

# Bariatric Pre-Op Shopping List



1. Journal—for food journaling!
2. Food scale
3. Measuring cups and spoons
4. Sugar free, non-carbonated, non-caffeinated beverages
  - a. Crystal Light
  - b. Fruit2O
  - c. Diet Snapple
  - d. Propel
  - e. Any other sugar free/carbonation free/caffeine free beverage

## 5. Protein Shakes

### Recommended Protein Shakes (contain lactose)

**\*Must be less than 200 calories, less than 5 grams of sugar, and greater than 15 grams of protein per serving.\***

Carnation Instant Breakfast – No Sugar Added (blue box) (Winn Dixie, Harvey's, Walmart) ~mix with **Fairlife Milk**~

DiabetiTrim (Sam's Club)

Atkins Advantage Shake (Walgreens, Walmart, GNC)

EAS Advant Edge Carb Control (Target)

Designer Whey (CVS, Target, Walmart, Walgreens)

Bariatric Advantage High Protein Meal Replacement ([www.bariatricadvantage.com](http://www.bariatricadvantage.com))

Body Fortress Whey Protein Powder (Wal-Mart)

### Recommended Protein Shakes (lactose-free)

Glucerna

Optisource (Walgreens)

Muscle Milk Light

Boost Glucose Control

Bariatric Advantage

Unjury (chicken soup flavor!)

Premier (30grams)

GNC Lean Shake

Core Power Lite



## 6. Vitamin/Mineral Supplements

### Multivitamins:

Take two Adult multivitamins OR two tablespoons liquid multivitamin that **contain iron**. (No gummies!)

- Centrum Adult Chewable
- CVS Spectravite Adult Chewable
- Centrum Liquid
- Walgreen's Adult Chewable
- Nature Made Multi Chewable for Adults
- ProCare Health (1 per day chewable or capsule)
- Opurity Chewable Bariatric brand (only 1 required)

### Calcium:

- Take 1200-1800 mg of a chewable calcium supplement daily (2-3 chews per day).
- Limit **1 dose to 600 mg** (maximum body can absorb at one time), separate doses by **at least 4 hours**.
- Look for a calcium supplement with **Vitamin D3** – it will help the calcium to be better absorbed.
- **Calcium Citrate** is preferred due to better absorption
  - Opurity Calcium Citrate Plus ([www.opurity.com](http://www.opurity.com))
  - Twinlab Chewable Calcium Citrate (Vitamin Shoppe)
  - UpCal D Calcium Citrate Powder ([www.amazon.com](http://www.amazon.com))
  - Calcet Citrate ([www.achievehpharma.com](http://www.achievehpharma.com))
  - Wellesse liquid ([www.walgreens.com](http://www.walgreens.com))
- Calcium Carbonate is acceptable for some patients
  - CVS chewable, Viactiv
- 1 **B12**- oral or sublingual 1000 mcg daily (not needed with ProCare vitamin)
- 1 **B-50 complex daily or Hair, Skin, and Nails (optional)**

**\*\*Do not take the multivitamin containing iron and calcium at the same time; they may interfere with each other's absorption. Separate the multivitamin and calcium by at least 2 hours.**