

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"/> Milk (skim, 1% or 2%) |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Oatmeal (plain) |
| <input type="checkbox"/> Broth | <input type="checkbox"/> Oat bran cereal |
| <input type="checkbox"/> Canned fruit packed in water | <input type="checkbox"/> Pudding (low-fat, no sugar added) |
| <input type="checkbox"/> Canned meat or fish packed in water (chicken, tuna, salmon) | <input type="checkbox"/> Soda crackers or melba toast |
| <input type="checkbox"/> Cream of wheat cereal | <input type="checkbox"/> Skim milk powder |
| <input type="checkbox"/> Cream soup (strained) | <input type="checkbox"/> Soy milk (unsweetened) |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Yogurt, Greek or regular (less than 20% M.F., no sugar added) |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Zero-calorie drinks (tea/coffee, Crystal Light, Mio, sugar-free Kool-aid, flavoured waters) |
| <input type="checkbox"/> Hummus | |
| <input type="checkbox"/> Jello (sugar-free) | |
| <input type="checkbox"/> Lentils (canned) | |

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 fibre supplement
- Colace stool softener
- Multivitamin*
- Calcium citrate*
- Vitamin D*
- Vitamin B₁₂ (if you have a sleeve gastrectomy)*

* Refer to the vitamin handout given to you by the dietitian or medical internist for the appropriate vitamin dose recommended to you AND remember that you may need to take a chewable or liquid form for better tolerance.

Other Useful Items

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