

Bariatric-Friendly Kosher List

Supplements

Shakes

- Muscle Milk
- Unjury
- Myoplex
- Premier
- AdvantEdge
- Fairlife Nutrition Plan
- Iconic



Protein Powder

- Muscle Milk
- Unjury
- NOW Foods Whey Protein Isolate
- Bluebonnett Nutrition
- Bariatric Fusion High Protein Meal Replacement



Multivitamins

- Bariatric Fusion Multivitamin Soft Chews
- Bariatric Advantage (all products are Kosher)

Calcium Citrate

- Bariatric Fusion Calcium Soft Chews
- Bariatric Advantage



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Dairy

- Fat-free or low-fat Greek or regular yogurt with less than 15g carbohydrate
 - Chobani, YQ by Yoplait
- Low-fat or non-fat Cottage Cheese
- Low fat cheese, string cheese



Pareve

- Riced cauliflower
- Salmon
- Coconut flour
- Seafood salad
- Tuna fish packets (Ranch and Buffalo flavor)
- Eggs, egg white, Just Egg
- PB2
- All fruits and vegetables



Pasta/Noodles

- Skinny pasta
- Zucchini or butternut squash noodles
- Impastable Pasta
- Explore Cuisine Edamame and Mungbean Fettuccini
- Shirataki noodles (Pasta Zero, Miracle Noodle)



Protein bars and snacks

- Quest (not all flavors)
- Quest HERO bars
- Think Thin (not fruit blend)
- Rebellion protein chips
- Shrewd Food Protein croutons and crisps
- NuGo Slim Bars
- Quest Chips
- Kirkland protein bars
- Aufschnitt Premium Products Teriyaki Beef Jerky



Protein waters

- Trimino
- Protein 2o



Sugar-Free Drinks

- Crystal Light Packets
- Powerade Zero
- Vitamin Water Zero



Low Carb breads:

- Great Low Carb Company
- Chompies
- Santa Fe Carb Chopper
- Goldenstar

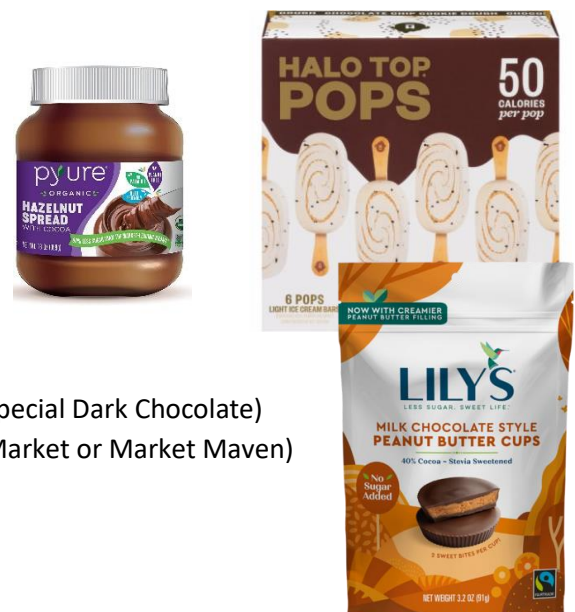


Bread Dough Mix

- Rorie full 'n free Low Carb Gluten Free Dough Mix

Sweets

- Halo Top Ice Cream
- Enlightened Ice Cream
- Lily's Sugar Free Chocolate Products
- Hershey Sugar Free Chocolate (Reese's Peanut Butter Cups, Special Dark Chocolate)
- Gefen Sugar Free Chocolate Chips (To purchase: Seven Mile Market or Market Maven)
- Pyure Hazelnut Spread and other products by Pyure



Resources for bariatric kosher options

Instagram to follow:

@ketokosher

@Kosherlowcarbqueen

Websites:

Locarbu.com

Netrition.com

Koshervitamins.com

Bariatricpal.com (search “kosher”)

Bariatricdirect.com (search “kosher”)

GBMC’s Comprehensive Obesity Management Program

Nutrition resources website: www.gbmc.org/compbinder

Make an appointment with your dietitian anytime: call 443-849-3779