

Bariatric Friendly Shopping List

Fresh Fruit

- Apples
- Banana's
- Pears
- Peaches
- Nectarines
- Plums
- Kiwi
- Oranges
- Cherries
- Grapefruit
- Lemons, Limes
- Grapes
- Pomegranate
- Pineapple
- Mango
- Berries
- Melon

Fresh Vegetables

- Lettuce
- Dark green leafy vegetables
- Fresh Herbs
- Asparagus
- Broccoli
- Brussel sprouts
- Green beans
- Cauliflower
- Cabbage
- Carrots, parsnips
- Celery
- Onions
- Garlic
- Squash
- Eggplant
- Sweet potato
- Zucchini
- Tomato's
- Cucumber
- Bell Peppers
- Mushrooms

Meat, Poultry, Seafood and Soy

- Poultry (Chicken/Turkey, lean skinless cuts, ground)
- Pork (tenderloin, loin chops, lean cuts, ground)
- Beef (Round, cubed steak, flank steak, lean ground)
- Fresh fish (Salmon, tuna, mackerel, trout, Cod, haddock, tilapia)
- Shellfish (oysters, clams, shrimp, lobster, scallops, crab)
- Wild game
- Tofu, Tempeh
- Hummus, bean dip

Dairy, Milk alternatives and Eggs

- Low fat milk (Skim, 1%, Lactose Free)
- Low-fat Cottage Cheese
- Unsweetened yogurt (Skyrr, Greek, Regular)
- Part skim or reduced fat cheese
- Fortified Soy or nut beverages (unsweetened)
- Eggs, egg substitute, egg whites
- Margarine (non-hydrogenated)

Pantry Items

- Canned vegetables
- Canned tomatoes
- Low sodium broth

- Broth or tomato based soups
- Marinara Sauce
- Canned tuna, chicken or salmon
- Canned beans (chickpeas, black beans etc)
- Dried lentils/ beans
- Canned fruit (packed in water or its own juice)
- Nut butter (peanut, almond etc)
- Plain Oats (Steel cut, large flake, instant)
- Cream of wheat
- High fibre cereals
- Meal Replacements
- Skim milk powder, protein powder
- Dried fruit (no sugar added)
- Nuts (mixed)
- Seeds (hemp, chia, flax, pumpkin, sunflower etc)
- Popcorn Kernels
- Olive or Canola oil
- Low fat dressings
- Dried herbs and spices

Frozen Foods

- Frozen vegetables (spiralized, riced, whole or mixed)
- Edamame
- Frozen fruit
- Frozen un-breaded fish or skinless poultry