

PROTEIN PAGE

Protein plays an important part in building and maintaining a healthy body. The protein in your body is constantly turning over, so it is important that new protein is provided by your daily diet. Eating enough protein will prevent you from losing large amounts of muscle as you lose weight. Eating protein also tends to make you feel more satisfied. After surgery, protein becomes particularly important to help you heal, to help your body resist infections, and to help you maintain healthy skin, hair and nails.

Things to remember about protein:

1. Your goal is to get **60-80 grams of protein every day.**
2. Always eat high protein first. This ensures you don't fill up on foods that are poor sources of protein.
3. Because your stomach pouch is small after your procedure, it can be difficult to get enough protein thru food alone. If you are unable to get recommended protein with food, you will be expected to have a protein shake to guarantee adequate protein intake.
4. Include some protein in each meal.

Guidelines for choosing a protein supplement: Your protein can be from a powdered protein supplement or in "ready-to-drink" form.

1. It should contain at least 20-30 grams of PROTEIN per serving. More protein per serving is fine.
2. The grams of TOTAL CARBOHYDRATES per serving should be less than half the amount of protein per serving. Do not look at the amount of sugar in the supplement- it is already included in the total carbohydrates.

Shake Name	Type of Protein	Grams of Protein	Grams of Carbohydrates
Premier Protien	Whey protein	30	5
Premier Protien Water	Whey protein	20	1
Unjury	Whey protein Isolate	20	2
Unjury Planted	Pea protein	20	8
Bariatric Fusion	Whey protein isolate	27	9
Bariatric Advantage	Whey protein isolate	27	11
Isopure Water	Why protein isolate	20	0
Vega One	Pea protein	20	9
Ensure Max	Milk protein concentrate	30	6
Arbonne	Pea protein	20	13

Best Protein Sources:

Food	Protein	Grams of Protein	Grams of Carbohydrates
Almonds	1 ounce	6	6
Anchovies	1 ounce	8	0
Beef, grass fed	1 ounce	6.5	0
Bison	1 ounce	7	0
Brazilian Nuts	1 ounce	4	3.5
Cashews	1 ounce	5	9
Cheese, grass fed whole milk with no additives	1 ounce	7	0
Chia seeds	1 ounce	4	12
Chicken, organic or pasture raised	1 ounce	8.7	0
Clams	1 ounce	7	1
Duck, Organic or pasture raised	1 ounce	5	0
Eggs, pasture raised, organic or omega 3	1 egg	6	0.5
Elk	1 ounce	9	0
Flaxseed, ground	1 TBS	1	2
Hazelnuts	1 ounce	4	5
Hemp seeds	1 ounce	9	3
Herring	1 ounce	9	3
Kefir	8 ounces	11	12
Lamb, grass fed	1 ounce	6	0
Macadamia nuts	1 ounce	2	4
Mackerel	1 ounce	5	0
Milk, whole grass fed, in small amounts	8 ounces	8	12
Mussels	1 ounce	6.6	2
Oysters	1 ounce	2	3
Pecans	1 ounce	2.6	4
Pistachios	1 ounce	6	8
Pumpkin Seeds	1 ounce	5	15
Salmon, wild either canned or fresh	1 ounce	7.7	0
Sardines	1 ounce	7	0
Scallops	1 ounce	6	1.5
Sesame Seeds	1 ounce	5	6.5
Shrimp, from the Gulf of Mexico	1 ounce	7	0
Turkey, organic or pasture raised	1 ounce	8.5	0
Venison	1 ounce	9	0
Walnuts	1 ounce	4	4
Yogurt, Grass fed, full fat unsweetened, that contains milk and live cultures, nothing else ideally goat or sheep milk	1 cup	8.5	11.5

Good Sources of Protein:

Food	Portion	Grams of Protein	Grams of Carbohydrates
Beans, cooked (pinto, chili, kidney, lima-etc)	¼ cup	4	11
Beef	1 ounce	7	0
Bison	1 ounce	7	0
Cottage cheese, low-fat	¼ cup	7	2
Mozzarella cheese	1 ounce	7	1
Chicken	1 ounce	7	0
Cod	1 ounce	6	0
Crab, steamed	3 ounces	6	0
Deer	1 ounce	9	0
Egg, medium	1 whole	6	0
Egg substitute	¼ cup	6	1
Lobster, steamed	1 ounce	7	1
Milk, 1% or skim	8 ounces	8	12
Non-fat dry milk	1/3 cup, dry	8	12
Pork chop, lean	1 ounce	7	0
Salmon	1 ounce	6	0
Shrimp	1 ounce	6	0
Soybeans (edamame)	¼ cup	5	3
Soymilk, plain	8 ounces	7	8
Soy Nuts	1/8 cup	7	7
Tofu	¼ cup	6	1
Tuna, canned	1 ounce	7	0
Turkey	1 ounce	7	0
Lunch meat, low-fat	1 ounce	5	1