advocare | Surgical Specialists of Washington Township

Bariatric Friendly Shopping

Meats	Starches	Cheeses	Fats	Beverages	Fruits
Any fish	Quinoa, black/brown/red/wild rice	Part skim/reduced fat cheeses:	Smart balance margarine	Water,tea/ decaf coffee	All berries
Shellfish	Sweet potatoes	Mozzarella	Butter	Limit 2 cups regular coffee after stage 3	Plums
Skinless chick or turkey – all parts	Whole grain/high protein pastas/noodles	Cheese sticks	Olive oil		Cherries
Lean pork tenderloin	High protein cereals	Part skin, low/fat free ricotta cheese	Coconut oil	Flavored < 10 calorie waters	Red delicious/
Center cut pork chops	High fiber/protein breads and crackers/pancakes	Low fat/fat free cottage cheese	Light/fat free mayonnaise	Crystal light	granny smith apples
Canadian bacon	Whole grain wraps/pitas or tortillas/English muffins		Light salad dressings	Diet ocean spray	Figs
Beef: round, eye, flank, sirloin, 93-96% fat free ground beef		**Eggs**	Flax seed	Diet Snapple	Pears
		Organic is best		Any no calorie beverage	
Deli meat: ham, turkey, roast beef, chicken	Fat free or reduced popcorn	Omega 3 eggs		Diet **FLATTENED** ginger ale	Other fruits OK, berries are the best
Game meat: venison,etc	Oatmeal	**Dairy**	**Nuts**		
Turkey/ lean beef meatballs	Grits, cream of wheat	Greek yogurt fat free/reduced fat	Almonds		
Meatloaf	Beans: lentils, black beans/ garbanzo, black-eyes peas, endamame	Almond milk	Walnuts	**Sweeteners**	**Veggies**
Veggie/ bean/ soy/turkey/ lean beef burgers/boca		Skim milk	Pecans	Stevia	All veggies
		High protein fat free milk	Hazelnuts	Splenda	Limit corn/peas and lima beans
Turkey sausage			Pistachios	Equal	
			Cashews	Sweet n Low	
			Pumpkin seeds	Limit sugar	
			PB2 peanut butter powder	Monk fruit	

General advice

Frozen is better than canned, sometimes better than fresh. READ food labels. See attached label. Canned and processed foods often too high in sodium. You want BANG for your BUCK with food. Everything you put into your mouth should often some nutrition value. It's ok to deviate from above, after all, that is life! This is not all inclusive, just the better recommendations.