



Example Daily Diet

<u>Breakfast</u> <ul style="list-style-type: none">• banana – 1/4 medium• scrambled egg –1• ham – 1 slice	<u>Dinner</u> <ul style="list-style-type: none">• haddock, baked broiled – 2 ounces• green beans –1/4 cup• rice – 1/4 cup
<u>Lunch</u> <ul style="list-style-type: none">• broiled chicken• breast – 2 ounces• carrots, boiled -1/4 cup• margarine – 1 teaspoon• pasta salad – 1/4 cup	<u>Evening Snack</u> <ul style="list-style-type: none">• cheese, American – 1 ounce• saltine crackers –2• mustard – 1 teaspoon
<u>Afternoon Snack (if hungry)</u> <ul style="list-style-type: none">• fruit cocktail, water-packed –1/2 cup	Important: Consume 6 to 8 glasses of water each day.

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