

Bariatric Food List

Name	Date
Age	Gender
Weight	Height

General guidelines

- Make protein the centerpiece of your meals to support muscle health and feel full longer.
- Opt for lean sources of protein such as chicken, turkey, fish, and lean cuts of beef.
- Select soft, cooked vegetables like spinach, broccoli, and zucchini for easier digestion.
- Consume fruits in moderation, focusing on soft options like applesauce, berries, and canned pears.
- Keep portions small to prevent overeating and discomfort.
- Steer clear of sugary foods and beverages that can cause dumping syndrome or weight regain.
- Drink water and low-calorie beverages throughout the day to stay hydrated.
- Consume nuts and seeds sparingly due to their high calorie content.
- Incorporate whole grains like oatmeal and quinoa in small amounts.

Bariatric food list

Protein sources	Vegetables (cooked and soft)
<ul style="list-style-type: none"> • Lean meats (chicken, turkey, fish, lean beef) • Eggs (scrambled, poached, or boiled) • Tofu • Greek yogurt • Cottage cheese • Protein shakes or powders (sugar-free and low-carb) 	<ul style="list-style-type: none"> • Spinach • Broccoli • Cauliflower • Zucchini • Carrots • Bell peppers • Green beans
Fruits	Whole grains
<ul style="list-style-type: none"> • Applesauce (unsweetened) • Berries (strawberries, blueberries, raspberries) • Bananas 	<ul style="list-style-type: none"> • Oatmeal (steel-cut or rolled oats) • Quinoa • Brown rice • Whole-grain pasta (in moderation)

<ul style="list-style-type: none"> • Pears (canned or cooked) • Melon (small portions) • Avocado (in moderation) 	
Dairy	Nuts and seeds (in limited amount)
<ul style="list-style-type: none"> • Skim milk • Low-fat cheese • Low-fat yogurt 	<ul style="list-style-type: none"> • Almonds • Walnuts • Chia seeds • Flaxseeds (ground)
Fluids	Avoid or limit
<ul style="list-style-type: none"> • Water (sip throughout the day) • Herbal tea (non-caffeinated) • Broth (low-sodium) • Protein drinks (sugar-free) 	<ul style="list-style-type: none"> • Sugary foods and beverages • High-fat foods • Carbonated drinks • Fibrous or tough foods (raw vegetables, tough cuts of meat, etc.)
Recommendations	
Additional notes	