

Grocery List for Weight-Loss Surgery Patients

The foods noted below are often safe to eat in the first weeks after surgery.

Your care team will guide you as you slowly add to this list over time.

Always follow the advice of your doctor and dietitian.

Liquids without protein

- Sugar-free gelatin
- Sugar-free Popsicles
- Pulp-free juice, not sweetened (no more than 4 ounces per day)
- Herbal tea
- Crystal Light and sugar-free Kool-Aid
- Sugar-free flavored waters, such as Propel
- Broth
- Vegetable juice or tomato juice

Liquids with protein

- Skim or 1% milk
- Calcium-enriched soymilk
- Low-fat cream soups (strained, without chunks)
- Low-sugar Carnation Instant Breakfast
- Smooth, low-calorie yogurt
- Low-calorie pudding
- Custard

Pureed and similar foods

- Cooked cereals (made with skim or 1% milk)
- Low-fat cottage cheese and low-fat ricotta cheese
- Eggs
- Potatoes (instant, mashed)
- Cooked vegetables (small baby carrots, squash, green beans)
- Soft fresh fruits (bananas, melons)
- Canned fruits, packed in their own juices (peaches, pears, apricots)
- Applesauce or pear sauce, not sweetened
- Pureed baby foods (if you don't have a blender)

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