

# Sample Menu Plans for 800-Calorie to 1,800-Calorie Diets

The menu plans are low in fat and sugar and can be used before weight-loss surgery for weight loss, or for guidance during the postoperative stage when patients have moved to a regular diet.



## Sample Menu Plan: 800 Calories, 60 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with $\frac{3}{4}$ cup fat-free (skim) milk	1 egg $\frac{1}{2}$ slice whole wheat toast $\frac{1}{2}$ pear	$\frac{1}{4}$ cup high-fiber cereal $\frac{1}{4}$ cup fat-free (skim) milk $\frac{1}{4}$ banana, sliced	1 ounce turkey sausage* $\frac{1}{2}$ slice whole wheat toast $\frac{1}{4}$ cup pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal	$\frac{1}{2}$ cup oatmeal with protein powder or nonfat dry milk and $\frac{1}{4}$ cup warm fat-free milk 1 tablespoon raisins	1 egg + 1 egg white scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and $\frac{1}{2}$ ounce low-fat cheese $\frac{1}{4}$ pita pocket
Snack	1 low-fat cheese stick $\frac{1}{2}$ apple	1 cup fat-free milk	6 ounces fat-free, sugar-free yogurt	Protein drink made with 1 cup fat-free milk	$\frac{1}{2}$ apple 1 tablespoon peanut butter*	Protein drink made with $\frac{3}{4}$ cup fat-free milk	$\frac{1}{4}$ cup low-fat cottage cheese 2 dried plums
Lunch	$\frac{1}{2}$ slice whole wheat bread 2 ounces turkey 1 teaspoon light mayonnaise Tomato slices	2 ounces leftover pork 2 whole grain crackers $\frac{1}{4}$ cup green beans	2 ounces tuna salad with 1 teaspoon light mayonnaise 3 whole grain crackers $\frac{1}{4}$ cup fruit cocktail in juice (drained)	$\frac{1}{2}$ cup minestrone soup 1 boiled egg	2 ounces ham $\frac{1}{2}$ slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts	Grilled chicken salad with 2 ounces chicken and 1–2 teaspoons vinaigrette dressing	$\frac{1}{4}$ cup fat-free refried beans $\frac{1}{2}$ ounce reduced-fat cheese $\frac{1}{2}$ corn tortilla
Snack	4 ounces fat-free, sugar-free yogurt 2–3 strawberries	$\frac{1}{4}$ cup low-fat cottage cheese $\frac{1}{4}$ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 ounce low-fat cheese 3 whole grain crackers	Protein drink	6 ounces fat-free, sugar-free yogurt	Protein drink
Dinner	3 ounces pork tenderloin $\frac{1}{4}$ cup green beans $\frac{1}{4}$ cup brown rice pilaf	3 ounces chicken cacciatore $\frac{1}{2}$ cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf $\frac{1}{4}$ cup tomato sauce $\frac{1}{4}$ cup carrot coins	3 ounces broiled chicken in light broth $\frac{1}{4}$ cup cauliflower $\frac{1}{4}$ cup apricots, canned in juice (drained)	3 ounces sole or whitefish $\frac{1}{4}$ cup carrots $\frac{1}{4}$ cup brown rice	Stuffed cabbage (3 ounces lean beef) $\frac{1}{4}$ cup potatoes $\frac{1}{4}$ cup fruit cocktail in juice (drained)	3 ounces salmon with $\frac{1}{4}$ cup low-fat dill sauce $\frac{1}{4}$ cup asparagus $\frac{1}{4}$ cup berries

\*Medium or high fat.

## Tips

- Always eat protein first. Eat other foods if you are still hungry.
- Eat slowly.
- Chew thoroughly—20 chews per bite.
- Don't drink for 15 minutes before or 30 minutes after eating.

After weight-loss surgery, the stomach pouch size is 4 to 6 ounces. Some foods may obstruct the gastric band or gastric bypass opening. Some examples are tough meat, dried fruit, untoasted bread, rice or pasta, fibrous foods (asparagus, rhubarb, broccoli stalks, and celery), skins of fruits and vegetables (apple, pear, and potato), coconut, popcorn, and large pieces of food.



## Sample Menu Plan: 800 to 1,000 Calories, 60 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with $\frac{3}{4}$ cup fat-free (skim) milk $\frac{1}{4}$ banana	1 egg 1 ounce low-fat cheese $\frac{1}{2}$ slice whole wheat toast $\frac{1}{2}$ pear	$\frac{1}{4}$ cup high-fiber cereal $\frac{1}{4}$ cup fat-free milk $\frac{1}{2}$ banana, sliced	1 ounce turkey sausage* $\frac{1}{2}$ slice whole wheat toast $\frac{1}{4}$ cup crushed pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal 1 apricot	$\frac{1}{2}$ cup oatmeal with protein powder or nonfat dry milk 1 tablespoon raisins	1 egg scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and $1\frac{1}{2}$ ounces low-fat cheese $\frac{1}{4}$ pita pocket
Snack	1 low-fat cheese stick $\frac{1}{2}$ apple	1 cup fat-free milk	6 ounces fat-free, sugar-free yogurt	Protein drink made with 1 cup fat-free milk	$\frac{1}{2}$ apple 1 tablespoon peanut butter*	Protein drink made with 1 cup fat-free milk	$\frac{1}{4}$ cup low-fat cottage cheese 2 dried plums
Lunch	$\frac{1}{2}$ slice whole wheat bread 2 ounces turkey 1 teaspoon light mayonnaise Tomato slices	2 ounces leftover pork 6 whole grain crackers $\frac{1}{4}$ cup green beans	2 ounces tuna salad with 1 teaspoon light mayonnaise 6 whole grain crackers $\frac{1}{2}$ cup fruit cocktail in juice (drained)	$\frac{1}{2}$ cup minestrone soup with $\frac{1}{2}$ ounce low-fat cheese 1 boiled egg	2 ounces ham 1 ounce low-fat cheese $\frac{1}{2}$ slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts	Grilled chicken salad with 2 ounces chicken and 1–2 teaspoons vinaigrette dressing	$\frac{1}{4}$ cup fat-free refried beans 1 ounce reduced-fat cheese 1 corn tortilla
Snack	4 ounces fat-free, sugar-free yogurt 6 strawberries	$\frac{1}{4}$ cup low-fat cottage cheese $\frac{1}{2}$ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 piece turkey jerky 3 whole grain crackers	Protein drink	4 ounces fat-free, sugar-free yogurt $\frac{1}{2}$ cup berries	Protein drink
Dinner	3 ounces pork tenderloin $\frac{1}{4}$ cup green beans $\frac{1}{4}$ cup brown rice pilaf with 1 teaspoon olive oil	3 ounces chicken cacciatore with 1 ounce reduced-fat mozzarella cheese $\frac{1}{2}$ cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf $\frac{1}{4}$ cup tomato sauce $\frac{1}{4}$ cup carrot coins	3 ounces broiled chicken in broth $\frac{1}{4}$ cup cauliflower with 1 teaspoon margarine $\frac{1}{4}$ cup apricots, canned in juice (drained)	3 ounces sole or whitefish $\frac{1}{4}$ cup carrots $\frac{1}{4}$ cup brown rice with 1 teaspoon olive oil	Stuffed cabbage (3 ounces lean beef) $\frac{1}{2}$ cup potatoes	3 ounces salmon grilled with $\frac{1}{4}$ cup low-fat dill sauce $\frac{1}{2}$ cup tossed salad with 1–2 teaspoons vinaigrette $\frac{1}{4}$ cup berries

\*Medium or high fat.

## Tips

- Always eat protein first. Eat other foods if you are still hungry.
- Eat slowly.
- Chew thoroughly—20 chews per bite.
- Don't drink for 15 minutes before or 30 minutes after eating.

After weight-loss surgery, the stomach pouch size is 4 to 6 ounces. Some foods may obstruct the gastric band or gastric bypass opening. Some examples are tough meat, dried fruit, untoasted bread, rice or pasta, fibrous foods (asparagus, rhubarb, broccoli stalks, and celery), skins of fruits and vegetables (apple, pear, and potato), coconut, popcorn, and large pieces of food.



## Sample Menu Plan: 1,000 Calories, 60–80 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with 1 cup fat-free (skim) milk ¼ banana	1 egg 1 ounce low-fat cheese ½ slice whole wheat toast ½ pear	¼ cup high-fiber cereal ¼ cup fat-free milk ¼ banana, sliced	1 ounce turkey sausage* ½ slice whole wheat toast ¼ cup crushed pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal ¼ cup berries	¾ cup oatmeal with protein powder or nonfat dried milk 2 tablespoons raisins	1 egg scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and 1 ounce low-fat cheese ¼ pita pocket
Snack	1 low-fat cheese stick ½ apple	1 cup fat-free milk ¼–½ cup grapes	6 ounces fat-free, sugar-free yogurt ½ cup melon	Protein drink made with 1 cup fat-free milk	½ apple 1 tablespoon peanut butter*	Protein drink made with 1 cup fat-free milk	¼ cup low-fat cottage cheese 1–2 dried plums
Lunch	1 slice whole wheat bread 2 ounces turkey 1 teaspoon light mayonnaise Tomato slices	3 ounces leftover pork 6 whole grain crackers 6 baby carrots	2 ounces tuna salad with 1 teaspoon light mayonnaise 1 dill pickle 6 whole grain crackers ½ cup fruit cocktail in juice (drained)	¾ cup minestrone soup with 2 tablespoons parmesan cheese 1 boiled egg 6 whole grain crackers	2 ounces ham 1 ounce low-fat cheese ½ slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts 6 baby carrots	Grilled mandarin chicken salad with 2 ounces chicken and 2 teaspoons vinaigrette dressing 2–3 wheat crackers	½ cup fat-free refried beans 1 ounce reduced-fat cheese 1 corn tortilla
Snack	6 ounces fat-free, sugar-free yogurt 6 strawberries	¼ cup low-fat cottage cheese ¼ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 piece turkey jerky ½ cup grapes	Protein drink	6 ounces fat-free, sugar-free yogurt 1 apple	Protein drink
Dinner	3 ounces pork tenderloin ½ cup green beans ⅓ cup brown rice pilaf with 1 teaspoon olive oil	3 ounces chicken cacciatore ¼ cup pasta with marinara sauce 1 cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf ¼ cup tomato sauce and 1 ounce melted low-fat cheese ¼ cup carrot coins	3 ounces broiled chicken in light broth ¼ cup risotto ½ cup cauliflower with 1 teaspoon olive oil	3 ounces sole or whitefish ¼ cup greens ¼ cup brown rice with 1 teaspoon margarine	Stuffed cabbage (3 ounces lean beef) ¼ cup potatoes	3 ounces salmon with ¼ cup low-fat dill sauce ½ cup asparagus with 1 teaspoon margarine

\*Medium or high fat.

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## Sample Menu Plan: 1,200 Calories, 60–80 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with 1 cup fat-free (skim) milk ¼ banana	1 egg 1 ounce low-fat cheese ½ slice whole wheat toast ½ pear	¼ cup high-fiber cereal ¼ cup fat-free milk ¼ banana, sliced	1 ounce turkey sausage* ½ slice whole wheat toast ½ cup crushed pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal ½ cup berries	¾ cup oatmeal with protein powder or nonfat dried milk 2 tablespoons raisins	1 egg + 1 egg white scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and 1 ounce low-fat cheese ¼ pita pocket
Snack	1 low-fat cheese stick ½ apple	¼ cup low-fat cottage cheese ½ cup grapes	6 ounces fat-free, sugar-free yogurt ½ cup melon	Protein drink made with 1 cup fat-free milk	1 apple 1 tablespoon peanut butter*	Protein drink made with 1 cup fat-free milk	¼ cup low-fat cottage cheese 2 dried plums
Lunch	1 slice whole wheat bread 2 ounces turkey 1 teaspoon light mayonnaise Spinach, tomato slices, and sprouts	3 ounces leftover pork 6 whole grain crackers 6 baby carrots	2 ounces tuna salad with 1 teaspoon light mayonnaise Lettuce and tomato slices 1 dill pickle 6 whole grain crackers ½ cup fruit cocktail in juice (drained)	¾ cup minestrone soup with 2 tablespoons parmesan cheese 1 boiled egg 6 whole grain crackers	2 ounces ham 1 ounce low-fat cheese 1 slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts 6 baby carrots	Grilled mandarin chicken salad with 2 ounces chicken and 2 teaspoons vinaigrette dressing 2–3 wheat crackers	½ cup fat-free refried beans 1 ounce reduced-fat cheese 1 corn tortilla Salsa
Snack	6 ounces fat-free, sugar-free yogurt 6 strawberries	1 low-fat cheese stick ¼ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 piece turkey jerky ½ cup grapes	Protein drink	6 ounces fat-free, sugar-free yogurt 1 apple	Protein drink
Dinner	3 ounces pork tenderloin ½ cup green beans ⅓ cup brown rice pilaf with 1 teaspoon olive oil	3 ounces chicken cacciatore ¼ cup pasta with marinara sauce 1 cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf ¼ cup tomato sauce and 1½ ounces melted low-fat cheese ½ cup carrot coins	3 ounces broiled chicken in light broth ¼ cup risotto ½ cup cauliflower with 1 teaspoon olive oil	3 ounces sole or whitefish ½ cup greens ¼ cup brown rice with 1 teaspoon margarine	Stuffed cabbage (3 ounces lean beef) ¼ cup potatoes	3 ounces salmon with ¼ cup low-fat dill sauce ½ cup asparagus with 1 teaspoon margarine

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## Sample Menu Plan: 1,500 Calories, 70–90 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with 1 cup fat-free (skim) milk ½ banana	1 egg 1 ounce low-fat cheese 1 slice whole wheat toast 1 pear	½ cup high-fiber cereal ½ cup fat-free milk ½ banana, sliced	1 ounce turkey sausage* ½ slice whole wheat toast ½ cup crushed pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal ½ cup berries	¾ cup oatmeal with protein powder or nonfat dry milk 2 tablespoons raisins	1 egg + 1 egg white scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and 1 ounce low-fat cheese ½ pita pocket
Snack	1 low-fat cheese stick 1 apple	¼ cup low-fat cottage cheese ½ cup grapes	6 ounces fat-free, sugar-free yogurt ½ cup melon	Protein drink made with 1 cup fat-free milk	1 apple 1 tablespoon peanut butter* 1 rice cake	Protein drink made with 1 cup fat-free milk	¼ cup low-fat cottage cheese 2 dried plums
Lunch	2 slices whole wheat bread 2 ounces turkey 1 teaspoon light mayonnaise Spinach, tomato slices, and sprouts	3 ounces leftover pork 6 whole grain crackers 6 baby carrots	2 ounces tuna salad with 1 teaspoon light mayonnaise Lettuce and tomato slices 1 dill pickle ½ whole grain pita pocket ½ cup fruit cocktail in juice (drained)	1 cup minestrone soup with 2 tablespoons parmesan cheese 1 boiled egg 6 whole grain crackers	2 ounces ham 1 ounce low-fat cheese 1 slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts 6 baby carrots	Grilled mandarin chicken salad with 2 ounces chicken and 2 teaspoons vinaigrette dressing 2–3 wheat crackers	½ cup fat-free refried beans 1 ounce low-fat cheese 1 corn tortilla Salsa
Snack	6 ounces fat-free, sugar-free yogurt 6 strawberries	1 low-fat cheese stick ½ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 piece turkey jerky ½ cup grapes	Protein drink	6 ounces fat-free, sugar-free yogurt 1 apple	Protein drink
Dinner	3 ounces pork tenderloin ½ cup green beans ⅓ cup brown rice pilaf with 1 teaspoon olive oil	3 ounces chicken cacciatore ½ cup pasta with marinara sauce 1 cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf ¼ cup tomato sauce and 1½ ounces melted low-fat cheese ½ cup carrot coins	3 ounces broiled chicken in light broth ½ cup risotto ½ cup cauliflower with 1 teaspoon olive oil 1 peach	3 ounces sole or whitefish ½ cup greens ½ cup brown rice with 1 teaspoon margarine ½ cup cherries	Stuffed cabbage (3 ounces lean beef) ½ cup potatoes 10 grapes	3 ounces salmon with ¼ cup low-fat dill sauce ⅓ cup couscous ½ cup asparagus with 1 teaspoon margarine

\*Medium or high fat.

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## Sample Menu Plan: 1,800 Calories, 70–90 Grams Protein per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein drink made with 1 cup fat-free (skim) milk ½ banana	1 egg 1 ounce low-fat cheese 1 slice whole wheat toast 1 pear	½ cup high-fiber cereal ½ cup fat-free milk ½ banana, sliced	1 ounce turkey sausage* 1 egg 1 slice whole wheat toast ½ cup crushed pineapple, canned in juice (drained)	6 ounces fat-free, sugar-free yogurt with 2 tablespoons high-fiber cereal ½ cup berries	¾ cup oatmeal with protein powder or nonfat dried milk 2 tablespoons raisins	1 egg + 1 egg white scrambled with vegetables (try tomatoes, mushrooms, onions, and spinach) and 1 ounce low-fat cheese ½ pita pocket
snack	1 low-fat cheese stick 1 apple	½ cup low-fat cottage cheese ½ cup grapes	6 ounces fat-free, sugar-free yogurt ½ cup melon	Protein drink made with 1 cup fat-free milk	1 apple 2 tablespoons peanut butter* 2 rice cakes	Protein drink made with 1 cup fat-free milk	¼ cup low-fat cottage cheese 2 dried plums
Lunch	2 slices whole wheat bread 3 ounces turkey 1 teaspoon light mayonnaise Spinach, tomato slices, and sprouts	3 ounces leftover pork 6 whole grain crackers 6 baby carrots	3 ounces tuna salad with 1 teaspoon light mayonnaise Lettuce and tomato slices 1 dill pickle ½ whole grain pita pocket ½ cup fruit cocktail in juice (drained)	1 cup minestrone soup with 2 tablespoons parmesan cheese 1 boiled egg 6 whole grain crackers	2 ounces ham 1 ounce low-fat cheese 1 slice whole wheat bread Mustard, lettuce, tomato, and alfalfa sprouts 6 baby carrots	Grilled mandarin chicken salad with 2 ounces chicken and 2 teaspoons vinaigrette dressing 2–3 wheat crackers	½ cup fat-free refried beans 1 ounce reduced-fat cheese 1 corn tortilla Salsa
Snack	6 ounces fat-free, sugar-free yogurt 6 strawberries	1 tablespoon peanut butter* 2 rice cakes ½ cup peaches, canned in juice (drained)	Protein bar with less than 150 calories, more than 7 grams protein, and less than 5 grams sugar	1 piece turkey jerky ½ cup grapes	Protein drink	6 ounces fat-free, sugar-free yogurt 1 apple	Protein drink
dinner	3 ounces pork tenderloin ½ cup green beans ⅔ cup brown rice pilaf with 1 teaspoon olive oil	3 ounces chicken cacciatore ½ cup pasta with marinara sauce 1 cup tossed salad with 1 teaspoon olive oil	3 ounces meatloaf ¼ cup tomato sauce and 1½ ounces melted low-fat cheese ½ cup pasta ½ cup carrot coins	3 ounces broiled chicken in light broth ¾ cup risotto ½ cup cauliflower with 1 teaspoon olive oil 1 peach	3 ounces sole or whitefish ½ cup greens ½ cup brown rice with 1 teaspoon margarine ½ cup cherries	Stuffed cabbage (3 ounces lean beef) ½ cup potatoes 10 grapes	3 ounces salmon ⅓ cup couscous ½ cup asparagus with 1 teaspoon margarine

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