

Medically Supervised Weight Loss Program (MSWLP)

Food Label Reading, Grocery Shopping, Brands and Food items

This section includes:

- Understanding a food label
- Estimating Portion Size
- Anatomy of a grocery store
- Typical brands and items used for weight loss and weight loss surgery

ASSIGNMENT

Answer the questions below:

1. After bariatric surgery, what items on a food label are important to note?
2. What is the recommended maximum sugar intake per serving after bariatric surgery?
3. Initially, for the first 2 weeks after bariatric surgery, what is the daily maximum intake for fat grams?
4. How does one determine the specific type of sugar that is in the product?