NUTRITION PROGRAM

“Bariatric surgery is not a diet but a lifestyle change; surgery is only a tool; the rest is up to you!”

Preparing for Bariatric Surgery

- Sip drinks slowly.
- Eat slowly. Mealtime should be 30 minutes.
- Chew food to an applesauce consistency before swallowing.
- Stop drinking 30 minutes before, during and 30 minutes after meals.
- Don’t chew gum or eat hard candy. (If swallowed they may block stomach pouch outlet.)
- Take a Multivitamin mineral supplement daily.
- Take 600 mg. Calcium Citrate with Vitamin D twice a day.
- Drink plenty of sugar free, non-carbonated liquids throughout the day.
- Drink at least 6-8 cups of fluid per day to prevent dehydration.
- Avoid using straws.
- Limit caffeine to 8 ounces per day.
- Avoid alcohol; it is dehydrating and adds calories but no nutrients.

1. Eat three meals daily.
2. Eat within one hour of waking up.
3. Avoid going more than 3 – 4 hours without eating while awake; add snacks when needed.
4. Stop eating 2 hours before bedtime.
INTRODUCTION TO THE BARIATRIC LIFESTYLE MEAL PLAN

LOW FAT / LOW SUGAR

Eat 3 small meals a day plus 1–3 snacks as needed
This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day.

Three Steps to Meal Planning to support your weight loss and help with weight maintenance

PLAN FOR MEALS: CREATE A MENU
Think about what you will eat during the week and then food shop, buying foods from all food groups to build your menu. Each food group contributes different nutrients that are needed for good health.
Don’t keep high fat, high sugar “junk food” available.

PREPARE FOR MEALS
Think ahead each week to what meals you will be preparing for lunch and dinner and do some preparation ahead of time.

FOLLOW A ROUTINE
Eat meals at regular intervals every day. When you follow an eating schedule you are less likely to eat the food you should avoid. You will burn more calories and your metabolism will work more efficiently.
A HEALTHY PLATE MODEL

FOOD GROUPS & DAILY SERVINGS

PROTEIN  8-9 ounces daily
Lean Meats
Meat Substitutes
Dairy (Low Fat) recommend 3 servings daily

FRUITS  1 – 3 servings daily

VEGETABLES  3 or more servings daily

STARCH (WHOLE GRAINS)  4 – 6 servings daily

FATS  4 – 6 servings daily

(Unsweetened beverage or water)
(To be consumed ½ hour before or after, not with the meal)

(Any fruit)
**PROTEIN**
*Minimum 8 – 9 oz. Protein Equivalents per day*

Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health.

<table>
<thead>
<tr>
<th>FOOD CHOICES</th>
<th>PORTION SIZES</th>
<th>TIPS</th>
<th>OMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lean Meats</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken (No skin)</td>
<td>3 oz. protein</td>
<td></td>
<td>Poultry skin, duck, goose, wings, dark meat</td>
</tr>
<tr>
<td>Turkey (No skin)</td>
<td>3 oz. protein</td>
<td></td>
<td>Fish fry, battered fish</td>
</tr>
<tr>
<td>Fish/Seafood</td>
<td>3 oz. protein</td>
<td></td>
<td>Fish canned in oil</td>
</tr>
<tr>
<td>Water packed tuna</td>
<td>3 oz. protein</td>
<td></td>
<td>Breaded meats</td>
</tr>
<tr>
<td>Venison</td>
<td>3 oz. protein</td>
<td></td>
<td>Spareribs, hot dogs, bacon, sausage, pepperoni, ham hocks</td>
</tr>
<tr>
<td>Lean beef, pork, or veal</td>
<td>3 oz. protein</td>
<td></td>
<td>Prime cuts of beef, well-marbled meats, chuck</td>
</tr>
<tr>
<td>Canadian Bacon</td>
<td>3 oz. protein</td>
<td></td>
<td>Salami, bologna, liverwurst</td>
</tr>
<tr>
<td><strong>Meat Substitutes</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Eggs:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg whites</td>
<td>2 = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole egg (with yolk)</td>
<td>1 = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggbeater</td>
<td>¼ cup = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes (Beans)</td>
<td>½ cup = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter or nut butter</td>
<td>2 T. = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quinoa</td>
<td>1 cup = 1 oz. protein and 2 starches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Burger</td>
<td>1 patty = 2 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bean based soup</td>
<td>1 cup = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>½ cup = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>¼ cup = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dairy (Low Fat)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk – 1% or Skim</td>
<td>8 fluid oz. = 1 oz. protein</td>
<td></td>
<td>Whole or 2% milk</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>8 fluid oz. = 1 oz. protein</td>
<td></td>
<td>Chocolate milk</td>
</tr>
<tr>
<td>Flavored Yogurt: light, low fat</td>
<td>6 – 8 oz. = 1 oz. protein</td>
<td></td>
<td>Regular cheese</td>
</tr>
<tr>
<td>Flavored Greek Yogurt: light, low fat</td>
<td>6 oz. = 2 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plain Yogurt, low fat</td>
<td>6 – 8 oz. = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plain Greek Yogurt, low fat</td>
<td>6 oz. = 2 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese – low fat</td>
<td>1 oz. = 1 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ricotta cheese – low fat</td>
<td>½ cup = 2 oz. protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottage cheese – low fat</td>
<td>½ cup = 2 oz. protein</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Based on Individual Needs*
## VEGETABLES
3 or more servings daily

## FRUITS
1-3 servings daily

<table>
<thead>
<tr>
<th>FOOD CHOICES</th>
<th>PORTION SIZES</th>
<th>TIPS</th>
<th>OMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-Starchy Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark Green: broccoli, greens, dark green leafy lettuce, spinach</td>
<td>1 cup leafy raw vegetables</td>
<td>Fill half your plate with vegetables.</td>
<td>Vegetables prepared in cream or cheese sauce Leafy green vegetables cooked with fatty meats (Try skin-free smoked turkey, liquid smoke, or skimmed chicken broth.) Fried vegetables</td>
</tr>
<tr>
<td>Red &amp; Orange: carrots, red peppers, tomatoes</td>
<td>½ cup cooked vegetables</td>
<td>You can have unlimited amounts of non-starchy vegetables.</td>
<td></td>
</tr>
<tr>
<td>Other: asparagus, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, mushrooms, okra, onions, turnips</td>
<td>You can have unlimited amounts of non-starchy vegetables.</td>
<td>Satisfy your appetite by choosing more vegetable servings.</td>
<td></td>
</tr>
<tr>
<td><strong>Starchy Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Because of the high starch content vegetables such as potatoes, corn, and peas do not count as a vegetable but, instead, count as a starch.</td>
<td>Choose raw vegetables to increase fiber intake.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>1 medium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh berries</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melon cubes</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned fruit (packed in water or juice) – no sugar added</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen fruit – no sugar added</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried fruit</td>
<td>¼ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit juice – no sugar added</td>
<td>Maximum ½ cup/day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*No sugar added means that the fruit has not been sweetened with added sugar. Use fruit with natural sugar only.*
# STARCH (WHOLE GRAINS)

3–6 servings daily

<table>
<thead>
<tr>
<th>FOOD CHOICES</th>
<th>PORTION SIZES</th>
<th>TIPS</th>
<th>OMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked pasta</td>
<td>½ cup</td>
<td>Choose whole grain products</td>
<td>Pasta and rice dishes with butter, cream, or cheese sauce, Chow mein noodles, Fried rice, Ramen noodles</td>
</tr>
<tr>
<td>Cooked rice</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot cereal</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lentil/Bean soup</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold Cereal (no sugar coating)</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broth or Tomato based canned soup</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>98% fat free cream soup made with fat free milk</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td>Choose breads and cereals with 2 grams or more of fiber/serving</td>
<td>Donuts, Danish, biscuits, muffins, croissants</td>
</tr>
<tr>
<td>English muffin</td>
<td>½ each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamburger roll</td>
<td>½ each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot dog roll</td>
<td>½ each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small bagel</td>
<td>½ each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pita</td>
<td>½ each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waffle</td>
<td>1 (4 inch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancake</td>
<td>1 (4 inch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortilla</td>
<td>1 (6 inch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Starchy Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes (kidney beans, lentils, Lima beans, etc.)</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**FATS**

4–5 servings daily

<table>
<thead>
<tr>
<th>FOOD CHOICES</th>
<th>PORTION SIZES</th>
<th>TIPS</th>
<th>OMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola, olive, sesame, peanut, grapeseed or avocado oil</td>
<td>1 teaspoon</td>
<td>Because fat is the most concentrated source of calories, closely monitor portion sizes.</td>
<td>Palm oil</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>1 teaspoon</td>
<td></td>
<td>Fat back</td>
</tr>
<tr>
<td>Light margarine</td>
<td>1 Tablespoon</td>
<td>Use horseradish or mustard on sandwiches to replace mayonnaise.</td>
<td>Pork Rinds</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 teaspoon</td>
<td></td>
<td>Lard</td>
</tr>
<tr>
<td>Light mayonnaise</td>
<td>1 Tablespoon</td>
<td>Use non-fat vegetable or margarine spray</td>
<td>Cream</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>1 Tablespoon</td>
<td></td>
<td>Half &amp; Half</td>
</tr>
<tr>
<td>Reduced fat salad dressing</td>
<td>2 Tablespoon</td>
<td></td>
<td>Whipped topping</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1 Tablespoon</td>
<td></td>
<td>Sour cream</td>
</tr>
<tr>
<td>Ground flaxseed</td>
<td>1 Tablespoon</td>
<td></td>
<td>Cream cheese</td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light sour cream</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light cream cheese</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter/nut butter</td>
<td>1 Tablespoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td>1/8 or 2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large olives</td>
<td>8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MISCELLANEOUS**

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion Size</th>
<th>Tips</th>
<th>Omit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie free sweetener</td>
<td>as desired</td>
<td>Read food labels to check for added sweeteners and avoid those with ingredients on the Omit List.</td>
<td>Sugar, brown sugar, honey maple syrup, molasses, corn syrup, high fructose corn syrup, jam or jelly</td>
</tr>
<tr>
<td>Spices</td>
<td>as desired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herbs</td>
<td>as desired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar free jam or jelly</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar free syrup</td>
<td>2 Tablespoons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BEVERAGES**

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Portion Size</th>
<th>Tips</th>
<th>Omit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, flavored water</td>
<td>Drink 6 – 8 cups/day for adequate hydration</td>
<td>Sip slowly (no more than one ounce at a time)</td>
<td>Carbonation</td>
</tr>
<tr>
<td>Decaffeinated coffee</td>
<td></td>
<td></td>
<td>Caffeine (no more than 6 oz./day)</td>
</tr>
<tr>
<td>Unsweetened, decaffeinated tea</td>
<td></td>
<td></td>
<td>Sweetened beverages</td>
</tr>
<tr>
<td>Sugar Free beverages</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**SNACKS**

Snacks should be: 150 calories or less, 5 grams of fat or less, 5 grams of sugar or less. Include protein and high fiber food to satisfy appetite longer.

<table>
<thead>
<tr>
<th>SUGGESTIONS</th>
<th>TIPS</th>
<th>OMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 rice cake + 1 Tablespoon nut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 small fresh fruit + 1 Tablespoon nut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raw vegetables + ¼ cup hummus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light low fat yogurt + Small piece fresh fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz. reduced fat cheese + 10 almonds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tablespoons reduced fat salad dressing</td>
<td>Add a snack when meals are more than 4 hours apart to keep appetite satisfied.</td>
<td>Cakes</td>
</tr>
<tr>
<td>Raw vegetables + 1 oz. low fat cheese</td>
<td></td>
<td>Cookies</td>
</tr>
<tr>
<td>½ cup 1% cottage cheese + ½ cup. canned fruit (packed in water or juice)</td>
<td></td>
<td>Pies</td>
</tr>
<tr>
<td>Celery sticks + 1 Tablespoon nut butter</td>
<td></td>
<td>Pastries</td>
</tr>
<tr>
<td>Baby carrots + ¼ cup hummus</td>
<td></td>
<td>Candy</td>
</tr>
<tr>
<td>Sugar free, homemade pudding with low fat milk- 1 cup</td>
<td></td>
<td>Chips</td>
</tr>
<tr>
<td>2 hard-boiled eggs and carrots</td>
<td></td>
<td>Ice cream</td>
</tr>
<tr>
<td>10 walnut halves + ½ banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 almonds + ½ cup grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 mini snack size bag low fat popcorn</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FREE FOODS:
Sugar-free gelatin such as Jell-O, Sugar-free popsicles
ONE DAY MEAL PLAN

Breakfast (within one hour of getting up)

Lunch

Dinner

Snack
A HEALTHY PLATE MODEL

SAMPLE MENUS

Breakfast
- 1 Egg
- 1 slice of whole grain toast
- small banana
- 1 tsp butter
Snack
- Low fat cheese stick or light LF yogurt

Lunch
- 2 oz. tuna with 1 oz. low fat cheese
- 1-2 slices of whole wheat bread
- Sliced tomatoes for sandwich & baby carrots
- 1 Tbsp light mayonnaise
Snack
- Apple slices with 1 tablespoon peanut butter

Dinner
- 3 oz. pork loin or chicken
- 1/2 cup brown rice
- 1 cup broccoli
- 1 tsp oil to prepare meal
Snack
- 8 fl. oz. fat free milk

(Any fruit)
(Unsweetened beverage or water)

(To be consumed 1/2 hour before or after, not with the meal)
Breakfast Suggestions

A.  
½ cup oatmeal  
1 egg  
7 almonds  
1 mini box raisins (.5 oz.)

B.  
1 slice whole wheat toast  
2 Tablespoons peanut butter  
1 medium fresh fruit

C.  
1 small whole grain bagel  
1 Tablespoon light cream cheese  
6 oz. light yogurt  
½ grapefruit

D.  
1 high fiber waffle  
1 hardboiled egg  
½ cup applesauce (no sugar added)

E.  
2 eggs  
½ - ¾ cup non-starchy vegetables  
1–2 slices whole wheat toast  
1 tsp. margarine

F.  
1 cup melon  
6 oz. light yogurt  
2 rice cakes  
2 Tablespoons nut butter

G.  
6 oz. light yogurt  
¼ cup grape nuts  
1 cup berries

H.  
1 whole wheat English muffin  
1 egg  
1 slice low fat cheese  
15 grapes

I.  
1 cup unsweetened, cold cereal  
¼ cup nuts  
1 cup berries

J.  
¼ cup nuts  
1 oz. low fat cheese  
½ cup grits  
Banana or any fresh fruit

K.  
Breakfast Wrap  
1 whole grain tortilla  
2 scrambled eggs  
1 oz. low fat cheese  
Salsa  
Fresh pear

L.  
½ cup 1% low fat cottage cheese  
½ cup pineapple in juice  
1 slice whole grain toast  
1 tsp. butter
Vitamin and Mineral Supplementation

Prior to surgery, it is recommended that you take a multivitamin/mineral supplement daily as well as a total of 1200-1500 mg calcium citrate with 800IU vitamin D. Additional vitamins/minerals will be added following surgery. The list that follows provides you with some recommendations to guide your choices.

Multivitamin/mineral Supplement
It is important to purchase a multivitamin/mineral. Do not use gummies, as they are not complete multivitamin/mineral choices. You need to take one multivitamin/mineral supplement per day.

Calcium citrate with vitamin D
You need 1200-1500 mg/day of calcium with 800IU vitamin D. Take calcium in divided doses 2-3 times per day. It should not be taken with multivitamin or iron. Pay attention to the supplement nutrition information on the label. So you know how many pills you need to take to reach 1200 mg of calcium per day.

<table>
<thead>
<tr>
<th>EXAMPLES of VITAMIN SUPPLEMENTS</th>
<th>PILLS/TABLETS/day</th>
<th>AVAILABILITY (pharmacy)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Multivitamin/mineral</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Centrum Chewable</td>
<td>1</td>
<td>Highland, CVS, Walmart, etc.</td>
</tr>
<tr>
<td>Flintstone’s Complete Chewable</td>
<td>1</td>
<td>CVS, Walmart, etc.</td>
</tr>
<tr>
<td>Celebrate Multicomplete Chewable*</td>
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<td>Highland</td>
</tr>
<tr>
<td>Centrum Adults</td>
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<td>CVS, Riteaid, etc</td>
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<tr>
<td>Equate Complete Multivitamin/mineral</td>
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<td>Walmart</td>
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<tr>
<td>Nature Made Multicomplete</td>
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<td>CVS, Walgreens, etc</td>
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<tr>
<td>Celebrate Capsule*</td>
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<table>
<thead>
<tr>
<th><strong>Calcium Citrate with Vitamin D</strong></th>
<th>PILLS/TABLETS/day</th>
<th>AVAILABILITY (pharmacy)</th>
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<tr>
<td>Citracal Maximum</td>
<td>4 (2 pills, 2x/day)</td>
<td>Walmart, Walgreens</td>
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<tr>
<td>Citracal petite</td>
<td>6 (2 pills, 3x/day)</td>
<td>Walgreens, CVS</td>
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<tr>
<td>Leader calcium citrate +D</td>
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<td>Highland</td>
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<tr>
<td>Celebrate Calcium plus 500(chewable)*</td>
<td>2-3 (1 tablet, 2-3x/day)</td>
<td>Highland</td>
</tr>
<tr>
<td>Citrus calcium with D</td>
<td>4 (2 pills, 2x/day)</td>
<td>Highland</td>
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</tbody>
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*Bariatric specific
Healthy Shopping List

### Veggies
*Try fresh, frozen, or canned. Canned veggies with less than 140mg sodium.
- Artichoke
- Asparagus
- Bean Sprouts
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Collard Greens
- Cucumber
- Eggplant
- Escarole
- Green/Wax Beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Pea Pods
- Peppers
- Radishes
- Rhubarb
- Romaine Lettuce
- Sauerkraut
- Scallions
- Spinach
- Sugar Snap Peas
- Summer Squash
- Swiss Chard
- Tomato
- Turnip Greens
- Water Chestnuts
- Zucchini

### Starchy Veggies
- Baked Beans
- Plantains
- Corn
- Peas
- Potato (white & sweet)
- Pumpkin
- Winter Squash

### Dairy
*All dairy should be low fat or fat free. Choose cheeses made with 1% or skim milk.
- 1% or Skim Milk
- 1% Cottage Cheese
- Greek Yogurt, plain
- Light Yogurt, flavored
- Low Fat Cheese
- Low Fat Lactaid Milk
- Low Fat Pudding
- Low Fat Ricotta Cheese
- Low Fat String Cheese
- Low Fat Soy Milk
- Low Fat Yogurt, plain

### Condiments/Fats
- Avocado
- Cooking Spray
- Herbs and Seasonings
- Light Miracle Whip
- Light or Fat Free Cream Cheese
- Light or Fat Free Mayo
- Light or Fat Free Sour Cream
- Light Tub Margarine
- Low Fat Salad Dressing
- Oils: Olive, canola, safflower
- Salsa
- Spray Butter/Margarine
- Sugar Free Jelly/Jam/Syrup
- Sugar Substitute

### Fruits
*Try fresh, frozen, dried, or canned—canned fruit packed in its own juice.
- Apples
- Applesauce (natural)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Cranberries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon
### Breads & Grains

*The first ingredient should be: whole wheat, multigrain, cracked wheat, oat, rye, or millet on a whole grain product.

- Brown Rice
- Buckwheat
- Barley
- Bulgur
- Couscous
- Millet
- Pumpernickle Bread
- Rye Bread
- Wheat Bread
- Wheat Tortilla
- Whole Grain Crackers
- Whole Wheat Pasta
- Whole Wheat Pita
- Wild Rice
- Quinoa

### Cereals

*Choose whole grain cereals with less than 6 grams of sugar and 3 or more grams of fiber per serving.

- All Bran
- Cheerios (original)
- Cream of Wheat
- Fiber One
- Grits
- Kashi Go Lean
- Oatmeal
- Oatmeal (calorie control)
- Shredded Wheat
- Whole Grain Cereal

### Frozen Entrees

*Only recommended to use if necessary no more than 1-2x per week.

- Healthy Choice
- Lean Cuisine
- Smart Ones
- Weight Watchers

### Meat & Poultry

*Trim visible fat, and remove skins.

#### Lean Ground Beef - 90%-95% lean
- Arm Roast
- Chuck Shoulder
- Top Loin
- Top Sirloin

#### Leanest Roast
- Arm Roast
- Chuck Shoulder
- Top Loin
- Top Sirloin

#### Leanest Steaks
- Bottom Round
- Round Eye
- Round Tip
- Top Round

#### Leanest Pork
- Center Loin
- Ham/Canadian Bacon
- Pork Loin
- Tenderloin

#### Chicken/Turkey
- 90% lean ground
- Chicken Breast/skinless
- Turkey (cutlet, skinless)

#### Deli Meat - use 97% lean
- Fat Free/Soy Hot Dog
- Ham
- Lean Roast Beef
- Turkey

#### Other
- Eggs
- Egg Whites/Beaters
- Tofu
- Veggie Burger
- Soy Products
- Low Fat Lentil Soup

### Beverages

- Decaf. Coffee/Tea
- Water
- Flavored Water
  (sugar-free, noncarbonated)

### Fish

*Try fresh, frozen (without breading), or water-packed canned fish.

- Catfish
- Clams
- Cod
- Crab
- Herring
- Haddock
- Lobster
- Mussels
- Oysters
- Salmon
- Sardines (water packed)
- Scallops
- Shrimp
- Tilapia
- Trout
- Tuna (water packed)

### Nuts & Legumes

- Almonds
- Cashews
- Chick Peas
- Black Beans
- Black-eyed Peas
- Edamame
- Hazelnuts
- Hummas
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Nut Butter
- Peanuts
- Pecans
- Pine Nuts
- Pinto Beans
- Pistachios
- Peanut Butter
- Split Peas
- Soy Beans
- Soy Nuts
- Walnuts
- White Beans
FOOD DIARY
Please indicate: time of day, the meal you are having and the duration of that meal. Include the name of food, how it was prepared, and portion size.

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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Snacks
____________________
____________________
____________________
FOOD DIARY

Date ________________  Day ________________  Be Sure to record all meals and snacks.

<table>
<thead>
<tr>
<th>Food/Beverages &amp; How Prepared</th>
<th>Portion</th>
<th>Time of Day</th>
<th>Place Where Eating</th>
<th>Duration of Meal (min.)</th>
<th>Exercise Activities</th>
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