



# Fresh Post-Op Shopping List

## Clear Liquids

### AVOID

- ✗ Carbonated drinks
- ✗ Sugary drinks
- ✗ Caffeine
- ✗ Alcohol

### INCLUDE

- ✓ Water/ice chips
- ✓ Sugar-free popsicles
- ✓ Sugar-free jello
- ✓ Sugar-free sports drinks
- ✓ Low-sodium broths
- ✓ Low-sugar fruit juice diluted with water\*  
*Apple, grape, or cranberry*
- \* For every 4 ounces of fruit juice, dilute with at least 4 ounces of water too. Sip slowly. Do not drink more than 2 cups daily.*
- ✓ Decaf coffee or tea
- ✓ Coconut water

## Full Liquids & Some Pureed Foods

*Note: Start talking to your bariatric program or surgeon about if you are ready to start taking a daily multivitamin.*

### AVOID

- ✗ Soups with large chunks
- ✗ Raw vegetables that are hard to eat
- ✗ Nuts
- ✗ Butter
- ✗ Ice cream
- ✗ Desserts, & sugary foods
- ✗ Rice & white pasta
- ✗ White bread

### INCLUDE

- ✓ Prior foods/liquids
- ✓ Protein supplements (at least one/day)  
*A goal of 60-90 grams/day*
- ✓ Non-fat/low-sugar yogurt  
*18 grams or less of sugar*
- ✓ Blended cream soups
- ✓ Sugar-free pudding
- ✓ Low-sodium soup
- ✓ Light Greek yogurt
- ✓ Thinned, unsweetened oatmeal

A "full liquids" food means that the food can be pureed, strained, and then consumed. These full liquids should be rich in protein to promote healing after your surgery and keep you feeling full. With the approval of a surgeon or dietician, start to incorporate protein back in.



*Be sure to ask your facility or surgeon before moving on to any stage. When incorporating foods into your diet, make sure you are testing foods one at a time to see if you can tolerate them. It is essential to keep drinking water and other fluids throughout all these stages to stay hydrated. Create a goal to get in anywhere to 64-96 ounces of water a day.*



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## Soft Foods

### AVOID

- ✗ Skin and seeds of fruits
- ✗ Skin and seeds of vegetables

### INCLUDE

- ✓ Prior foods/liquids
- ✓ Soft fish (tilapia, cod, haddock)
- ✓ Softened vegetables  
*Carrots, green beans, and squash*
- ✓ Scrambled eggs
- ✓ Mashed potatoes/sweet potatoes
- ✓ Low-fat small curd cottage cheese
- ✓ Light Greek yogurt/light yogurt
- ✓ Vegetable and blended soups  
*with finely chopped meat/vegetables*
- ✓ Pureed beef, chicken, turkey
- ✓ Canned chicken or tuna
- ✓ Hot, thinned oatmeal
- ✓ Pureed fruits/pureed vegetables

## Solid Foods

### AVOID

- ✗ Carbonated drinks
- ✗ Sugary drinks
- ✗ Caffeine
- ✗ Alcohol
- ✗ Drinks high in calories
- ✗ Fast food
- ✗ Over-processed food
- ✗ Fried food
- ✗ Sugary snacks and desserts

### INCLUDE

- ✓ Lean meats  
*Fish, shellfish, turkey breast, and chicken breast*
- ✓ Hard-boiled eggs
- ✓ Low-fat deli meats
- ✓ Low-fat cheese  
*Sliced or grated*
- ✓ Low-fat cottage cheese/dairy products
- ✓ Beans
- ✓ Cooked vegetables
- ✓ Soft fruit without skins in small quantities  
*Apples, pears, peaches*
- ✓ Starches and whole grain pastas/rice
- ✓ Fats in small quantities  
*(1 teaspoon/meal)*

For a full list of foods, see our grocery list!