

## Bariatric Nutrient Guide

Protein	Fat	Starches	Veggies	Fruit
<p><b>Have at least 3 servings per day</b>  <b>Eat protein first and completely</b>  <b>Pair with every meal</b></p> <p>All fresh fish (salmon, tilapia, trout, tuna)            All shellfish (crabs, shrimp, lobster, scallops, etc.)            Canned fish (tuna, salmon)            Frozen fish            Chicken (skinless breast, skinless thighs, rotisserie, chicken meatballs, burgers, bacon, sausage)            Turkey (deli, turkey meatballs, burgers, bacon)            Ground chicken or turkey – 90-98% lean            Reduced fat cheeses (string cheese, cheddar, mozzarella, Laughing Cow light wedges, cottage cheese)            Lean pork, lean beef (90% lean or high-er ground, or lean cuts)            Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)            Fresh eggs (can use yolks/yellow)            Egg beaters, Boiled eggs            Vegan protein (tempeh, tofu, TVP, soy burgers, bacon, crumbles, hot dogs, Impossible or Beyond products)</p> <p><b>Supplements for when you're not hungry:</b>            Ready-made protein shakes            Protein powders            Protein bars</p>	<p><b>Limit these to the serving size - high in calories and may cause stomach upset</b></p> <p>1 tbsp – fats:            All oils (olive, coconut, canola, vegetable, etc.)            Butter            Spreads</p> <p>Nuts, seeds:            ¼ cup</p> <p>Peanut butter, almond butter, cashew butter,            Sun butter:            2 LEVEL tablespoons</p> <p>Salad Dressings:            2 level tablespoons</p> <p>Avocado: 1/4 of the avocado</p>	<p><b>After 6 months you may re-introduce smart starches 3-4 times per week (more often if you're exercising often). Try to avoid Slider Starches as often as possible.</b></p> <p><b>Smart Starches:</b>            Sweet potato            Brown rice            Beans            Peas            Corn            Whole grain breads            Whole grain pastas            Whole wheat crackers            Whole wheat wraps            Quinoa            Barley</p> <p><b>“Slider” Starches:</b>            White bread, rice, pasta            Chips            Cookies            Crackers            Cake            Candy            Popcorn            Pretzels            Pizza, fries            Cereals (sugary)</p>	<p><b>Choose any and many!</b></p> <p><b>Non-starchy veggies:</b>            Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mush-rooms (all kinds), mustard greens, okra, onions, pars-ley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), Swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans            Steamer, frozen veggies            Zucchini noodles            Spaghetti squash</p>	<p><b>1 serving = ½ cup to ¾ cup</b>  <b>Or 1 small piece</b></p> <p>All fresh fruit            (up to 3 servings per day)</p> <p>Unsweetened applesauce</p> <p>Canned or packaged fruit in own juice (less than 15 grams sugar per serving)</p> <p><i>(Note: pair fruit with a protein to prevent blood sugar spikes)</i></p>