

## Concentrated Sweets

Most of the foods and beverages that contain concentrated sweets are filled with “empty” calories in the form of sugar. These products provide mainly calories with limited nutritional value, which means they often do not contain a good amount of vitamins, minerals, protein and fiber. The nutrients are essential after weight loss surgery to help you recover and receive the nutrition that you need. After surgery, every bite counts. Filling up on these “concentrated sweets” can prevent weight loss and can replace healthier foods in your diet with high calorie, high sugary foods. Take a look at the concentrated foods/beverages below and make a mental note of a healthier option for you.

Note: Artificial sweeteners such as NutraSweet/Equal<sup>®</sup>, saccharine/Sweet n’ Low<sup>®</sup>, and sucralose/Splenda<sup>®</sup> are OK to use.

Ice Cream	Regular soft drinks
Chocolate milk	Lemonade
Pudding	Kool Aid
Sweetened, fruited or frozen yogurt	Sugared ice tea
Dried fruits	Snapple or fruit drinks
Canned or frozen fruits in syrup	Table sugar
Fruit juice	Honey
Sugar coated cereal	Candy
Doughnut	Regular Jell-O
Popsicles	Sugar Gum
Cakes	Molasses
Pies	Syrups
Cookies	Sherbet/Sorbet
Jellies	Jams