



BARIATRIC SURGERY: PANTRY-FRIENDLY FOOD GUIDE

USE THIS GUIDE WHEN VISITING A FOOD PANTRY. FOCUS ON HIGH-PROTEIN,
SOFT, AND EASY-TO-DIGEST FOODS AFTER SURGERY.

CLEAR LIQUIDS

GOAL: HYDRATE. NO SUGAR, NO SOLIDS.

CANNED/BOXED BROTH (CHICKEN, BEEF, VEGETABLE, BONE, LOW SODIUM)

BOUILLON CUBES OR POWDER (LOW SODIUM)

BOTTLED WATER, PROTEIN WATER

SUGAR-FREE DRINK MIXES (CRYSTAL LIGHT, LEMONADE, KOOL-AID)

ZERO-CALORIE SPORTS DRINKS (GATORADE ZERO, POWERADE ZERO)

DECAF TEA OR COFFEE

SUGAR-FREE GELATIN (JELLO CUPS OR POWDER)

SUGAR-FREE POPSICLES/FUDGESICLES



FULL LIQUIDS

GOAL: HIGH PROTEIN, SMOOTH LIQUIDS; AVOID CHUNKS OR SOLIDS. POURABLE

PROTEIN POWDERS & READY TO DRINK PROTEIN DRINKS

(WHEY, CASEIN, PLANT-BASED, FLAVORED/UNFLAVORED, \leq 5 GRAMS SUGAR PER SERVING)

CANNED LOW-FAT CREAM SOUPS/CHILI (BLENDED & STRAINED)

BROTH-BASED SOUPS (STRAINED, LOW SODIUM)

SUGAR-FREE PUDDING (PREPARED THIN)

HOT CEREALS (CREAM OF WHEAT/RICE, INSTANT OATMEAL-PLAIN OR

LOW-SUGAR, GRITS-BLENDED SMOOTH)

SUGAR-FREE HOT COCOA

POWDERED MILK OR SHELF-STABLE MILK (SKIM, NON-FAT, SOY, OR ALMOND)



PUREED FOODS

GOAL: SOFT, EASY-TO-SWALLOW FOODS. PROTEIN FIRST.



INSTANT MASHED POTATOES

FAT-FREE REFRIED BEANS (PUREED & THINNED)

CANNED BEANS OR LENTILS (PUREED & THINNED)

CANNED/POUCHES CHICKEN, TUNA, OR SALMON (PUREED WITH BROTH)

CANNED PUMPKIN OR UNSWEETENED APPLESAUCE

LOW-SODIUM CANNED VEGETABLES (PUREED; EXCLUDE PEAS & CORN)

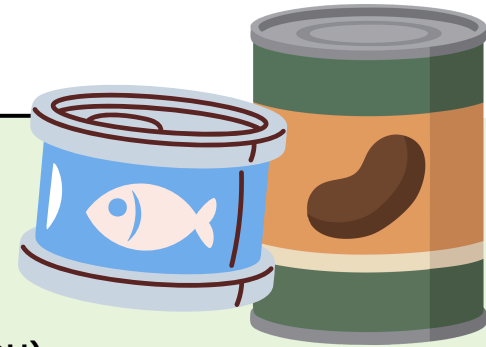
CANNED PEACHES/PEARS IN JUICE (PUREED)

HOT CEREALS (CREAM OF WHEAT/RICE, INSTANT OATMEAL-PLAIN OR

LOW-SUGAR, GRITS)

SOFT FOODS

GOAL: SOFT TEXTURES. CONTINUE PROTEIN.



CANNED CHICKEN, TUNA, SALMON (SOFTENED WITH BROTH)

CANNED BEANS OR LENTILS (MASHED)

CANNED CHILI

CANNED VEGETABLES (GREEN BEANS, CARROTS, ZUCCHINI, SPINACH)

CANNED FRUIT IN WATER OR 100% JUICE (STRAINED)

FRUIT AND VEGETABLE CUPS

LOW-SUGAR CANNED YAMS, TOMATO PRODUCTS

PEANUT BUTTER/NUT BUTTER (CREAMY)

WHOLE-GRAIN CRACKERS

HIGH-PROTEIN DRY CEREAL (</=5 GRAMS SUGAR PER SERVING)

REGULAR BARIATRIC DIET

GOAL: BALANCED DIET. PROTEIN IS STILL IMPORTANT.

CANNED OR DRY BEANS/LENTILS

NUT BUTTERS (SMALL PORTIONS)

CANNED, FROZEN, OR FRESH FRUIT (UNSWEETENED)

FRESH VEGETABLES

BROWN RICE, WHOLE-GRAIN PASTA, QUINOA, WHOLE-GRAIN COUSCOUS

