

Replacing High-Sugar and High-Fat Foods

This handout explains simple ways to choose lower-sugar and lower-fat foods by using one food instead of another. These changes can help lower calories while keeping meals flavorful and filling.

Why These Changes Help

Choosing lower-sugar or lower-fat options can help you:

- Lower your calorie intake
- Get more protein
- Support weight loss
- Still enjoy the taste of your food



Small changes can make a big difference for your health!

Bariatric Recipe and Meal Planning Resources

There are many free recipes and meal ideas online. These websites may be helpful:

- bariatriceating.com
- bariatricmealprep.com/bariatric-recipes
- mybariatricdietitian.com

Dairy, Sauces, and Dressings

- Use plain fat-free Greek yogurt:
 - Instead of mayonnaise and buttermilk to make ranch dip. Add a small amount of milk and 1 teaspoon lemon juice to turn it into a dressing.
 - Instead of sour cream or mayonnaise in foods, sauces, or dips.
- Use Neufchâtel cheese or blended smooth cottage cheese instead of cream cheese.
- Make an Alfredo-style sauce using protein powder, cottage cheese, high-protein milk, and Parmesan cheese.
- Use nutritional yeast powder instead of cheese to add a cheesy flavor.
- Warm and mix ½ butter and ½ olive oil instead of using all butter.
- Use fresh or dried herbs or marinades instead of sweet sauces to add flavor.



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Protein Choices

- Use a liquid or powdered protein shake instead of cream, creamer, or sugar-free creamer.
- Use PB2 or PB-Fit peanut butter powder mixed with water instead of regular peanut butter.
- Add protein powder or high-protein milk to smoothies to reach a goal of 20–30 grams of protein.

Grains and Starches

- Use zucchini noodles, spaghetti squash, or soybean pasta instead of flour-based noodles.
- Use Grape-Nuts, plain bran flakes, or Rice Krispies instead of granola, or instead of croutons on salad.
- Choose plain (unsweetened) oatmeal instead of pre-sweetened oatmeal.
 - Add 1 teaspoon chia, hemp, or flax seeds while cooking for a nutty flavor.

Fruits and Vegetables

- Choose fresh or frozen fruit instead of dried or canned fruit.
- Choose fresh or frozen vegetables instead of veggie chips or high-protein chips.
 - Tip: Add protein by using a dip made from Greek yogurt or cottage cheese.
- Add frozen berries to plain yogurt. Let the berries melt to make a naturally sweet fruit yogurt.
- Slice and season bell peppers, cucumbers, or zucchini instead of potato chips.

Desserts and Sweet Flavors

- Use no-sugar-added ketchup instead of regular ketchup.
- Add powdered peanut butter to no-sugar-added applesauce.
- Use sugar-free or diet gelatin (jello) instead of sugar-sweetened desserts.
 - Add 1–2 tablespoons of Reddi-wip whipped cream for extra flavor.
- Sprinkle sugar-free gelatin powder into a protein shake for added color and taste.

Smoothies and Drinks

- Blend plain Greek yogurt with greens, frozen fruit, and ice to make a 12-ounce smoothie instead of a ready-made protein shake.
 - You may need to add protein powder or high-protein milk to reach your protein goal.
- Use soy milk instead of cow's milk for a similar nutritional balance.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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