

Shopping to survive your first month after Bariatric Surgery

Your first goal is to get in 64 oz of fluids, so sip, sip, sip, then start thinking about your goal of 60 grams of protein!



Meat/Meat Substitute Group (goal = 6 servings/day)

Baby food meat	Any flavor	Use seasonings; add to soups and blend, or melt some cheese for flavor!
Canned/pouched meats	Chicken, tuna fish, salmon	Blend with fat free mayo, blend into veggie or bean soups, and season!
Beans	Fat free refried beans Canned black, kidney, pinto beans	Blend with salsa, hot sauce, low fat cheese, nonfat Greek yogurt or fat free sour cream
Bean/Lentil Soups	Try ones without noodles and rice	Blend with pureed meat to give flavor, add more canned/fresh/frozen veggies to thicken
Peanut butter	Natural (no added sugar or fats)	Eat off the spoon, or blend in a homemade smoothie
Cheese	Low fat or fat free (try Laughing Cow wedges, Farmer cheese, fat free shredded Kraft, Cabot 50 or 75% reduced fat)	Soft melted cheese is great mixed into blended meats, beans, or starches (mashed potatoes or grits)
Cottage Cheese	Nonfat, fat free	Try mixing in your blended fruit or add to a smoothie if you hate lumps!
Ricotta cheese	Fat free (hard to find) Harris Teeter has it!	Try blending with broccoli or spinach and garlic or some low sugar tomato sauce, or even Splenda and almond extract (as a sweet treat)
Eggs	Pureed eggs, egg beaters, or egg whites	Try blending with grits or alone with some veggies. Add pasteurized egg product (beaters or whites) to homemade smoothies

Milk/Dairy (goal = 2 servings/day)

Milk	Nonfat/skim unsweetened soy milk almond milk Lactaid milk	Drink plain, add to smoothies, or use Carnation Instant Breakfast (no added sugar-blue box) or nonfat dried milk to thicken and add protein but no fat!
Yogurt	No added sugar, fat free yogurts or strained Greek yogurts (0%, no added sugars or fruit flavors)	Breyers light, Activia Light, Blue Bunny, Dannon Carb control Try Oikos, Chobani or Fage Greek yogurt, plain, with blended fruit, or added to a smoothie

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If you are getting in your fluids and proteins, then think about adding veggies, fruits, starches and fats...

Vegetables (goal = 2 servings/day)

Vegetable juice	Try V8 plain or fusion light or even V8 soups	Drink your veggies the first month to get in some flavor and antioxidants! Or blend up any soft cooked vegetable
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Fruit (goal = 2 servings/day)

Applesauce or other blended fruits	Unsweetened applesauce or any no added sugar pureed (fresh, frozen, or canned) fruits	Add to yogurt, cottage cheese, or just eat plain. Try mixing with yogurt or fat free cool whip and freezing for a frozen treat
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Starches (goal = 2 servings/day)

Oatmeal	Plain oatmeal without added sugars or flavors	Add yogurt, cottage cheese, or make with milk to get in protein, and add applesauce or blended fruit to get in some fruit
Grits	Plain grits	Make with milk or add nonfat dried milk powder, or even top with fat free shredded cheese

Fats (goal = maximum of 3 servings/day)

Avocado	Truly a veggie, but considered a fat, the monounsaturated fats make this a "healthy fat"	Smash some avocado into your refried beans or with some creamy fat free Greek yogurt for your own low fat 'guacamole'
Salad Dressings	Try spritzers or any light or fat free dressings	Walden Farms makes a great calorie free balsamic and other flavors, Wishbone spritzers
Mayonnaise	Fat free mayonnaise can make blending tuna fish, chicken, or salmon a nice pureed protein	Try Hellman's reduced fat or Smart Beat nonfat brands for the right texture without the calories