

Protein Foods and Supplements

Proteins are the most important part of nutrition after weight loss surgery. They are important for many of the body's organs and functions. The best sources are meats including fish, chicken, beef, dairy products and eggs. Good protein sources will generally provide 7 grams of protein per serving. The following is a sample list of foods and their protein content.

Food	Serving Size	Protein (grams)	Calories
Meats			
Beef	1 oz.	7	55-75
Chicken	1 oz.	7	35
Fish	1 oz.	7	35-55
Lamb	1 oz.	7	55-75
Turkey	1 oz.	7	35
Cheese			
Non-fat or low fat cheese	¼ cup	7	35-55
Dairy			
Skim milk	1 cup	8	90
Non-fat dry milk powder	¼ cup	10	60
Low-fat, low calorie yogurt	¾ cup	8	90
Soy milk	1 cup	7	80
Eggs			
Eggs	1	7	75
Egg substitute	¼ cup	6	30
Tofu			
Tofu	4 oz.	14	110

Weight loss surgery limits the portions of meals and so protein supplements may be required. There are many protein supplements on the market that can be used for meal replacements or for extra protein intake in achieving the daily goal of 60-70 grams of protein that is required after weight loss surgery. Protein supplements may come in the form protein powders (that can be mixed with a low calorie drink) or pre-made protein drinks. Protein bars are also available on the market. Patients are encouraged to try different supplements to find one that is most preferable.

Generally, each serving of protein supplement should be:

- Less than 200 calories
- At least 15 grams of proteins
- Less than 20 grams carbohydrate
- Less than 5 grams of fat

Below are examples of just some protein supplements on the market. This is a sample list and is not meant to be an endorsement of any particular product.

Product	Portion Size	Protein (grams)	Calories
Bariatric Advantage meal replacement	1 scoop	27	150 -160
Bariatric Fusion meal replacement	1 scoop	27	120
Carnation Instant Breakfast, no sugar added	1 packet	5	60
Nectar	1 scoop	23	100
Pro Performance 100% Whey Protein	1 scoop	24	110
Unjury	1 scoop/ 1 packet	21	100
Isopure Zero Carb	20 oz.	40	160
Optisource Very High Protein Drink	8 oz.	24	200
Slim Fast Low Carb Diet High Protein	11 oz.	20	180