



Food List

For Weight Loss Surgery

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Carbohydrate Choices

Starch and Bread

1 serving = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories

- Foods with a ***star** are usually higher in fat.
- Dried beans, peas, and lentils have 7 g protein per serving.
- Foods are measured or weighed after cooking.
- These are estimates of nutrition facts for carbohydrates.
- Check Nutrition Facts Labels on packages for most accurate information.

Dried Beans, Peas, Lentils

Serving Size

Lima Beans (butter beans)	½ cup
Pinto, white, red, and black beans	½ cup
Black-eyed peas	½ cup
Lentils	½ cup
Split peas	½ cup
Refried Beans	½ cup

Starchy Vegetables

Serving Size

Corn kernels	½ cup
Corn on the cob	5 ounces
Green (English) peas	½ cup
Hominy, canned ▲	¾ cup
Baked beans ▲	1/3 cup
Mixed vegetables with corn and peas	1 cup
Parsnips ▲	½ cup
Potato, baked	¼ of large or 3 ounces (No Skin)
Potato, boiled or mashed	½ cup
Pumpkin, plain ▲	1 cup
Acorn or butternut squash ▲	1 cup
Sweet potato, plain ▲	½ cup
Rutabaga, boiled ▲	1 cup

(Carbohydrate Choices cont.)

Breads	Serving Size
Bagel ■	1 ounce
Bread, white, whole wheat, rye ■	1 slice – 1 ounce
Bread, reduced calorie	2 slices
English muffin ■	½
Hot dog bun or hamburger bun ■	½
Rolls, plain small ■	1
Biscuit *	2 ½ inches across
Cornbread *	2 inches square
Pancake *	4 inches across
Waffle *	4 inches square

Crackers	Serving Size
Melba toast	4 slices
Matzo	¾ ounce
Oyster crackers	6
Round low-fat crackers	6
Saltine crackers	6

- No soft bread. Breads marked (■) should be toasted before eating.
- Foods marked (▲) should be avoided after surgery.
- No rice or pasta.

Carbohydrate Choices (continued)

Cereals and Grains

	Serving Size
Cream of wheat, cooked	½ cup
Oatmeal, cooked	½ cup
Grits, cooked	½ cup
Flour or cornmeal	3 Tablespoons
Pasta, cooked ▲	1/3 cup
Rice, cooked ▲	1/3 cup

Crackers and Snacks

	Serving Size
Animal crackers	8
Graham crackers	3 squares
Saltine type crackers	6
Oyster crackers	20
Pretzels	¾ ounce
Rice cakes 4 inches across	2
Popcorn	3 cups
Snack chips, baked	10
Snack chips, regular *	15

Combination Foods

(Containing noodles, beans, potatoes, corn or rice)	Serving Size
Casseroles and stews	½ cup
Soups	½ cup

- Foods marked (▲) should be avoided after surgery.

Carbohydrate Choices

Fruit

1 serving = 15g carbohydrate, 60 calories

- Weight includes skin, seeds, core and rind
- Canned in water or fruit juice with no sugar added
- Drain canned fruit

	Serving Size
Apple, small ▲	1 or 4 ounces
Applesauce	½ cup
Apples, dried ▲	4 rings
Apricots canned	½ cup
Banana	½ large or 4 ounces
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	1/3 melon, 11 ounces or 1 cup
Cherries, fresh	12 or 3 ounces
Cherries, canned	½ cup
Dates ▲	3
Figs, fresh	1½ large, 2 medium or 3 ounces
Figs, dried ▲	1½
Fruit Cocktail	½ cup
Grapefruit, large	½ or 11 ounces
Grapefruit, sections	¾ cup
Grapes, small	¾ cup
Honeydew melon	1 cup or 10 ounces
Kiwi	1 or or 3 ½ ounces
Mandarin Oranges, canned	¾ cup

Carbohydrate Choices Fruit (continued)

Mango, small	½ fruit, or ½ cup or 5 ½ ounces
Nectarine, small	1 or 5 ounces
Orange, small ▲	1 or 6 ½ ounces
Papaya	½ fruit or 1 cup or 8 ounces
Peach, medium fresh	1 or 6 ounces
Peaches, canned	½ cup
Pear, large, fresh	½ or 4 ounces
Pears, canned	½ cup
Pineapple, fresh	¾ cup
Pineapple, canned	½ cup
Plums, small	2 or 5 ounces
Plums, canned	½ cup
Prunes, dried ▲	3
Raisins ▲	2 Tablespoons
Raspberries	1 cup
Strawberries	1 ¼ cup whole or 1/4 cup sliced
Tangerines, small ▲	2 or 8 ounces
Watermelon	1 ¼ cup or 13 ½ ounces

- Foods marked (▲) should be avoided after surgery.
- Fruits with thick skins, such as apples, should be peeled before eating.

Carbohydrate Choices

Milk and Milk Substitutes

Fat-Free and 1% (Low-Fat) Milk

1 serving = 12g Carbohydrate, 8g Protein, 0-1g fat, 90-100 Calories

	Serving Size
Fat Free milk	1 cup
Nonfat buttermilk	1 cup
Evaporated fat-free milk	½ cup
Fat-free (nonfat) dry milk	1/3 cup dry
Plain nonfat yogurt	1 cup
Nonfat artificially sweetened yogurt (light)	6 ounces

Some milk products may not be tolerated after surgery. Do not drink milk as a beverage, however small amounts may be used in cooking or added to foods such as oatmeal.

Although milk is a healthy food and contains calcium and protein, it is also high in calories. It is better to drink calorie-free beverages and get calcium and protein from other foods and supplements.

Meat / Protein

- Large portion of meat is 3 ounces (size of a deck of cards); 1 ounce is a small serving.
- Foods listed below are equal in protein and fat to 1 ounce meat.
- Fat in protein serving is for baked, broiled, grilled, or boiled.

Very Lean Meat

1 ounce or 1 serving=7 g protein, 0-1 g fat, 35 calories

	Serving Size
Chicken or turkey, white meat (no skin)	1 ounce
Fish: Tuna (fresh or canned in water), cod, flounder, haddock, halibut, trout or tilapia	1 ounce
Shell fish: clams, crab, lobster, scallops, shrimp	1 ounce
Wild game: venison (deer), buffalo, ostrich	1 ounce
Fat-free cheese	1 ounce
Cottage cheese non-fat or 1% or 2% fat	¼ cup
Lunch meats with 1 gram fat or less per ounce	1 ounce
Egg whites	2
Egg substitute, plain	¼ cup
Hot dogs with 1 gram fat or less per ounce	1 ounce

Lean Meat

1 ounce or 1 serving=7 g protein, 3 g fat, 55 calories

	Serving Size
Beef: round, tenderloin, sirloin	1 ounce
Steak: T-bone, flank, porterhouse	1 ounce
Veal: lean chops, roast	1 ounce
Pork: tenderloin, center cut pork chop	1 ounce
Canadian bacon	1 ounce

Meat / Protein: Lean Meat (continued)

	Serving Size
Ham, cured or boiled	1 ounce
Lamb: roast, chop, leg	1 ounce
Chicken or turkey: dark meat (no skin)	1 ounce
Fish: salmon (fresh or canned), tuna (fresh or canned in oil, drained)	1 ounce
Sardines, catfish	1 ounce
Cheese, 4.5% cottage cheese	¼ cup
Cheese, Parmesan	2 Tablespoons
Cheese, low-fat (2% milk)	1 slice
Hot dogs, low fat (with 3 grams or less per ounce)	1 ounce

Medium-Fat Meats

1 ounce or 1 serving=7 g protein, 5 g fat, 75 calories

	Serving Size
Beef: regular ground beef, chuck, prime rib, corned beef, short ribs	1 ounce
Pork: regular chops, Boston butt, cutlet, bologna	1 ounce
Lamb: rib roast, ground	1 ounce
Veal: cutlet (ground or cubed, not breaded)	1 ounce
Cheese: Feta, Mozzarella	1 ounce
Ricotta cheese	¼ cup
Egg, whole	1
Tofu (fat us not animal fat)	½ cup

High-Fat Meats

1 ounce or 1 serving=7 g protein, 8-16 g fat, 100-200 calories

	Serving Size
Bologna ▲	1 ounce
Cheese: Swiss, American, Cheddar, Monterey Jack ▲	1 ounce
Hot dogs ▲	1 ounce
Peanut butter ▲	2 Tablespoons
Pork: spareribs, ground pork, sausage ▲	1 ounce
Salami ▲	1 ounce

- Foods marked (▲) should be avoided after surgery

Fats

1 serving=5 g fat 50 calories

Monounsaturated Fats	Serving Size
Avocado, medium size	2 Tablespoons
Oil: canola, olive, peanut	1 teaspoon
Olives: ripe (black) or green stuffed	10
Tahini (sesame butter)	2 teaspoons
Peanut Butter (Natural)	2 teaspoons
Nuts	2 Tablespoons

Polyunsaturated Fats	Serving Size
Margarine (0 with trans fat)	1 teaspoon
Margarine, light or diet	1 Tablespoon
Mayonnaise	1 teaspoon
Mayonnaise, light	1 Tablespoon
Oil: corn, safflower, soybean, sunflower	1 teaspoon
Salad Dressing	1 Tablespoon
Light Salad Dressing	2 Tablespoons

Saturated Fats	Serving Size
Bacon	1 slice
Turkey bacon	2 slices
Butter	1 teaspoon
Cream Cheese, regular	1 Tablespoon
Cream Cheese, light	2 Tablespoons
Some Peanut Butter	2 teaspoons
Shortening or Lard	1 teaspoon

Trans Fats	Serving Size
Some shortenings and some margarines	1 teaspoon

Non-starchy vegetables

(Free, all you want)

- 1 serving = 2-4 g carbohydrate, 2 g protein, 25 calories.
- 1 serving = ½ cup cooked or 1 cup raw.
- Oil, margarine, or other fat added to vegetables is counted in your added fats.
- Choose fresh or frozen more often, as canned vegetables are high in sodium.

Artichoke and artichoke hearts ▲
Asparagus ▲
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery ▲
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Leeks
Mixed vegetables (without corn, peas, pasta)
Mushrooms
Okra
Onions
Pea pods
Peppers (all varieties)

Non-starchy vegetables (continued)

Radishes
Salad greens (lettuce, romaine, spinach)
Sauerkraut
Spinach
Summer squash
Tomato, fresh
Tomatoes, canned
Tomato / vegetable juice
Turnips
Water chestnuts
Watercress
Zucchini

- Foods marked (▲) should be avoided after surgery

Free Foods

- These foods have less than 5 g of carbohydrate and less than 20 calories per serving.
- If there is no serving amount listed, eat as much as you want.
- If there is a serving amount, only that serving amount is free

Fat-Free or Reduced-Fat Foods	Serving
Cream cheese, fat-free	1 Tablespoon
Creamers, nondairy, liquid	1 Tablespoon
Creamers, nondairy, powdered	2 teaspoons
Mayonnaise, fat-free	1 Tablespoon
Margarine, fat-free	4 Tablespoons
Margarine, reduced-fat	1 teaspoon
Miracle Whip®, nonfat	1 Tablespoon
Miracle Whip®, reduced-fat	1 teaspoon
Nonstick cooking spray	
Salad dressing, fat-free	1 Tablespoon
Salad dressing, fat-free, Italian	2 Tablespoons
Salsa	¼ cup
Sour cream, fat-free, reduced fat	1 Tablespoon
Whipped topping, regular or light	2 Tablespoons
Fat Free Salad Spritzers	10 sprays
Fat Free Butter Spray	5 sprays

Sugar-Free or Low Sugar Foods	Serving
Gelatin dessert, sugar-free	
Gelatin, unflavored	
Gum, sugar-free	
Jam or jelly, low-sugar or sugar-free	1 Tablespoon
Sugar substitutes	
Syrup, sugar-free	¼ cup

Free foods (continued)

Condiments	Serving
Catsup or BBQ sauce	1 Tablespoon
Horseradish	
Lemon juice	
Mustard	
Pickles, dill	1 ½ large
Taco Sauce	1 Tablespoon
Vinegar	
Worcestershire sauce	
Tabasco or hot pepper sauce	

Seasonings*	Serving
Mrs. Dash	
Flavoring extracts	
Garlic	
Herbs, fresh or dried	
Pimento	
spices	

* Many people with high blood pressure need to limit seasonings that contain sodium or salt, such as garlic or onion salt, lemon pepper or sea salt.

Drinks	Serving
Crystal Light	
Bouillon, broth, consommé	
Diet V-8 Splash	1 cup
Carbonated or mineral water	
Cocoa powder, unsweetened	1 Tablespoon
Coffee	
Club Soda	

Free Foods: Drinks (continued)

Diet soft drinks, sugar-free	
Sugar-free Tang or Sugar free Kool-aid	
Tea, unsweetened	
Tonic water	