p>Regular soda Caffeinated coffee/ tea “Fizzy” drinks Chocolate milk Sweetened condensed milk 2% or whole milk</p> |
| <p>Miscellaneous</p> | <p>Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free, low fat ice cream and sherbet</p> | <p>All others</p> |

Sample Blended Meal Plan

7:00 am 8 oz fluid such as decaffeinated coffee

8:00 am 2 tbsp protein food such as fat-free plain Greek-style yogurt
¼ medium banana, mashed

9:30 am 8-12 oz protein supplement

11:00 am 2 tbsp protein food such as fat-free cottage cheese

12:00 pm 8 oz fluid such as decaffeinated tea

1:00 pm 2-3 tbsp protein food such as blended chicken
2 tbsp blended green beans
1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy

2:30 pm 8 oz fluid such as Crystal Light®

3:00 pm 2 tbsp protein food such as fat-free ricotta cheese

4:00 pm 8-12 oz protein supplement

4:30 pm 8 oz fluid such as water with lemon

6:00 pm 2-3 tbsp protein food such as blended chicken
2 tbsp blended green beans
1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy

7:30 pm 8 oz fluid such as Fruit 2O®

8:00 pm 4-6 tbsp sugar-free pudding

Soft Diet: Post-op Weeks 4-8

Goals:

- 60-80 grams of protein per day.
- 48-64 ounces (oz) of fluid per day (including protein drinks) **sipped between meals.**
- All foods must be cooked or processed. No raw foods except banana. Chew all foods well.
- Eat protein foods first, followed by produce (fruits and vegetables), then grains.
- Try only **1** new food at a sitting so that you know what you can tolerate.

| Food | Choose | Avoid |
|---|---|---|
| <p align="center">Protein</p> <p>Always eat protein foods first</p> <p>Choose lean protein foods that provide ≤ 50 calories/oz</p> <p>Avoid proteins cooked in oil, fat and butter</p> | <p>1 oz provides approximately 6-7 grams of protein</p> <p>Beef, Pork, Poultry Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna in water Lean deli meats Egg and egg substitute</p> <p>2 tbsp provides 3-4 grams protein</p> <p>Cottage/Ricotta Cheese (fat-free, 1%) Greek-style yogurt (fat-free, plain or vanilla) Tofu, extra firm nigari, mashed</p> <p>Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein)</p> <p>Milk, 1% or skim (8 oz provides 8 grams of protein)</p> | <p>Peanut butter Nut butters Tough, dry meats</p> |
| <p align="center">Produce</p> <p>Avoid fruits and vegetables cooked in oil, fat and butter</p> <p>Limit to unsweetened, canned in natural juice</p> | <p>2 tbsp is a serving size</p> <p>Vegetables</p> <p>Tender varieties, cooked until soft</p> <p>Fruits</p> <p>Mashed banana Cooked or canned</p> | <p>Raw Tough varieties Fibrous stalks Peas, corn</p> <p>Raw Tough varieties Seeds, skins, hulls</p> |
| <p align="center">Grains and Starches</p> <p>Avoid grain and</p> | <p>2 tbsp is a serving size</p> <p>Hot cereal (oatmeal, grits, cream of wheat)</p> | <p>Bread All additional starchy foods not listed in the</p> |

| | | |
|---|---|--|
| starches cooked in oil, fat and butter | Mashed white or sweet potatoes Rice, pasta and noodles Toast, crackers without seeds, pretzels | choose category |
| Soups | Broth, bouillon Reduced fat cream soups, blended Egg drop soup (1/2 c provides 3 grams protein) | All others |
| Beverages | Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light [®] , Propel [®] Fitness Water, Fruit 2O [®] , True Lemon/Lime/Orange [®] | Regular soda Caffeinated coffee/tea “Fizzy” drinks Chocolate milk Sweetened condensed milk 2% or whole milk |
| Miscellaneous | Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free, low fat ice cream and sherbet | All others |

Sample Soft Diet Meal Plan

7:00 am 8 oz fluid such as decaffeinated coffee

- 8:00 am 2 oz protein food such as an omelet (1 scrambled egg with 1 slice fat-free cheese and 1-2 tbsp cooked vegetables)
- 9:00 am 8 oz fluid such as Crystal Light[®]
- 10:00 am 8-12 ounces protein supplement
- 1:00 pm 1-2 oz protein food such as tuna with low fat mayonnaise
2 tbsp canned fruit
2 saltine crackers
- 2:00 pm 8 oz fluid such as water with lemon
- 4:00 pm 8-12 oz protein supplement
- 5:00 pm 8 oz fluid such as decaffeinated iced tea
- 6:00 pm 1 ½ -2 oz protein food such as chicken breast (moist, tender)
2 tbsp green beans
1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy
- 7:30 pm 8 oz fluid such as Fruit 2O[®]
- 8:00 pm 4-6 tbsp sugar-free pudding

Regular Diet: Beginning at Post-op Week 9

At this time you can add raw foods such as lettuce and carrots as well as more difficult to digest foods such as bread to your diet. Continue to avoid foods with tough skin and

peel as well as large seeds such as cucumber. **Take your time at meals and chew very well to help increase your tolerance to these foods.** Eventually you should be able to enjoy a wider variety of breads, cereals, fresh fruits and vegetables. **Keep food records of your tolerance and intake. Remember that food intolerance is very individual.**

Advancing to a Regular Diet should be achieved with the aid of a Registered Dietitian. Please make an appointment to develop a healthy meal plan to ensure adequate nutrient intake and maximize your weight loss.

Possible nutrition problems that may occur post-op:

- **Trouble tolerating dairy products or lactose intolerance:** Milk and other dairy products may cause cramping, bloating, excessive gas and diarrhea. If these problems occur, try Lactaid 100[®] milk or natural soymilk.
- **Nausea or vomiting:** Usually caused by eating too fast, eating too much, not chewing well or drinking with your meals. If it is not food related, call your surgeon's office.
- **Bad taste in mouth:** This is common right after the surgery and should go away after a few weeks.
- **Decreased appetite and taste changes.** It is very common to not feel hungry right after surgery and to have altered taste sensation. You need to eat to ensure that you get proper nutrition and to prevent complications.
- **Increased gas:** This is also common after the surgery, especially during the first few weeks. It can be a sign of lactose intolerance. If you have gas pains, try simethicone drops (Gas X[®]). Deverom[®] can help with the smell.
- **Hair loss:** This is usually due to rapid weight loss and typically occurs 3-6 months after surgery. The good news is it typically resolves in another 3-6 months. Make sure you are taking in the amount of protein and fluid recommended. There are additional vitamins and minerals which may help. Please make an appointment with a Registered Dietitian for advice and information concerning these supplements.
- **Pregnancy:** This must be avoided for the first 18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason you need to take precautions to prevent pregnancy, even if you had problems getting pregnant in the past. Rapid weight loss increases fertility so you must be very careful.

Test Your Understanding

How many grams of protein are needed each day? _____
 How much fluid is needed each day? _____

What are 3 things that can increase your risk of nausea and vomiting?

What vitamin and minerals will you need to take for a lifetime?

Your Dietitian is an important member of your support team. We recommend regular visits to ensure your diet is well tolerated and meets your nutritional needs.

Reasons for follow-up visits with Your Dietitian:

Poor tolerance to food or supplements
Inability to advance your diet (e.g. nausea, vomiting, chest pain)
Hair loss
Feeling overly-tired
Sudden change in menstrual periods
Craving ice or dirt
Feeling short-of-breath with exercise (new-onset)

Recommended Dietitian Visits:

- ✓ 2 - 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Once a year after first year

Schedule your nutrition appointment by calling **Access Services at (410) 550-7728.**

Blended Food Recipes

Basic Meat Stew

2 tbsp. oil

1 ½ pounds boneless stew meat, cut into 1 inch cubes
1/3 cup flour
3 cups liquid (water or vegetables juice)
4 medium potatoes, scrubbed and cut up
5 medium carrots, scrubbed and cut up

Heat oil in a large heavy saucepan over medium high heat. Coat the meat in flour and brown in the oil. Add the liquid and cover tightly. Simmer over medium heat for 1 ½ hours. Add potatoes and carrots. Cover and simmer for 20 minutes. Puree stew in food processor or blender until smooth. Store in refrigerator up to 2 days or in freezer for 2-3 months.

Makes 20-25 food cubes

Nutrition Facts:

Serving Size: per 4.65 ounces

Calories: 139 Protein: 13 grams Total Fat: 4.21 grams

Soybean Puree

1 cup dry soybeans
3 cups water
¾ cup unsalted tomato juice for thinning

Rinse and soak the soybeans overnight in the refrigerator. Simmer beans in 3 cups water for about 2 hours. Puree with food processor or blender, adding tomato juice to thin.

Makes 12 food cubes

Nutrition Facts:

Serving Size: per 3.17 ounces

Calories: 67 Protein: 6 grams Total Fat: 3 grams

Combination Dinner

1 cup cooked meat (beef, chicken, fish, ham, etc.)
2/3 cup cooked vegetables
1 cup stock

Place in blender or food processor. Puree and freeze into ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 36 Protein: 5 grams Total Fat: less than 1 gram

Pureed Legumes

1 cup any legume (black beans, kidney beans, garbanzo beans, navy beans, pinto beans, black eye beans, lentils, etc...)
3 cups water

$\frac{3}{4}$ cup nonfat milk

Rinse 1 cup of any legume. Soak in water overnight or bring to a boil for 2 minutes, cover, and then allow to sit for 2 hours. Drain off the soaking water or cooking water, then add 3 cups fresh water and bring beans to a boil. Reduce heat and simmer, covered, until beans are tender (30 minutes-2 hours depending on the legume). Skim the surface often as beans are simmering. Puree with $\frac{3}{4}$ cup nonfat milk. Freeze in ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 28 Protein: 2 grams Total Fat: less than 1 gram

Cream of Tomato and Chile Soup

1 Tbsp Olive Oil

1 large yellow onion, diced

3 cloves garlic, minced

10 plum tomatoes

2 red jalapeno peppers, diced, seeds removed

Water as needed

$\frac{1}{3}$ cup skim milk

3 scoops protein powder

Salt and pepper to taste

Heat oil in a stock pot or large saucepan over medium heat. Add onion and garlic, sauté until onion has softened. Add tomatoes and jalapeno peppers, cook until heated through. Add just enough water in the pot to just cover the vegetable mixture. Simmer 10-15 minutes over low heat. Puree contents of the pot in a blender or food processor, until smooth. Strain contents of the blender through a fine colander. Add milk, protein powder, and salt and pepper to taste. Store in the refrigerator for up to 2 days or 1 month in the freezer.

Makes: 32 1oz. food cubes

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 23 Protein: 3 grams Total Fat: less than 1 gram

Basil Mashed Potatoes

4 medium Yukon gold potatoes, peeled, cut into 1 inch cubes

3 Tbsp Smart Balance spread

$\frac{1}{4}$ cup skim milk

$\frac{1}{3}$ cup of fresh basil leaves, pureed with 2 Tbsp of olive oil

Salt and pepper to taste

Place potatoes in a stock pot filled with cold water. Place pot on stovetop over high heat. Boil potatoes until very soft (To check if the potatoes are soft enough, just take a fork and push a piece of potato against the side of the pot. If the potato breaks easily it

is ready). Strain out the water from the pot in a colander. Place potatoes back in the empty stockpot. With a hand mixer mix the potatoes until they are a “paste” consistency. Mix in the Smart Start spread, butter, basil puree, and salt and pepper. Store in the refrigerator for up to 2 days or 1-2 months in the freezer.
Makes: 25-30 1oz servings

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 38 Protein: 1 gram Total Fat: 2 grams

Chocolate and Banana Pudding

1 cup of sugar free/ fat free chocolate pudding
1 whole banana, peeled and pureed
1 scoop of protein powder

Combine all ingredients in a medium sized bowl. Mix thoroughly. Serve cold. Keep in the refrigerator for up to 1 week or 2-3 months in the freezer.

Makes 10-12 1oz. food cubes

Tip: If freezing pudding in ice cube trays. Place a toothpick inside of each cube of pudding before freezing to create chocolate and banana fudge popsicles.

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 28 Protein: 3 grams Total Fat: less than 1 gram

Orange and Cream Protein Smoothie

2 cups of vanilla fat free yogurt
1/3 cup of orange juice
1 cup of skim milk
3 scoops of protein powder

Combine all ingredients in a blender. Blend until smooth. If you would like a thinner smoothie, just add more skim milk to blender until desired consistency is reached.

Keep in the refrigerator for up to 2 days or 1 month in the freezer.

Makes 24-28 1oz. servings

(Tip: This recipe can also be made into a popsicle by using the same method as the Chocolate and Banana Pudding.)

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 32 Protein: 4 grams Total Fat: less than 1 gram

Recipe Reminders:

- ❖ Be creative. Try pureeing different meats and vegetables.
- ❖ Add flavor by using liquids other than water.
- ❖ Try adding herbs and spices.

Notes: