

# Bariatric Level 1-4 Shopping list

## Level 1 Clear Liquid

- Broth (any flavor)
- Sugar-free popsicles
- Diluted clear juices
- Calorie-free drinks
- Clear protein drink
- Sugar-free Jello

Tips for protein consumption:

- Mix with calorie free drinks
- Freeze in ice cube tray and add to drinks
- Use in place of water in Jell-O preparation

## Level 2 Full liquids

- Sugar substitute
- Cream of wheat or cream of rice cereal
- Low-caloric cranberry juice
- Low-fat/fat-free yogurt
- Low-pulp orange juice (strained)
- No sugar added applesauce
- Sugar-free plain pudding
- Sugar-free sorbet
- Sugar-free custard
- Low-fat or non-fat buttermilk
- Low-fat or non-fat milk (may need lactose free)
- Cream soup (strained)
- Broth
- Unflavored protein powder
- Ready-made protein shake powder
- Stage 1 baby foods
- Poultry (to be pureed)
- Unflavored or light soy milk
- Includes all food from Stage I diet

## Level 3 Pureed

Includes all food from Stage II diet in addition to:

- Egg whites or Egg Beaters, Eggs
- Chicken soup
- Fish (to be steamed or poached)
- Canned tuna
- Canned chicken
- Low-fat cottage cheese

- Soft low-fat cheeses
- Potato (to be mashed, without skin)
- Instant mashed potatoes
- Tofu and other soy products
- Lamb (to be finely ground or pureed)
- Poultry (to be finely ground or pureed)
- Veal (to be finely ground or pureed)
- Banana (to be mashed or pureed)
- Canned peaches in juice (to be pureed)
- Canned pears in juice (to be pureed)
- Carrots (to be pureed)
- Beets (to be pureed)
- Pumpkin (to be pureed)
- Squash (to be pureed)
- Oatmeal

## Level 4 Soft

- Egg whites/egg substitute
- Fat free or low fat cheese, or cottage cheese
- Low fat, low sugar Greek style yogurt
- Lean meat, skinless turkey or chicken, cooked tender and cut into small pieces
- Fish, tuna, crab, scallops, oysters (not fried)
- Cooked tender vegetables (NO celery, broccoli, cauliflower stalks, corn or asparagus stalks)
- Light wheat or light rye bread, toasted only
- Low fat wheat crackers
- Canned fruit in juice or soft ripe fruit- no skins, pulp or seeds
- Mashed beans - kidney, chick peas, cannellini, black
- Low fat tofu
- Low sugar cold cereals, oatmeal, cream of wheat or rice
- Low fat soups
- Low fat (1%) or non-fat milk

## General Equipment

Blender or food processor  
Measuring cups (1/4 and 1/3 cup size)  
Strainer