

Bariatric Food List

Name:	
Gender:	Age:
Weight:	Height:
Date:	Date of bariatric surgery:
Protein sources	Vegetables
<ul style="list-style-type: none">Lean meats (chicken, turkey, fish, lean beef)Eggs (scrambled, poached, or boiled)TofuGreek yogurtCottage cheese	<ul style="list-style-type: none">BroccoliCauliflowerZucchiniCarrotsBell peppersGreen beansEggplantTomatoes
Fruits	Whole grains
<ul style="list-style-type: none">AppleBerries (strawberries, blueberries, raspberries)BananasPears (canned or cooked)Melon (small portions)	<ul style="list-style-type: none">Oatmeal (steel-cut or rolled oats)QuinoaBrown riceWhole-grain pasta (in moderation)
Dairy	Nuts and seeds
<ul style="list-style-type: none">Skim milkLow-fat cheeseLow-fat yogurt	<ul style="list-style-type: none">AlmondsWalnutsSesame seedsPumpkin seeds
Beverages	Others
<ul style="list-style-type: none">Water (sip throughout the day)Herbal tea (non-caffeinated)Decaf coffee	
Preferences of the patient	Recommendations/additional notes