



Ultimate Holiday Season Shopping List: Bariatric Benefits & Contraindications

Welcome to your go-to guide for a healthier holiday season! With our detailed shopping list, you can enjoy festive meals while adhering to your bariatric diet. We've included essential ingredients, their bariatric benefits, and important contraindications to consider.

Proteins

- Chicken Breast**
 - **Description:** Lean protein that supports muscle maintenance and weight loss.
 - **Bariatric Benefits:** Low in fat and calories, helps keep you full.
 - **Contraindications:** Avoid deep-frying; monitor intake if managing gout.
 - Turkey Breast**
 - **Description:** Lean source of protein, low in fat.
 - **Bariatric Benefits:** Helps with satiety and muscle maintenance.
 - **Contraindications:** Avoid high-fat preparations; be cautious with food allergies.
 - Lean Ground Beef**
 - **Description:** Provides high-quality protein and iron.
 - **Bariatric Benefits:** Lower in fat compared to regular beef.
 - **Contraindications:** Limit intake if managing high cholesterol; opt for lean cuts.
 - Salmon or Other Fish**
 - **Description:** Rich in omega-3 fatty acids.
 - **Bariatric Benefits:** Supports heart health and reduces inflammation.
 - **Contraindications:** Avoid if allergic; opt for grilled or baked.
 - Eggs**
 - **Description:** High-quality protein source.
 - **Bariatric Benefits:** Provides essential nutrients like vitamin B12.
 - **Contraindications:** Monitor intake if managing cholesterol; consider egg whites.
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Vegetables

- Brussels Sprouts**
 - **Description:** High in fiber and antioxidants.
 - **Bariatric Benefits:** Aids digestion and supports metabolism.
 - **Contraindications:** Consume in moderation if managing thyroid issues

- Green Beans**
 - **Description:** Low in calories, high in vitamins.
 - **Bariatric Benefits:** Supports overall health and weight management.
 - **Contraindications:** Monitor portion size for IBS.
- Sweet Potatoes**
 - **Description:** Rich in fiber and beta-carotene.
 - **Bariatric Benefits:** Supports immune health and regulates blood sugar.
 - **Contraindications:** Monitor portions for diabetes.
- Carrots**
 - **Description:** Provides vitamins A and C.
 - **Bariatric Benefits:** Low in calories, supports healthy skin and vision.
 - **Contraindications:** Monitor portions if managing blood sugar.
- Butternut Squash**
 - **Description:** High in fiber and vitamins.
 - **Bariatric Benefits:** Promotes digestive health and supports immune function.
 - **Contraindications:** Monitor portion sizes for diabetes.
- Spinach or Kale**
 - **Description:** Nutrient-dense leafy greens.
 - **Bariatric Benefits:** Packed with vitamins and supports weight management.
 - **Contraindications:** High in vitamin K; monitor if on blood thinners.
- Red Bell Peppers**
 - **Description:** High in vitamin C and antioxidants.
 - **Bariatric Benefits:** It supports immune health and adds flavor with a few calories.
 - **Contraindications:** Safe for most; monitor for gastrointestinal issues.
- Onions**
 - **Description:** Provides antioxidants.
 - **Bariatric Benefits:** Adds flavor with minimal calories.
 - **Contraindications:** It may cause digestive discomfort due to IBS or GERD.

Fruits

- Apples**
 - **Description:** High in fiber and vitamins.
 - **Bariatric Benefits:** Helps with satiety and digestion.
 - **Contraindications:** Monitor portion size for diabetes.

Pears

- Description:** Rich in fiber and vitamins.
- Bariatric Benefits:** Aids in digestion and satiety.
- Contraindications:** Monitor portions if managing blood sugar.

Berries (Fresh or Frozen)

- Description:** Low in calories, high in antioxidants.
- Bariatric Benefits:** Supports urinary tract health.
- Contraindications:** High in natural acids; may cause digestive issues.

Oranges

- Description:** Excellent source of vitamin C.
- Bariatric Benefits:** Supports immune health and adds refreshing flavor.
- Contraindications:** High acidity may affect individuals with acid reflux.

Lemons

- Description:** Provides vitamin C.
- Bariatric Benefits:** Enhances flavor without added calories.
- Contraindications:** High acidity may affect those with sensitive stomachs.

Grains and Legumes

● Quinoa

- Description:** Complete protein and high in fiber.
- Bariatric Benefits:** Supports satiety and muscle health.
- Contraindications:** Generally safe, but monitor for autoimmune sensitivity.

● Brown Rice

- Description:** Provides whole grains and fiber.
- Bariatric Benefits:** Aids in digestion and maintains stable blood sugar levels.
- Contraindications:** High in fiber; monitor for gastrointestinal issues.

● Chickpeas

- Description:** High in protein and fiber.
- Bariatric Benefits:** Supports satiety and digestive health.
- Contraindications:** High in fiber; may cause discomfort in IBS.

● Lentils

- Description:** Rich in protein and fiber.
- Bariatric Benefits:** Supports weight management and blood sugar control.
- Contraindications:** High in fiber; monitor intake for digestive sensitivities.

● Beans

- Description:** Rich in protein and fiber.
- Bariatric Benefits:** Supports weight management and blood sugar control.
- Contraindications:** High in fiber; monitor intake for digestive sensitivities.

Dairy and Dairy Alternatives

- Low-Fat Greek Yogurt**
 - **Description:** High in protein and probiotics.
 - **Bariatric Benefits:** Supports digestive health and satiety.
 - **Contraindications:** Avoid if lactose intolerant; monitor cholesterol levels.
 - Skim Milk or Plant-Based Milk (Almond, Soy, or Oat)**
 - **Description:** Low in calories and fat.
 - **Bariatric Benefits:** Provides essential nutrients like calcium and vitamin D.
 - **Contraindications:** Monitor for allergies; choose skim milk for fat control.
 - Low-Fat Cheese**
 - **Description:** Adds flavor with less fat.
 - **Bariatric Benefits:** Provides protein and calcium.
 - **Contraindications:** Monitor for lactose intolerance; opt for low-sodium versions.
 - Fat-Free Cottage Cheese**
 - **Description:** High in protein and low in fat.
 - **Bariatric Benefits:** Supports muscle maintenance and satiety.
 - **Contraindications:** Watch for lactose intolerance and sodium content.
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Spices and Herbs

- Garlic Powder**
 - **Description:** Adds flavor with minimal calories.
 - **Bariatric Benefits:** May support heart health.
 - **Contraindications:** Generally safe; monitor for digestive issues.
- Onion Powder**
 - **Description:** Enhances flavor without extra calories.
 - **Bariatric Benefits:** Supports heart health.
 - **Contraindications:** May cause digestive discomfort for some individuals.
- Rosemary**
 - **Description:** Provides antioxidants and aromatic flavor.
 - **Bariatric Benefits:** Adds flavor with minimal calories.
 - **Contraindications:** Safe for most; large amounts may cause digestive issues.
- Thyme**
 - **Description:** Adds flavor and provides antioxidants.
 - **Bariatric Benefits:** Supports overall health with minimal calories.
 - **Contraindications:** Generally safe; monitor for allergies.
- Cinnamon**
 - **Description:** Adds sweet flavor with potential benefits for blood sugar control.
 - **Bariatric Benefits:** Enhances flavor with minimal impact on calories.
 - **Contraindications:** Monitor for blood sugar effects in high amounts.

Nutmeg

- Description:** Adds warm flavor with minimal calories.
- Bariatric Benefits:** Enhances flavor.
- Contraindications:** Excessive consumption may cause digestive discomfort.

Ginger

- Description:** It may aid in digestion and reduce nausea.
- Bariatric Benefits:** Adds flavor with potential digestive benefits.
- Contraindications:** Use cautiously in high amounts; may affect certain digestive conditions.

Black Pepper

- Description:** Adds spice with minimal calories.
- Bariatric Benefits:** May support metabolism and digestion.
- Contraindications:** Generally safe; monitor for digestive system irritation.

Parsley

- Description:** Adds and enhances flavor with minimal calories.
- Bariatric Benefits:** May support metabolism and digestion.
- Contraindications:** Generally safe; monitor for digestive system irritation.

Equipped with this shopping list, you're ready to prepare delicious and bariatric-friendly holiday meals. Consider the contraindications for common obesity-related conditions and choose ingredients that align with your health goals. Enjoy a festive and nutritious holiday season.

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