

Bariatric Program Before Surgery Shopping List

This shopping list will give you some ideas of what you may get before surgery to help you manage for the first weeks. You do not need to buy everything on the list. Choose the foods you like and the products that you have been advised to get.

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| <input type="checkbox"/> Applesauce (no sugar added) | <input type="checkbox"/> Oatmeal (plain) |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Oat bran cereal |
| <input type="checkbox"/> Broth | <input type="checkbox"/> Pudding (low fat, no sugar added) |
| <input type="checkbox"/> Canned fruit packed in water | <input type="checkbox"/> Soda crackers or melba toast |
| <input type="checkbox"/> Canned meat or fish packed in water (chicken, tuna, salmon) | <input type="checkbox"/> Skim milk powder |
| <input type="checkbox"/> Cream of wheat cereal | <input type="checkbox"/> Soy milk (unsweetened) |
| <input type="checkbox"/> Cream soup (low fat, strained) | <input type="checkbox"/> Yogurt, Greek or regular (low fat, no added sugar) |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Zero-calorie drinks (decaf tea/coffee, Crystal Light, Mio, sugar-free Kool-aid, flavoured waters) |
| <input type="checkbox"/> Eggs | |
| <input type="checkbox"/> Hummus | |
| <input type="checkbox"/> Jello (sugar-free) | |
| <input type="checkbox"/> Lentils (canned) | |
| <input type="checkbox"/> Milk (skim, 1%) | |

Supplements

- Pre-mixed protein shakes (minimum 12 grams of protein, less than 20 grams of carbohydrate and less than 5 grams of fat for each serving)
 - Examples: Premier Nutrition, Boost Diabetic
- Protein powder (20 to 40 grams of protein, less than 5 grams of carbohydrate and less than 3 grams of fat for each serving)
 - Examples: Whey Isolate, Soy Isolate
- Benefibre or other inulin fiber supplement
- Colace stool softener
- Prenatal multivitamin*
- Calcium citrate*
- Vitamin D*
- Vitamin B₁₂ (if you have a sleeve gastrectomy)*

*Refer to the vitamin card given to you by the dietitian or medical internist for the appropriate vitamin dose recommended to you.

Other Useful Items

- Pill cutter or crusher
- Pedometer for measuring walking steps
- Measuring cups and spoons
- Food scale
- Blender or shaker for protein shakes