ARCH BARIATRICS

HIGH PROTEIN FOODS

Protein is found in many foods including both animal (meat, poultry, seafood, eggs) and plant products (bean, peas, nuts, seeds, soy products). After a bariatric procedure, protein needs are especially important. Your body needs additional protein during the period of rapid weight loss in order to maintain your muscle mass. Protein also plays a vital role in metabolism. Protein is not stored in the body therefore you must eat an adequate amount daily.

Your protein goal is 60-70 grams of protein each day.

Meat, Poultry, Seafood, Eggs

Serving	Protein
1 oz. chicken/turkey/fish	7 grams
1 oz. seafood	7 grams
1 oz. beef/steak/pork	7 grams
1 oz. ham	7 grams
1 large egg	6-7 grams
¼ cup (2 oz.) egg substitute	6-7 grams

Low Fat Dairy Products

Serving	Protein
1 cup (8 oz.) skim or 1% milk	8 grams
¼ cup cottage cheese	7 grams
1 oz. soft cheese (Mozzarella, Brie)	6 grams
1 oz. medium cheese (Cheddar, Swiss)	7 grams
1 oz. hard cheese (Parmesan)	10 grams
½ cup sugar free pudding	4 grams
½ cup low-fat yogurt	4 grams
¾ cup Greek yogurt (6 oz.)	13-18 grams

Beans and Soy Products

Serving	Protein
2 oz. hummus	4 grams
½ cup kidney/refried beans	7 grams
½ cup black beans	10 grams
½ cup lima beans	5-6 grams
¼ cup lentils	12 grams
¼ cup textured soy protein (TSP)	5-6 grams
½ cup tofu	10 grams
1 oz. soy protein isolate	20 grams
½ cup soy milk	7 grams
1 oz. soy cheese	2 grams
¼ cup edamame (soy beans)	4 grams

Nuts and Seeds

Serving	Protein
1 Tbsp. peanut butter	4 grams
¼ cup peanuts	8 grams
¼ cup almonds	8 grams
¼ cup cashews	5 grams
¼ cup soy nuts	15 grams
¼ cup sunflower seeds	5 grams
¼ cup flaxseeds	8 grams
¼ cup pumpkin seeds	19 grams

Limit portions of nut butters, nuts and seeds because these are higher calorie foods.

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PROTEIN SUPPLEMENTS

Protein supplements are a good way to get in the protein your body needs right after surgery. It is recommended to reduce the use of protein supplements after the first couple of months. Protein from foods sources provide a lot more vitamins and minerals and keep you fuller longer than protein supplements will. Solid sources also give more satiety than liquid sources.

Protein Water

Protein water is water that has been infused with whey protein isolates.

Typically, a 16-oz. bottle of protein water will contain between 60 and 90 calories and 15 and 20 grams of protein.

Examples:

Premier Protein Clear Drink
Protein$_2$o
Isopure Zero Carb Protein Drink
Cytosport Whey Isolate Protein Drink
Bariatric Choice Protein Drink Concentrate
Designer Whey Protein 2Go Drink Mix
Bariatric Pal Fruit Drink
Bariwise Fruit Protein Drink

Protein water will be needed during the first week after surgery. This will be your only source of protein for this week so it is important to drink as much you are able to tolerate.

Protein Shakes

Quick Guide:

- **200 calories or less**
- **5 grams of fat or less**
- **10 grams of carbs or less**
- **5 grams of sugar or less**
- **20 + grams of protein**

Examples:

Premier Protein
Pure Protein
Ensure Max Protein
Adkins Plus Protein
Muscle Milk (100 calorie)
Muscle Milk (Genuine)
Muscle Milk (Light)
Muscle Milk (ProSeries)
FairLife (Core Power)
FairLife (Nutrition Plan)
Equate High Performance Protein Shake
QUEST Protein Shake

*Protein shakes should not be regularly replacing your meals by 2 months after your surgery

Protein Bars

Quick Guide:

- 250 calories or less
- 5 grams of fat or less
- 25 grams of carbs or less
- 8 grams of sugar or less
- AT LEAST 10-15 grams of protein

Examples:

Pure Protein Bar
ONE Bar
Life Choice Protein Bar
Atkin's Advantage Bar
Optimal Protein Diet Bar
GNC Total Lean Protein Bar
ProtiDiet Bar
Detour Simple Bar
Simply Protein Whey Bar
NuGo Slim Bar
Orgain Organic Protein Bar*
22 Days Nutrition Organic Bar*

* Indicates plant based protein

Half of a protein bar is recommended for a snack

****Protein shakes can be helpful for meeting protein needs during the first couple of months after surgery, but should not be continued long-term. It is more beneficial to get protein from food sources over liquid supplements.**