

## Nutrition after Bariatric Surgery: Supermarket List



- Fat Free Milk**- Fresh UHT, dry milk powder or organic
- Protein Shake**- Some popular brands include: Unjury, Nectar by Syntrax, Protein Delite, Bariatric Advantage, New Whey, Isopure or Any Whey.
- Multivitamin**- Chewable Flintstones, chewable Centrum, Bariatric Advantage chewable multivitamin, Building Blocks chewable multivitamin, or Natures Blend chewable multivitamin.
- Calcium Citrate**- Bariatric Advantage chewable calcium citrate, Building Blocks chewable calcium citrate, Twin Labs chewable calcium citrate, or Solaray chewable calcium citrate.
- Add flavor to your water**- True Lemon or True Lime (available at Publix), Equal flavored packs (peach, mandarin, black-cherry, vanilla) or Crystal Light on the go (raspberry lemonade, white grape, pineapple orange).
- If Lactose Intolerant**- Lactose Free Milk, such as Lactaid or Dairy Ease, unsweetened Almond Milk, such as Almond Breeze.
- Sugar- Free Jell-O** – Either ready to eat or powdered
- Sugar- Free Popsicles**
- Broth**- Powdered, ready to pour cartons or canned, such as Swanson's, Progresso, or Campbell's
- Sugar Free, Fat Free Yogurt**- Yoplait Light, Greek, Dannon Light & Fit, or Breyers Light.
- Sugar Free, Fat Free Pudding**- Such as Jell- O Pudding
- Low Fat Cottage Cheese**- Such as Breakstone's fat free cottage cheese, Organic Valley low fat cottage cheese or Daisy Brand low fat cottage Cheese.
- Carnation Instant Breakfast**- No Sugar Added; either powder or ready to drink (vanilla or chocolate).
- Milk Powder (non-fat)** - such as Carnation or Organic Valley.
- Multi Vitamin** - Mega Vita Liquid Puritan Pride
- B-12**- Spring Valley B Complex Sublingual Liquid