

Choosing Wisely: Appropriate Foods after Weight Loss Surgery

	YES	NO
Meat, fish, poultry and eggs	<ul style="list-style-type: none"> Fish and shellfish, <i>skinless</i> Tuna canned in <i>water</i> Chicken or turkey, <i>skinless</i>, white meat Ground turkey <i>breast</i> or ground chicken <i>breast</i> Beef: (<3g fat per ounce) 96% extra lean ground beef, select cuts, roasts, loin and round (eye round roast, sirloin tip, top round roast, bottom round roast, top sirloin steak, sirloin, tenderloin, eye of round) Low-fat or fat-free cold cuts (<3g fat per ounce) Pork: fresh ham, Canadian bacon, tenderloin, center loin Game meats: venison, skinless duck, rabbit Egg whites or egg substitute 	<ul style="list-style-type: none"> Any <i>Fried</i> meat or fish Chicken or turkey <i>with skin</i>, chicken wings Beef: regular or 93% “lean” ground beef, corned beef, ribs, prime rib, veal, steak (T- bone, porterhouse, cubed), ground round Pork: cutlet, pork chop, pork ribs Potted meat, Vienna Sausage, Spam Hot dogs, sausage (beef, pork, turkey, bratwurst, Italian knockwurst), bacon Calves liver, chicken liver, duck liver Any untrimmed beef, lamb chop or pork or any Prime grades of meat Whole eggs (white + yellow) Regular cold cuts or luncheon meats, bologna, pimento loaf, salami
Cheese	<ul style="list-style-type: none"> Reduced fat cheese (<3g fat per ounce) 	<ul style="list-style-type: none"> Full-fat cheeses (ie: American, colby, cheddar, jack, brie)
Beans	<ul style="list-style-type: none"> Beans: lentils, black-eyed peas, split peas, black beans, white beans, pinto beans, lima beans, chickpeas, etc. 	
Nuts and seeds	<ul style="list-style-type: none"> Nut butters like peanut butter, choose “natural” without added sugar or oil (limit to 2 Tbsp/day) Nuts: walnuts, almonds, cashews, hazelnuts, macadamia nuts (limit to ¼ cup not more than 5x/week) Seeds: pumpkin seeds, sunflower seeds, sesame seeds (limit to ¼ cup not more than 5x/week) 	
Soy	<ul style="list-style-type: none"> Soy beans (aka edamame), soy products (ie: tofu, tempeh, soy milk, soy/veggie burgers) 	
Dairy	<ul style="list-style-type: none"> Skim or 1% fat milk, lite soy milk, Lactaid milk Non-fat or low-fat, lite yogurt Nonfat, 0%, plain, no added sugar Greek Yogurt Non-fat or low-fat cottage cheese 	<ul style="list-style-type: none"> Regular cottage cheese Regular yogurt (with sugar added) Fruited/flavored Greek Yogurts or 2% Greek Yogurt Whole or 2% milk Heavy cream, whipped cream, half and half
Vegetables	<ul style="list-style-type: none"> Any raw, fresh, frozen or canned vegetable Vegetable juice 	<ul style="list-style-type: none"> Fried vegetables Veggies covered in butter, cheese or cream sauces or regular salad dressing Cole slaw and other vegetable salads with creamy dressings
Fruits	<ul style="list-style-type: none"> Any fresh, frozen or canned (in water or natural/its own juice) 100% fruit juice -limit to 4 oz/day and dilute with water (but limit after 1 month) 	<ul style="list-style-type: none"> Fruit drinks that contain less than 100% juice Fruit canned in lite or heavy syrup Fruit frozen in a sugary sauce

<p>STARCHES Grains</p> <p>Starchy vegetables</p>	<ul style="list-style-type: none"> • Whole wheat or corn tortillas (6 in) • Whole grain, low sugar hot or cold breakfast cereals • Whole grain, low-fat crackers (ie: Wasa) • Whole-grain, sugar-free waffles or pancakes (occasionally) • Low-fat, sugar-free granola bars • Brown Rice • Whole wheat pretzels, air-popped popcorn (no butter) • Whole grain bread, rolls, bagels • Whole wheat pasta • Whole grains (barley, millet, quinoa, brown rice, whole-wheat pasta, couscous) • Sweet potatoes, corn, peas 	<ul style="list-style-type: none"> • Sports/cereal/protein bars with sugar • White potatoes • White rice • Regular pasta • Packaged/boxed rice or potato dishes • Refined flour • White flour breads, rolls, bagels • Biscuits • Pop Tarts, toaster strudels • Regular muffins • Packaged baked goods and crackers made with “hydrogenated oil” or sugar • Chips (potato, corn, veggie) • French fries, fried potatoes • Foods that contain “trans-fats”
<p>Sweets</p>	<ul style="list-style-type: none"> • Artificial sweeteners (ie: Splenda, Sweet-n- Low Equal, Truvia, Stevia) • Sugar-free, non-carbonated drinks (Crystal lite, SF Kool Aid) • Low-sugar jelly, jam and fruit spreads (Polaner) • Sugar-free popsicles • Sugar-free Jell-O • Sugar-free gum (don’t swallow it!) • Sugar alcohols (sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol) (may cause GI distress) • Sugar-free pancake syrup (limit) 	<ul style="list-style-type: none"> • Candy, candy bars, chocolate, hard candies • Pies • Cakes • Cookies • Donuts • Pastries • Ice cream • Soda (regular or diet), Kool-Aid, Lemonade, Gatorade, Sweet tea • Sugars (ie: honey, maple syrup, white sugar, brown sugar, molasses)
<p>Fats and oils</p>	<ul style="list-style-type: none"> • Non-stick cooking spray (like PAM) • Fat-free or reduced-fat mayonnaise • Fat-free or reduced-fat, sugar-free salad dressing • Fat-free or reduced-fat cream cheese • Fat-free or reduced-fat sour cream • Liquid oils (ie: olive oil, flaxseed oil, canola oil) (1 tsp is a serving) • Tub or spray margarine 	<ul style="list-style-type: none"> • Butter • Stick margarine • Lard and vegetable shortening (ie: Crisco) • Regular Mayonnaise • Regular Cream cheese • Cocoa butter, palm oil, palm kernel oil • Fried foods
<p>Seasonings</p>	<ul style="list-style-type: none"> • Herbs & Spices • Lemon or Lime juice • Worcestershire sauce • Liquid smoke • Hot sauce or Tabasco sauce • White wine vinegar, cider vinegar, red wine vinegar, balsamic vinegar • Mojo Criollo • Salt, Pepper, Lemon Pepper • Mrs. Dash, Lawry’s Seasoning, Tony’s Cachere’s Seasoning • Heinz One Carb Ketchup 	<ul style="list-style-type: none"> • BBQ sauce • Teriyaki sauce • Ketchup