

Bariatric friendly Shopping list

Produce (2 servings each of fruit and veggies daily)

- Apples
- Asparagus
- Bananas
- Bell peppers
- Berries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries
- Corn
- Cucumbers
- Eggplant/squash
- Grapefruit
- Grapes
- Green beans
- Green, leafy veggies
- Kiwis
- Lemons/limes
- Lettuce
- Mango
- Melons
- Mushrooms
- Nectarines
- Okra
- Onions
- Oranges
- Papaya
- Parsley
- Peaches
- Pears
- Peas
- Potatoes (sweet/white)
- Tomatoes
- Zucchini

Meat, poultry, fish

- Any fresh fish (salmon, tuna, mackerel, trout, catfish, roughy, tilapia)
- Any shellfish (oysters, clams, shrimp)
- Skinless Poultry (turkey/chicken, ground chicken/turkey or breast)
- Lean deli or lean pre-packaged lunch meats
- Lean beef (round, cubed steak, London broil, flank steak, 96% lean ground beef)
- Lean pork (tenderloin, loin chops, Canadian bacon)
- Wild game (venison, quail, etc.)

Dairy

- Skim or 1% milk (or Lactaid milk)
- Unsweetened or light soy milk
- Greek yogurt
- Low-fat or light yogurt
- Sugar-free pudding made with skim milk

Cheese, tofu, & eggs

- Part skim or reduced fat cheeses
- Mozzarella string cheese sticks (part skim)
- Fat-free or low-fat cottage cheese
- Part skim or fat-free ricotta cheese
- Tofu
- Vegetarian items: Smart strips, Smart Deli, tempeh, hummus
- Eggs, egg substitute, egg whites
- Margarines (Smart Balance, Fleischmann's Olive Oil Spread, ect.)

CANNED GOODS

- Canned vegetables
- Canned tomatoes
- Low sodium chicken, beef, vegetable broth
- Marinara sauce
- Broth or tomato based soups
- Bean or lentil soup
- Canned or packaged fruit
- Refried beans
- Canned tuna, chicken or salmon
- Natural peanut butter

Bariatric friendly Shopping list (con't)

Breakfast food

(limit starches to 2 servings daily)

- Whole grain cereal (Post bran flakes, 100% bran, shredded wheat, Kashi) NO cereals with high fructose corn syrup as the first 3 ingredients
- Oatmeal
- Carnation Instant Breakfast sugar-free
- Carnation non-fat dry milk

Beverages (64 oz. of a non-caloric, non-carbonated, non-caffeinated fluids daily)

- Water
- Herbal Tea
- Decaf coffee
- Flavored waters
- Powders (Crystal light, SF Kool-aid etc)

Frozen foods

- Any frozen vegetable NOT in butter, cream or cheese sauce
- Edamame
- Any frozen fruit without sugar added
- Vegetarian products (Boca, Morningstar Farms, Gardein)
- Frozen un-breaded seafood or skinless poultry

Grains (limit 2 starches to 2 servings daily)

- 100% whole grains: barley, wheat berries, whole wheat bulgar, quinoa
- Whole grain bread: (100% whole wheat, pumpernickel, rye)
- Whole grain wraps or tortillas
- Whole grain pita
- Light multigrain English muffins
- Whole grain pasta
- Whole grain crackers
- Popcorn, 94% fat free or air-popped

- Brown or wild rice

MISCELLANEOUS

- Herbs and spices
- Cooking spray
- Low fat dressings
- Mustard
- Vinegars (rice balsamic)
- Mixed nuts (dry roasted no sugar added), walnuts, almonds, soy nuts, sesame seeds, pumpkin seeds
- Artificial sweeteners (Splenda, Equal, Stevia, Sweet 'n Low, etc.)