

CHOOSING WISELY:  
APPROPRIATE FOODS AFTER WEIGHT LOSS SURGERY

	YES	NO	MAYBE
<b>PROTEIN</b>			
Meat, fish, poultry and eggs	<ul style="list-style-type: none"> <li>Fish and shellfish, skinless</li> <li>Tuna canned in water</li> <li>Chicken or turkey, skinless, white meat</li> <li>Turkey, ground, no skin</li> <li>Egg whites</li> <li>Low-fat or fat-free cold cuts (&lt;3-5g fat per ounce)</li> <li>Pork: fresh ham, Canadian bacon, tenderloin, center loin</li> <li>Game meats: venison, skinless duck, rabbit</li> </ul>	<ul style="list-style-type: none"> <li>Fried meat or fish</li> <li>Chicken or turkey with skin, chicken wings</li> <li>Beef: regular or "lean" ground beef, corned beef, ribs, prime rib, veal</li> <li>Pork: cutlet, pork chop, pork ribs</li> <li>Hot dogs, sausage (beef, pork, bratwurst, Italian knockwurst), bacon</li> <li>Calves liver, chicken liver, duck liver</li> <li>Any untrimmed beef, lamb chop or pork or any Prime grades of meat</li> </ul>	<ul style="list-style-type: none"> <li>Nuts: walnuts, almonds, cashews, hazelnuts, macadamia nuts</li> <li>Seeds: pumpkin seeds, sunflower seeds, sesame seeds</li> <li>Beef, Select or Choice grades, trimmed of fat: round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round</li> <li>Lamb: roast, chop or leg</li> </ul>
Cheese	<ul style="list-style-type: none"> <li>Reduced fat cheese (2-5g fat per ounce)</li> </ul>	<ul style="list-style-type: none"> <li>Whole eggs (white + yellow)</li> <li>Regular cold cuts or luncheon meats, bologna, pimento loaf, salami</li> <li>Full-fat cheeses (ie: American, colby, cheddar, jack, brie)</li> </ul>	
Beans, soy, nuts and seeds	<ul style="list-style-type: none"> <li>Any beans, lentils, black-eyed peas, split peas, chickpeas</li> <li>Soy beans, soy products (ie: tofu, tempeh, soy milk)</li> <li>Peanuts, peanut or other nut butter ("natural")</li> </ul>		
Dairy	<ul style="list-style-type: none"> <li>Skim or 1% fat milk, lite soy milk</li> <li>Non-fat or low-fat, lite yogurt</li> <li>Non-fat or low-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Regular cottage cheese or yogurt</li> <li>Whole or 2% milk</li> <li>Heavy cream, whipped cream, half and half</li> </ul>	<ul style="list-style-type: none"> <li>Lactaid milk</li> </ul>
<b>VEGETABLES</b>			
Vegetables	<ul style="list-style-type: none"> <li>Any fresh, frozen or canned vegetable</li> <li>Vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Fried vegetables</li> <li>Veggies covered in butter, cheese or cream sauces or regular salad dressing</li> <li>Cole slaw and other vegetable salads with creamy dressings</li> </ul>	<ul style="list-style-type: none"> <li>Raw veggies, veggies with seeds</li> </ul>
<b>FRUITS</b>			
Fruits	<ul style="list-style-type: none"> <li>Any fresh, frozen or canned (in natural juice)</li> <li>Avocado</li> </ul>	<ul style="list-style-type: none"> <li>Fruit drinks that contain less than 100% juice</li> <li>Fruit canned in syrup</li> </ul>	<ul style="list-style-type: none"> <li>100% fruit juice (limit ½ cup)</li> </ul>

	YES	NO	MAYBE
<b>STARCHES</b>			
Grains and starchy vegetables	<ul style="list-style-type: none"> <li>• Whole wheat or corn tortillas</li> <li>• Whole grain, low sugar hot or cold breakfast cereals</li> <li>• Whole grain, low-fat crackers (ie: Wasa)</li> <li>• Sweet potatoes, corn, peas</li> <li>• Whole-grain, sugar-free waffles or pancakes (occasionally)</li> <li>• Low-fat, sugar-free granola bars</li> </ul>	<ul style="list-style-type: none"> <li>• Sports bars and cereal bars with sugar</li> <li>• White potatoes</li> <li>• White rice, regular pasta</li> <li>• Packaged/boxed rice or potato dishes</li> <li>• Refined flour or white flour breads, rolls, bagels</li> <li>• Biscuits, Pop Tarts, regular muffins</li> <li>• Packaged baked goods and crackers made with "hydrogenated oil" or sugar</li> <li>• Chips</li> <li>• French fries, fried potatoes</li> <li>• Foods that contain "trans-fats"</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grains (barley, millet, quinoa, brown rice, whole-wheat pasta, couscous)</li> <li>• Whole grain bread, rolls, bagels</li> <li>• Whole wheat pretzels, air-popped popcorn (no butter)</li> </ul>
Sweets	<ul style="list-style-type: none"> <li>• Artificial sweeteners (ie: Splenda, Sweet-n-Low Equal)</li> <li>• Sugar-free, non-carbonated drinks (Crystal lite, SF Kool Aid)</li> <li>• Low-sugar jelly, jam and fruit spreads</li> <li>• Sugar-free popsicles</li> <li>• Sugar-free Jell-O</li> <li>• Sugar-free pancake syrup (limit)</li> </ul>	<ul style="list-style-type: none"> <li>• Candy, candy bars, chocolate</li> <li>• Pies, cakes, cookies, donuts, pastries</li> <li>• Ice cream</li> <li>• Soda (regular or diet), Kool-Aid, Lemonade, Gatorade, Sweet tea</li> <li>• Sugars (ie: honey, maple syrup, white sugar, brown sugar, molasses)</li> </ul>	<ul style="list-style-type: none"> <li>• Hard candies</li> <li>• Sugar alcohols (sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol)</li> <li>• Sugar-free gum (don't swallow it!)</li> </ul>
<b>ADDED FATS</b>			
Fats and oils	<ul style="list-style-type: none"> <li>• Non-stick cooking spray</li> <li>• Fat-free or reduced-fat mayonnaise</li> <li>• Fat-free or reduced-fat, sugar-free salad dressing</li> <li>• Fat-free or reduced-fat cream cheese</li> <li>• Fat-free or reduced-fat sour cream</li> <li>• Liquid oils (ie: olive oil, flaxseed oil, canola oil)</li> <li>• Tub or spray margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Stick margarine</li> <li>• Lard and vegetable shortening (ie: Crisco)</li> <li>• Mayonnaise</li> <li>• Cream cheese</li> <li>• Cocoa butter, palm oil, palm kernel oil</li> <li>• Fried foods</li> </ul>	