



Healthy Grocery List

Good Protein Sources

Poultry

- 97% fat free (and low sodium preferably) turkey, chicken, roast beef, or ham slices (Boar's Head, Diestel, Applegate Farms, Plainville Farms, Healthy Ones)
- Boneless, skinless chicken or turkey breast (try pre-prepared Trader Joe's "Just Chicken")
- Extra lean ground turkey or chicken breast (Springer Mountain Farms, Red Bird, Coleman Natural and Organic Poultry, Bell and Evans Poultry, Butterball, Jenni-O)
- Lowfat chicken or turkey sausages (Applegate Farms, Trader Joes)

Seafood

- Canned /pouched tuna in water (choose low sodium and "light" vs. "white" tuna)
- Canned /pouched salmon in water (choose low sodium and wild caught)
- Crown Prince Natural Brand: canned sardines, kipper snacks, and crab meat
- Frozen Salmon Burgers (Trader Joes, Omega Foods)
- Fresh or frozen shrimp and scallops
- Fresh or frozen fish fillets : tilapia, mahi mahi, salmon, etc. (Trader Joes, Wal-Mart Grocery, regular grocery store)

Cheese

- Fat free or reduced fat dairy cheeses: sliced cheese, shredded cheese, block cheese, string cheese, or cheese snacks (Alpine Lace, Horizon, Organic Valley, Galaxy Veggie, Kraft, Sargento, Laughing Cow, MiniBaybel Lite)
- Fat free or reduced fat crumbled feta cheese
- Fat free or lowfat cottage cheese
- "Veggie Cheese" (soy cheese, rice cheese, almond cheese: Veganrella, Veggie Slices, etc.)

Egg Products

- Whole eggs
- Pre-prepared hard boiled eggs (Trader Joes, conventional grocery stores)
- Liquid egg whites (All Whites, Egg Beaters Whites)
- Fat free liquid egg substitute (Egg Beaters, Better'n Eggs, ReddiEgg)

Yogurt

- Fat free or lowfat yogurt (Stonyfield Farms, Horizon, Brown Cow, Yoplait Light, Dannon Light and Fit, Weight Watchers, YoPlus Light)
- Fat free (0%) plain Greek yogurt (Fage, Stonyfield Farms Oikos, Trader Joes)
- Lowfat soy yogurt

Good Protein Sources continued...

Milk and Milk Substitutes (Reminder: "Liquid" calories go down easily so watch portions carefully!)

- Nonfat, skim or ½ % milk
- Lite Soymilk (Silk, Edensoy, 8th Continent)
- Lite Almond Milk (Blue Diamond Almond Breeze, Pacific)
- Rice Milk (Rice Dream)

"Meat Substitutes"

- Tofu (Nasoya, Tree of Life, White Wave Baked Tofu, Pete's Tofu 2 Go, Morinu)
- Tempeh (Whitewave, Lightlife, Nasoya, Tree of Life)
- Veggie Burgers (Amy's, Dr. Praeger's, Cascadian Farms, Boca, Gardenburger, Morningstar Farms)
- Ground Beef Style Soy Crumbles (Boca, Morningstar Farms)

Canned Beans

- Fat free refried beans
- Low sodium canned garbanzo, kidney, black beans, pinto beans, etc. (Eden Foods, Shari Ann's, Westbrae Natural, Bearitos, or store brand)
- Canned vegetarian chili (Healthy Valley, Trader Joes, Safeway)

Protein Powders and Drinks

Note: The following recommended brands of protein powder can all be purchased online (generally for reduced prices) at:

<http://www.personal-nutrition-guide.com/protein-shakes.html#favoritebrands>

or

<http://www.lap-band-surgery-site.com/bariatric-protein-shakes.html>

Whey Protein Powder

- Solgar Whey to Go (Whole Food, Sunflower)
- Jay Robb Whey Protein (Sunflower, Whole Food)
- Optimum Nutrition Natural 100% Whey (GNC, Vitamin Warehouse)
- Naturade 100% Whey Protein (GNC)
- Optimum Nutrition's "Any Whey" (GNC, Vitamin Warehouse)
- BSN Lean Dessert Protein (Vitamin Warehouse or see <http://www.lap-band-surgery-site.com/bariatric-protein-shakes.html>)
- Body Fortress Advanced Whey Protein (Walmart)
- Bariatric Advantage (see <http://www.lap-band-surgery-site.com/estore.html>)

Soy Protein Powder

- Spirutein (Sunflower, Vitamin Warehouse)
- Genisoy (Vitamin Warehouse)

Ready to Drink (RTD) Canned Protein Shake

- Worldwide Pure Protein Shake
- Myoplex Lite

Fruit

Tips--->Buy 2-4 different fruits/week. Buy in varying stages of ripeness (ex: buy green bananas as well as yellow bananas).

Fresh

Easy to eat “grabby fruits:” apples, grapes, small bananas, berries, pears
Any fresh fruit you’ll eat.

Frozen

No sugar added frozen strawberries, blueberries, blackberries, raspberries, cherries, mango chunks, and pineapple chunks (keep on hand for smoothies!)

Canned

No sugar added applesauce, pearsauce, fruit cocktail, pineapple, peaches, mandarin orange cups, etc.

Vegetables

Tip--->Buy 2-4 different vegetables/week. Avoid buying more than you’ll eat.

Fresh

- “Finger Picking Good Veggies”: baby carrots, snap peas, cherry tomatoes, broccoli florets, cauliflower florets, edamame, radishes, bell peppers
- Any veggie you love
- Salad greens, baby spinach leaves
- Broccoli slaw
- Large romaine leafs for making “wrapper” sandwiches

Canned/Jarred

Low sodium (or rinse and drain well):

- Roasted red bell peppers
- Mushrooms
- Baby corn
- Artichoke hearts
- Hearts of palm
- Water chestnuts
- Green chilis

Frozen

- Steam-in-the-bag veggies
- Frozen veggies you love: onions, bell peppers, asparagus, broccoli, cauliflower, carrots, etc.
- Veggies in lowfat sauce

Healthy Fats

- Nuts and Seeds (almonds, walnuts, pecans, pistachios, sunflower seeds, pumpkin seeds, etc.) *Tip: Purchase in 100 calorie packs or "Just a Handful" packs*
- Nut butters: peanut butter, almond butter, sunflower butter, cashew butter, tahini (Arrowhead Mills, Maranatha, Smucker's Natural, Trader Joes, Whole Foods 365 Brand, Barney Butter, Justin's)
- 100 Calorie Peanut Butter or Almond Butter Packs (Justin's, Barney Butter)
- Oils: extra virgin olive oil, organic canola oil, flaxseed oil, sesame oil, walnut oil, avocado oil (Spectrum, Barleans, Hain Expeller Pressed Oils, Trader Joes)
- Ground Flaxseeds/Flaxseed Meal (Arrowhead Mills, Bob's Red Mill, FiProFlax, Spectrum)
- Avocado
- Guacamole

Healthy Starches

Crackers

- High fiber, lowfat crackers (Ak Mak, Trader Joes Woven Wheats, Mary's Gone Crackers, Adrienne's Hawaiian Lavosh, Finn Krisp (rye or multigrain), Ryvita (rye), Healthy Valley, Kavli, Nejaimes, Wasa (hearty, lite or organic rye), Hain brown rice crackers,
- Rice cakes (Lundberg Farms, Quaker)
- Soy Crisps (Genisoy, Glenny's)

Cereal

Hot Cereal

- Unflavored instant oatmeal packets (Quaker, Uncle Sam's)
- Old fashioned oats/ steel cut oats (Quaker, Arrowhead Mills, Silver Palate, McCann's)
- Hot multigrain cereal (Arrowhead Mills 7 Grain, Bob's Red Mill 8 Grain, Kashi 7 Whole Grain and Sesame Blend)
- Oat Bran (Mother's)
- Quinoa Flakes (Ancient Harvest)
- Hot brown rice cereal (Lundberg Farms, Arrowhead Mills, Erewhon)

Frozen Hot Cereal

- Amy's hot cereal bowls
- Trader Joes Old Fashioned Oatmeal

Cold Cereal (Note: Cold cereals are generally not as filling as hot cereals and they're easier to overeat!)

- Puffed (puffed wheat, rice, or corn, or Kashi 7 Whole Grain Puffs)
- Flakes and O's: Bran flakes, spelt flakes, kamut flakes, Kashi cereals, Cheerios (Arrowhead Mills, Kashi, Life Stream, Nature's Path Heritage, Post, Uncle Sam's)
- Shredded Wheat (Barbaras, Kashi, Kellogg's, Post)
- Granola →use sparingly (Bear Naked, Nature's Path, Health Valley, Zoe's, Trader Joes lowfat)

Bread/Tortillas/English Muffins (Note: These may or may not be tolerable after weight loss surgery.)

- Whole wheat, high fiber bread (Ezekiel, French Meadow Bakery, Trader Joes, Pepperidge Farm 100% Whole Wheat Lite Style, or Thin Slice)
- Low cal, high fiber, light bread (Weight Watchers, Pepperidge Farm Small Slice, Fiber One,)
- Lowfat, whole wheat, and/or high fiber tortillas (no more than 150 calories): La Tortilla Factory, Ezekiel, Garden of Eatin, Trader Joes)
- Corn tortillas
- Whole wheat English muffins (Trader Joes, Matthew's)
- High fiber pita bread (Weight Watchers)

Sauces/Dressings/Condiments

- All Fruit Preserves (American Spoon Fruit, Cascadian Farms, Polaner, Sorrel Ridge, Trader Joe's All Fruit Jams)
- Barbecue Sauce (Muir Glen, Annie's Naturals)
- Bragg's Liquid Amino Acids (this is non-fermented, wheat free, soy sauce)
- Ketchup (Heinz organic, Muir Glen)
- Lowfat marinara or pizza sauce (Enrico's, Newman's Own, Classico)
- Low sodium soy sauce and teriyaki sauce
- Mayonnaise- reduced fat (Spectrum, Nasoya's Nayonnaise, Trader Joes, Vegannaise)
- Mustard: yellow, Dijon, honey, spicy
- Salad Dressing (Annie's, Newman's Own, Spectrum, Seeds of Change, Nasoya, Newman's Own Lighten Up)
- Salsa (Muir Glen, Newman's Own, Trader Joes)
- Vinegar (balsamic, flavored balsamic, red wine, rice wine)

Soups

- Low sodium canned or boxed soups (Trader Joes, Amy's Light in Sodium)
- Low sodium instant bean soups (Dr. McDougall's, Fantastic Foods, Nile Spice, Safeway)
- Low sodium chicken, beef, or vegetable broth/boullion cubes
- Low sodium miso soup

Seasonings

- Apple pie spice
- Cinnamon
- Cumin
- Garlic powder
- Mrs. Dash
- Onion powder
- Pumpkin pie spice
- Sea Salt
- Vanilla extract
- Any others without added sodium

Beverages

- Sugar Free Powdered Drink Mixes (Crystal Light, Lipton Ice Tea to Go, etc.)
- Tea (Celestial Seasonings, Eden, Numi, Tazo, Republic of Tea, Yogi Teas)
- Water (Aquafina Flavorsplash, Dasani Essence, MetroMint Water, SoBe Lifewater, Trader Joes Lime or Mint Water, Vitamin Water Zero or Vitamin Water 10)
- Coffee (decaf preferably)
- Hot Cocoa 25 calorie packets (Swiss Miss Diet, Nestle fat free)

Reasonable Snacks

**Note: These snacks may or may not be tolerable after weight loss surgery.
If they ARE, portion control is ESSENTIAL!**

Fruit and Vegetable Snacks

Freeze Dried Fruits and Vegetables (Just Fruit and Just Vegetable munchies by Just Tomatoes, Funky Monkey, Trader Joe's)

Packaged Snacks

- Fig Bars (Barbara's, Newman's Own)
- Graham Crackers
- Popcorn (Newman's Trans Fat Free, Bearitos, Orville Redenbacher's Smart Pop, Jolly Time Healthy Pop, Pop Secret 94% Fat Free Snack Size)
- VitaTops, Vita Muffins, VitaBrownies
- 100 Calorie Snack Packs

Ice cream (limit to portion controlled bars or individual serving sizes)

- Lowfat ice cream sandwiches (Skinny Cow, Weight Watchers)
- Fruit Bars (Dryer's/Edy's)
- Lowfat fudge bars (Healthy Choice, Weight Watchers)