

Bariatric Food List

Name: _____ Date: _____ dd / mm / yyyy
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.

Protein sources: 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)

Vegetables (cooked and soft): Spinach, Broccoli, Cauliflower, Zucchini, Carrots, Bell peppers, Green beans

Fruits: Applesauce (unsweetened), Berries (strawberries, blueberries, raspberries), Bananas, Pears (canned or cooked), Melon (small portions), Avocado (in moderation)

Whole grains: Oatmeal (steel-cut or rolled oats), Quinoa, Brown rice, Whole-grain pasta (in moderation)

Dairy: Skim milk, Low-fat cheese, Low-fat yogurt

Nuts and seeds (in limited amount): Almonds, Walnuts, Chia seeds, Flaxseeds (ground)

Fluids: Water (sip throughout the day), Herbal tea (non-caffeinated), Broth (low-sodium), Protein drinks (sugar-free)

Avoid or limit: Sugary foods and beverages, High-fat foods, Carbonated drinks, Fibrous or tough foods (raw vegetables, tough cuts of meat, etc.)

Additional notes