

## Suggested Foods After Bariatric Surgery

When introducing foods back into your diet after weight loss surgery it is important to add one food at a time and be patient. If something is not well tolerated then it is best to avoid that food item and eat other foods. You may be able to try that particular food after a few weeks.

Foods should be well prepared. Meats in particular should be soft, and moist. Meats are best prepared baked, broiled, grilled or poached. Avoid frying meats.

Below are examples of foods that can be a part of the diet after weight loss surgery:

Examples of Suggested Foods
<b>Proteins</b>
Skim milk, 1% milk, low-fat soy milk, non-fat dry milk powder Eggs - Scrambled eggs, hard boiled, poached, Egg Beaters Cottage cheese, low-fat cheese Yogurt (sugar-free, low-fat) Fish – Salmon, tilapia, halibut, flounder, cod, crab meat, shrimp Canned chicken, tuna in water Chicken – (dark meat is softer and better tolerated) Low-fat deli lunch meats Turkey Ground beef Chili Beans Tofu Low-fat peanut butter
<b>Carbohydrate/Starches</b>
<p><b><i>These foods should be limited until you have achieved at least 60-75% of your excess weight loss. Focus on having proteins first.</i></b></p> Grits Oatmeal Cereal (soaked in skim milk) Cream of wheat Mashed potatoes, boiled potatoes (no skin) Boiled pasta

### **Fruits**

Applesauce  
Apricot  
Cantaloupe  
Banana  
Melon  
Peach  
Pineapple  
Unsweetened canned fruits

### **Vegetables**

Cooked vegetables are best  
Cabbage  
Carrots  
Beans  
Squash

### **Fluids**

Water  
Sugar-free popsicles  
Sugar-free gelatin  
Sugar-free Kool-Aid®  
Crystal Light®  
Diet Snapple®  
Gatorade®  
Diluted fruit juices  
Diet iced tea  
Decaffeinated tea or coffee  
Broth (beef, chicken, vegetable)  
Protein supplements

### **Caution With Certain Foods**

Some foods are best avoided because they are difficult to tolerate and prone to cause discomfort. These include but are not limited to:

#### Meats

- Steak
- Pork
- Fried meats, eg., chicken, fish

### Starches

- Bread
- Bran cereals
- Granola
- Popcorn
- Rice
- Tortillas

### Fruits

- Avoid the skins (peel your fruits)
- Dried fruits

### Vegetables

- Asparagus
- Broccoli
- Cauliflower
- Celery
- Corn