**The Bariatric Plate**

**FRUITS**

**PROTEIN**

* Berries
* Cherries
* Cranberry
* Oranges
* Grapefruit
* Ham
* Turkey
* Beans
* Tuna
* Lentils
* Eggs
* Salmon
* Cheese
* Milk
* Greek yogurt
* Cottage cheese
* Protein shakes
* Quinoa
* Chicken
* Ground beef
* Oatmeal
* Chickpeas
* Pork
* Grapes
* Pineapple
* Peaches
* Apricots
* Kiwi

**VEGETABLES**

* Broccoli
* Leafy greens
* Green beans
* Tomatoes
* Cucumbers
* Onions
* Cauliflower
* Jicama
* Carrots
* Squash
* Eggplant
* Mushrooms
* Peppers
* Peas
* Potatoes
* Carrots
* Asparagus
* Corn

**WHOLE GRAINS**

* Barley
* Oats
* Rye
* Corn
* Couscous
* Quinoa
* Brown rice
* Whole grain cereal
* Whole wheat bread & pasta

Tips for mealtimes:

* Make half your plate fruits and vegetables
* Consume protein foods first
* Use low-fat mayonnaise, salad dressings, gravies, margarine and dairy products
* Use no-sugar added jams, jellies, syrups, canned fruits, jell-o, popsicles, yogurts and beverages
* Choose “lean” meats, turkey, chicken, pork, ham, low-fat beef
* Use smaller plates- total amount per meal should not exceed 1 cup
* Chew your foods slowly and thoroughly
* Do not consume liquids with foods, separate by 30mins prior to and 1 hour after meals