

Grocery List for Bariatric Patients During Coronavirus Quarantine

Our day-to-day life has changed drastically over the last week. While it may be tempting to fall back into bad habits, it is just as easy to continue eating healthy and exercising during stressful times. Even though grocery stores remain open, we are strongly encouraged to stay at home and away from groups of more than 10. With that being said, here are some options of foods to buy that are high in protein and will keep for longer periods of time, so that you don't have to go to the grocery store as often.

CANNED PROTEINS:

- Canned tuna (packed in water)
- Canned chicken (packed in water)
- Canned fish, packed in water (salmon, shrimp, crab meat, sardines)

FRESH PROTEINS THAT CAN BE FROZEN:

- Chicken breasts, tenderloins, thighs or wings
- Ground turkey, chicken, beef or pork
- Center cut pork tenderloin
- Roast
- Beef tips
- Steamed shrimp
- Fish fillets
- Nuts
- Shredded cheeses

FREEZER SECTION PROTEINS:

- Quest pizzas
- Frozen grilled chicken strips
- Frozen shrimp
- Frozen angus meatballs
- Frozen beef burgers
- Frozen sirloin Philly steak
- Frozen non-breaded fish fillets
- Atkins frozen breakfasts
- Atkins Low Carb Living frozen meals
- Edamame

There are also many options for non-starchy vegetables and good carbs to add once you have gotten your protein.

NONSTARCHY VEGETABLES

- Canned, low sodium non-starchy vegetables (carrots, asparagus, spinach, artichokes, hearts of palm, green beans)
- Frozen non-starchy vegetables (onions, peppers, spinach, broccoli, cauliflower, carrots, green beans, riced cauliflower, mashed cauliflower)

GOOD CARBOHYDRATES

CANNED FOODS:

- Canned, low sodium beans or legumes
- Canned fruits, in its own juice
- Canned corn
- Canned English peas
- Canned potatoes
- Canned lima beans

FREEZER SECTION:

- Berries (no syrup)
- Corn (kernels or on the cob)
- Peas (English, sweet, black-eyed, purple hull)
- Beans (lima)

And last but not least, always have on hand sugar-free, non-carbonated fluids and protein supplements in case you are sick. Hydration and protein are the most important to your health.

CLEAR LIQUIDS:

- Broth (Beef, Chicken or Vegetable)
- Sugar-free jello
- “crystal lights”
- Decaf Tea or coffee
- Water
- Sugar free popsicles
- Propel
- Vitamin water zero
- Diet Ocean Spray
- Diet Snapple
- Powerade Zero
- Gatorade Zero

PROTEIN SUPPLEMENTS:

- Premier Protein (Chocolate, Vanilla, Strawberry, Banana, Peach, Cookies and Cream)
- Pure Protein (Chocolate, Vanilla, Banana, Cookies and Cream, Strawberry)
- Core Protein Elite 42 (chocolate, vanilla)
- Equate High Performance Protein Shake (Chocolate, Vanilla)
- Atkins Plus Protein (Chocolate, Vanilla)
- Ensure Max Protein (Café Mocha, Chocolate, Vanilla, Berries and Cream)
- Muscle Milk 40 or Muscle Milk 32 (Chocolate, Vanilla)
- Zone Perfect Carbwise or High Protein (chocolate marshmallow, vanilla, orange cream, fruit cereal)
- Wheybolic (Chocolate, Vanilla)
- Genepro Powder (unflavored)
- Premier Protein Powder (chocolate, vanilla)

Along with healthy eating, continue to exercise.

- Take a 30 minute walk outside (Vitamin D does your body good)
- Do an exercise video on YouTube
- Ride your bike
- Get outside and play ball with your pets, children or grandchildren

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