

# Post-Op Pantry

Note: All foods on this list may not be appropriate for every post-op diet stages. Please refer to your notebook for specific texture recommendations for each stage.

## Soups and Canned Goods

- Beans (kidney, pinto, black, refried, lentils, garbanzo, lima, split-peas)
- Condensed Soups- ex. Brands: Progresso Light, Campbell's Healthy Request (low-fat, low-sodium - try to choose soups without a lot of pasta or rice)
- Libby's Pure Pumpkin (not pumpkin pie)
- Evaporated/Powdered Skim Milk
- Cut/Diced/Stewed Tomatoes
- Reduced Sodium Canned Vegetables
- Pickles (Dill or Sugar-Free)
- Splenda- Sweetened Canned Fruit
- Canned Fruit packed in Water or 100% Juice
- PB2 Peanut Butter (NOT Regular Peanut Butter)

## Packaged Foods/Sweets

(LIMIT THESE FOODS to 1X/week during the soft and maintenance post-op diet phases)

- Jell-O Sugar-Free Instant Pudding or Pudding Cups (or other no-added sugar pudding)
- Jell-O Sugar-Free Gelatin or Gelatin Cups (or other no-added sugar pudding)
- 100-Calorie Packs
- Rice Cakes/Quakes
- Special K Snack Items (look for ones with protein)
- Fiber One Snack Items (looks for ones with protein)
- Atkins Snack/Dessert Items

## Cereals

- Special K Protein
- High Protein Cheerios
- Quaker High Protein Oatmeal
- Kashi Go-Lean
- FiberOne Cereals
- Plain Rolled Oats
- Plain Grits (packets or slow cook)
- Nature Valley Protein Granola
- Plain Cream of Wheat

## Beverages

- Aquafina and Dasani Flavored Water
- Fruit<sub>2</sub>O
- Sugar-Free FUSE
- Glaceau Fruit Water
- Sugar-Free SoBe
- Splenda Sweetened Ocean Spray Cranberry Juices
- Crystal Light, Wyler's, Lipton, Arizona, Store Brand, Sugar-Free Kool-Aid, Sugar-Free Hawaiian Punch, Sugar-Free Crush and Other Sugar-Free Powdered Drink Mixes
- Powerade Zero
- Vitamin Water Zero
- Propel Zero
- Special K Protein Water, G2 (Limit these, they do still contain calories)
- Sugar-free Hot Chocolate
- Sugar-Free Apple Cider
- Sugar-Free Herbal Tea
- Sugar-Free Chocolate Syrup (Ex. Brand: Nesquick) (Limit this, it does still contain calories)

## Sauces, Dressings, Condiments and Spreads

(sugar should not be in the first 5 ingredients)

- BBQ Sauce
- Pasta Sauce
- Balsamic Vinegar
- Light Salad Dressings
- Soy sauce
- Low-sodium Chicken/Beef/Vegetable Broth
- Wing Sauces
- Tobasco Sauce
- Light/Fat-Free Mayonnaise (Made with olive oil is a good choice)
- Olive Oil
- Pickle Relish (Splenda-Sweetened, or Dill)
- Salsa (fresh varieties are better options)
- Rice Wine Vinegar
- Sesame Oil
- Mustard- Yellow, Dijon, Spicy (Not Honey Mustard)

## Meat and Seafood

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- Canned tuna, packed in water
- Salmon/tuna pouches
- Deli turkey
- Deli ham
- Chicken breast – skinless, boneless
- Individually wrapped (sometimes marinated) chicken breasts
- Ground turkey breast/chicken
- Turkey tenderloins
- Low-fat turkey burgers
- Salmon filets (fresh or frozen)
- Scallops
- Shrimp
- Tilapia
- Other fish filets (fresh or frozen)
- Lump Crab (imitation crab often has carbs and sugar added)
- Lean cuts of red meat
- 93/7 ground beef
- Pork loin
- Pork chops

## Vegetables

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- Baby or mixed salad greens
- Fresh spinach
- Carrots
- Frozen steam-in-bag vegetables
- Garlic
- Lemons
- Onions
- Romaine lettuce
- Tomatoes (any variety)
- Zucchini and yellow squash
- Any other type of frozen or fresh non-starchy vegetables (be careful with calories/fat/sugar added from sauces.) (Starchy vegetables include any type of potatoes and corn)

## Fruits

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- Splenda-sweetened canned fruit or canned fruit packed in water or its own juice
- Frozen fruit (no-sugar-added)
- Applesauce (no-sugar-added or Light)
- Flavored applesauce (no-sugar-added – like Mott's Healthy Harvest)
- Berries
- Other fresh fruit (banana, mango, oranges, cherries, papaya, cuties/halos, melon...)

## Dairy and Eggs

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- Low-fat/fat-free cheese
- Coffee-Mate sugar-free powdered creamers (in serving size on food label – not totally a free food)
- Sugar-free Cool Whip
- Cottage cheese (low-fat/fat-free)
- Cream cheese (reduced-fat/fat-free)
- Light Greek Yogurt (Dannon Light & Fit, Yoplait, Oikos, Store brands...)
- Kroger Carbmaster products (yogurt, milk, chocolate milk, and vanilla milk)
- Half & Half (fat-free)
- Eggs
- Egg Beaters
- String cheese
- Ricotta (part-skim)
- Skim milk
- Sour Cream (low-fat/fat-free)
- Light soymilk
- Unsweetened almond milk
- Fair Life Brand Milk (NOT Chocolate)

## Baking Items and Spices

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- Pepper
- Chili Powder
- Cinnamon
- Kosher salt
- Nutmeg
- Sesame seeds
- Fresh or dried herbs
- Taco seasoning
- Vanilla extract
- Baking powder
- Baking soda
- Old-fashioned oats
- Splenda
- All-Purpose flour
- Unsweetened cocoa
- Mrs. Dash

## Frozen Meals

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(at least 20g protein/serving)

- Atkins, Lean Cuisine, SmartOnes...

## Protein Supplements

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(MUST be <5g sugar & <15g fat & 20+g protein)

- Pre-Mixed Shakes, Bars, or Powders