

## Shopping List for Bariatric-Friendly Foods

<p><b>Meat, Poultry, Fish</b> <b>(Up to 6 oz/day)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any fresh fish (salmon, tuna, mackerel, trout, catfish, roughy, tilapia)</li> <li><input type="checkbox"/> Any shellfish (oysters, clams, shrimp)</li> <li><input type="checkbox"/> Smoked salmon, Frozen Wild Pacific Salmon</li> <li><input type="checkbox"/> Skinless poultry (turkey, ground turkey (<i>Jennie-O</i>), chicken (<i>Tyson</i> Breast strips))</li> <li><input type="checkbox"/> Frozen Chicken Breasts (<i>Pilgrim's Pride</i>, <i>Tyson</i>)</li> <li><input type="checkbox"/> Lean deli or pre-packaged luncheon meats (turkey, ham, chicken, roast beef, <i>Boar's Head</i>)</li> <li><input type="checkbox"/> Lean beef (round or cubed steak, London broil, flank steak, extra lean ground) 96% lean, <i>Maverick Ranch</i>)</li> <li><input type="checkbox"/> Lean pork (tenderloin, loin chops, Canadian bacon, <i>Maverick Ranch</i> tenderloin)</li> <li><input type="checkbox"/> Wild game (venison, quail, dove, etc)</li> </ul>	<p><b>Produce</b> <b>(2 servings of veggies, 2 servings of fruit/day)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apples</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Bananas</li> <li><input type="checkbox"/> Bell Peppers (green, red, yellow)</li> <li><input type="checkbox"/> Berries</li> <li><input type="checkbox"/> Blueberries</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Brussel Sprouts</li> <li><input type="checkbox"/> Cabbage</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cherries</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Cucumbers</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Ginger (fresh)</li> <li><input type="checkbox"/> Grapefruit</li> <li><input type="checkbox"/> Grapes</li> <li><input type="checkbox"/> Green Beans</li> <li><input type="checkbox"/> Green Onions</li> <li><input type="checkbox"/> Greens: turnip, collards, mustard, kale</li> <li><input type="checkbox"/> Kiwis</li> <li><input type="checkbox"/> Lemons/Limes</li> <li><input type="checkbox"/> Lettuce (greener is better)</li> <li><input type="checkbox"/> Mango</li> <li><input type="checkbox"/> Melon (cantaloupe, honeydew)</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Nectarines</li> <li><input type="checkbox"/> Okra</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Oranges</li> <li><input type="checkbox"/> Papaya</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Peaches</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Peas (snap, sugar)</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Potatoes</li> <li><input type="checkbox"/> Radishes</li> <li><input type="checkbox"/> Rutabaga</li> <li><input type="checkbox"/> Salsa (fresh)</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sprouts</li> <li><input type="checkbox"/> Squash (summer, spaghetti, butternut, acorn)</li> <li><input type="checkbox"/> Strawberries</li> <li><input type="checkbox"/> Sweet Potatoes</li> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Turnips</li> <li><input type="checkbox"/> Zucchini</li> </ul>
<p><b>Diary Case</b> <b>(2 servings of milk or yogurt/day)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Skim or 1% Milk (or <i>Lactaid</i> Milk)</li> <li><input type="checkbox"/> Unsweetened Soy Milk (<i>Silk</i> Unsweetened Soy Milk-green carton)</li> <li><input type="checkbox"/> Low-fat, Light Yogurt (<i>Blue Bunny</i> Light No Sugar Added, <i>Breyer's</i> Light, <i>Dannon</i> Light n'fit, Light n'fit Carb Control, <i>Activa</i> Light, or Low fat Plain, <i>Fage</i> Total 0% Plain Greek Style Yogurt, <i>Stonyfield Farm</i> plain or light, <i>Weight Watchers</i>)</li> <li><input type="checkbox"/> Sugar free pudding (<i>Jell-O</i>) made with skim milk</li> </ul> <p><b>Cheese, Tofu &amp; Eggs (count toward your 6 oz of protein/day)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Part skim or reduced fat cheeses (<i>Cabot</i> 75% light cheddar, 50% Reduced Fat Sharp, Jalapeno, and Pepper Jack, <i>Cracker Barrel</i> reduced fat sharp, <i>Kraft</i> Fat Free shredded Cheddar, Mozzarella and Grated Parmesan, <i>Sargento</i> Part-skim mozzarella slices, <i>Friendship</i> Farmer Cheese, <i>The Laughing Cow</i> Mini Babybel Light Cheese or Light Swiss wedges, <i>Chavrie</i> Goat Cheese)</li> <li><input type="checkbox"/> Mozzarella String Cheese sticks (part-skim)</li> <li><input type="checkbox"/> Fat free cottage cheese</li> <li><input type="checkbox"/> Part skim or fat free ricotta cheese</li> <li><input type="checkbox"/> Tofu (<i>Pete's Tofu 2 Go</i>, <i>Whitewave</i> baked tofu, <i>Azumaya</i>, <i>Nasoya</i>)</li> <li><input type="checkbox"/> Vegetarian Items: Smart Strips, Smart Deli, Veggie Slices (cheese), Tempeh, Hummus</li> <li><input type="checkbox"/> Eggs (<i>Eggland's Best</i> omega 3 fortified, <i>EggSense</i>) (hard-boiled <i>Eggland's Best</i>)</li> <li><input type="checkbox"/> Egg substitute (in a carton) or Egg white product</li> <li><input type="checkbox"/> Margarines (<i>Smart Balance</i> tub and spray, <i>I Can't Believe It's Not Butter</i> Spray, <i>Take Control</i> Benecol, <i>Fleishmann's</i> Olive Oil Spread)</li> </ul>	
<p><b>Canned Goods (2 servings of veggies, and 2 servings of fruits daily)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any canned vegetable, although frozen are best (peas, green beans, carrots, pumpkin, red peppers, artichokes)</li> <li><input type="checkbox"/> Any canned tomatoes - diced, puree, whole, paste</li> <li><input type="checkbox"/> Low sodium (33% reduced) chicken or vegetable broth (<i>Swanson</i>)</li> <li><input type="checkbox"/> Marinara Sauce (low-sugar) (<i>Hunt's</i> Sauce, <i>Healthy Choice</i> Traditional)</li> <li><input type="checkbox"/> Broth or tomato-based soup (<i>Pacific</i> roasted red pepper or tomato, <i>Campbell's</i> <i>Healthy Request</i>, <i>Progresso</i> Light or <i>Weight Watchers</i>, <i>Healthy Choice</i>)</li> <li><input type="checkbox"/> Bean or lentil soup (<i>Progresso</i> lentil soup)*</li> <li><input type="checkbox"/> Unsweetened Applesauce (<i>Motts</i> No Sugar Added)</li> <li><input type="checkbox"/> Canned or packaged fruits in water or their own juice</li> <li><input type="checkbox"/> Any Beans (black, pinto, white, navy, kidney, garbanzo (chick peas), lentils)*</li> <li><input type="checkbox"/> Refried Beans, Fat Free, Vegetarian (<i>Old El Paso</i>, <i>Ortega</i>)</li> <li><input type="checkbox"/> Salmon (<i>Chicken of the Sea</i> Pacific Salmon or Salmon Cups, <i>Red Sockeye</i>)</li> <li><input type="checkbox"/> Tuna (Chunk Lite) canned in water or in a pouch (<i>StarKist</i> Flavor Fresh Pouch: Albacore Fillets, Light Meat Tuna Fillets)*</li> <li><input type="checkbox"/> Canned chicken (<i>Sweet Sue</i> Chicken Breast, <i>Valley Fresh</i> Chunk Chicken)*</li> <li><input type="checkbox"/> Sugar-free Peanut butter (<i>Smucker's</i> Natural, <i>Smart Balance</i> Omega)*</li> </ul> <p>* Counts towards your 6 oz of protein/day</p>	

<p><b>Breakfast Food (2 servings of milk group daily, Limit starches to 2 servings daily)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole Grain Cereal (<i>Post Bran Flakes, 100% Bran, shredded wheat, Kashi</i>) (NO cereals with sugar or High Fructose Corn Syrup as first 3 ingredients, want 5 or more grams fiber per serving)</li> <li><input type="checkbox"/> Oatmeal (<i>Quaker old fashioned rolled oats, Simple Harvest, Weight Control, John McCann's steel cut oats</i>)</li> <li><input type="checkbox"/> <i>Carnation Instant Breakfast</i> No Sugar Added (Ready To Drink or powder)</li> <li><input type="checkbox"/> <i>Carnation</i> Non-Fat Dry Milk Powder</li> <li><input type="checkbox"/> Nutritional Products (<i>Fifty50 Diabetic Brand, Glucerna, South Beach</i>) (watch sugar alcohols)</li> </ul>	<p><input type="checkbox"/> Notes:</p>
<p><b>Beverages (64oz of low-calorie, carbonation free fluids)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 100% Fruit Juice: <i>Sunsweet</i> Prune juice and Plum Smart Light, <i>Juicy Juice, Juicy Juice Harvest Surprise, Apple &amp; Eve</i> Apple Juice Boxes, <i>Tropicana</i> Light N Healthy Orange Juice or Pure Premium Ruby Red Grapefruit Juice)</li> <li><input type="checkbox"/> Diet Drinks (non-carbonated) <i>Diet V8 Splash, V8 Fusion Light, Minutemaide</i> Light Lemonade</li> <li><input type="checkbox"/> Tomato Juice or low-sodium V8</li> <li><input type="checkbox"/> Powders: <i>Crystal Light, Crystal Light Live Active, Sugar Free Kool Aid, South Beach Living on the Go Tide Me Over, Store Brand Sugar Free Drink Mixes</i></li> <li><input type="checkbox"/> Waters: <i>Fuze Low Carb, Fruit20, Nestle Pure Life, Aquifina Flavor Splash</i></li> <li><input type="checkbox"/> Herbal Tea</li> </ul>	
<p><b>Frozen Foods (2 servings of veggies, and 2 servings of fruits daily)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any frozen veggie NOT in a butter, cream or cheese sauce</li> <li><input type="checkbox"/> Edamame, shelled or unshelled</li> <li><input type="checkbox"/> Any frozen fruit not in a syrup</li> <li><input type="checkbox"/> Sugar-free popsicles (<i>Edy's Fruit Bars, No Sugar Added</i>)</li> <li><input type="checkbox"/> Vegetarian Burgers (<i>Original Gardenburger, Original Boca Burger, Morningstar Farms Mushroom Lovers burger, grillers original burger, Garden Burger or Veggie Bites</i>)*</li> <li><input type="checkbox"/> Soy crumbles (<i>Boca ground crumbles</i>)*</li> <li><input type="checkbox"/> Frozen un-breaded seafood or skinless poultry (<i>Pilgrim's Pride, Tyson</i>)*</li> <li><input type="checkbox"/> Microwavable Meals (within calorie and protein range) (<i>Lean Cuisine Meals-Spa Cuisine, Stouffers Corner Bistro, Smart Ones-Bistro Selections, Healthy Choice, Kashi</i>)</li> <li><input type="checkbox"/> <i>Eggo</i> Nutrigrain Low Fat Whole Grain Waffles</li> </ul> <p>* Counts towards your 6 oz of protein/day</p>	
<p><b>Grains (2 servings of starches daily)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 100% whole grains: barley, wheat berries, whole wheat bulgar, quinoa</li> <li><input type="checkbox"/> Whole grain bread (whole-wheat, pumpernickel, rye): (<i>Nature's Own Double Fiber Wheat, Pepperidge Farm Whole Grain 100% Whole Wheat Small Slice</i>)</li> <li><input type="checkbox"/> Whole grain wraps or tortillas (<i>Toufayan wraps</i>)</li> <li><input type="checkbox"/> Whole wheat pita (<i>Toufayan Wheat Pitettes, Thomas Sahara pitas</i>)</li> <li><input type="checkbox"/> <i>Thomas's</i> Light Multigrain English Muffins</li> <li><input type="checkbox"/> Whole grain pasta (<i>Barilla Plus, Muellers Whole Grain, BioNature, Hodgson Mill, Annies Organic</i>)</li> <li><input type="checkbox"/> <i>Triscuit</i> Reduced Fat Crackers, <i>Wasa</i> Multigrain Crispbreads (Ethnic Section)</li> <li><input type="checkbox"/> Popcorn, 94% Fat Free (<i>ActII 94% FF Butter, Orville Redenbacher's Smart Pop, Smart Balance</i>)</li> <li><input type="checkbox"/> Brown or wild rice</li> <li><input type="checkbox"/> Tortillas, whole wheat (<i>Mission 6 inch Carb Control</i>)</li> <li><input type="checkbox"/> <i>Stacy's</i> Pita Chips</li> </ul>	
<p><b>Misc</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Herbs and Spices (fresh or dried)</li> <li><input type="checkbox"/> Cooking Spray (<i>PAM, Mazola</i> Pure olive oil spray)</li> <li><input type="checkbox"/> Low Fat Dressings (<i>Ken's Lite or Lite Accents, Wish Bone Spritzers, Maple Grove Farms of Vermont, Organic-ville</i>)</li> <li><input type="checkbox"/> Mustard</li> <li><input type="checkbox"/> Rice vinegar, Balsamic Vinegar</li> <li><input type="checkbox"/> Evaporated skim milk</li> <li><input type="checkbox"/> Mayonnaise (<i>Hellman's</i> Reduced fat with green top or Lite with blue top)</li> <li><input type="checkbox"/> Mixed Nuts (dry-roasted, no sugar added) walnuts, pumpkin seeds, almonds, soy nuts</li> <li><input type="checkbox"/> Non-Nutritive Sweeteners (<i>Splenda, Sweet&amp;Low, Equal, Stevia</i>)</li> </ul>	