

## **Bariatric Surgery Program: Foods to Limit**

After surgery, some foods need to be limited. Foods that are high in fat and/or sugar can cause nutrition-related problems such as dumping syndrome, diarrhea, nausea, or vomiting. These foods do not provide nutrition benefits and can also negatively affect your weight loss goals.

When limiting these foods, restrict how often you have these foods (i.e. once a week or once a month) and consume smaller portion sizes.

<b>Foods and drinks to limit:</b>	<b>Try Instead:</b>
Cakes and Pastries	<ul style="list-style-type: none"> <li>● Baked apple or pear sprinkled with cinnamon</li> </ul>
Ice cream and frozen desserts	<ul style="list-style-type: none"> <li>● Frozen bananas in food processor</li> <li>● Frozen yogurt (low-fat and low-sugar)</li> <li>● Chapman’s No Sugar Added Ice-cream</li> </ul> <p>* Pay extra attention to portion sizes!</p>
Chocolate	<ul style="list-style-type: none"> <li>● Small portion of high-quality dark chocolate</li> </ul>
Candy	<ul style="list-style-type: none"> <li>● Small portion of sugar-free candy</li> <li>● Fruit salad</li> </ul>
Donuts and muffins	<ul style="list-style-type: none"> <li>● Homemade high-fibre, low-sugar, low-fat muffins (add fruit for sweetness)</li> </ul>
French fries	<ul style="list-style-type: none"> <li>● Homemade baked sweet potato strips</li> <li>● Oven-roasted potatoes with herbs and seasoning</li> </ul>
Pizza	<ul style="list-style-type: none"> <li>● Homemade pizza with low-fat cheese on a whole-wheat tortilla or pita</li> </ul>
Chips and nachos	<ul style="list-style-type: none"> <li>● Rice crackers</li> <li>● Homemade baked whole-wheat pita crisps or tortilla strips with salsa or hummus</li> </ul>
Fruit-flavoured drinks, soda pop, sports drinks	<ul style="list-style-type: none"> <li>● Water with lemon, lime, or cucumber slices</li> <li>● Diet fruit-flavoured drinks (Ocean Spray)</li> </ul>
Speciality coffee drinks ( lattes, mochas)	<ul style="list-style-type: none"> <li>● Latte made with low-fat milk and unsweetened</li> </ul>