

PROTEIN INTAKE AFTER WEIGHT-LOSS SURGERY

GOAL: AT LEAST 60-80 GRAMS OF PROTEIN A DAY

Protein is the foundation of the bariatric diet. Protein is essential to maintain and repair muscle, minimize hair loss, optimize healing, and help with satiety.

Meat: Beef/Poultry/Pork/Fish and Eggs

- ✓ 1 serving = 1 ounce = 7 grams of protein

Choose 9-12 ounces a day

- chicken (dark meat, no skin)
- ground turkey, chicken, or beef
- pork tenderloin
- deli meat, lean turkey, roast beef, lean ham, (minimally processed and low sodium)
- Canadian bacon
- canned tuna, chicken, or crab meat in water
- baby shrimp and scallops
- fish (white and flaky)
- beef stew
- egg, 1 whole
- egg whites, 2 or ¼ cup

- ✓ 60-80 grams of protein a day

- 21-28 grams of protein (equivalent to 3-4 oz. of meat) at each meal, three times a day

Meat Portion Size Estimator:

deck of cards = 3 ounces = 21 g of protein
6 dice = 1.5 ounces = 10.5 g of protein
golf ball = ¼ cup = 2 ounces = 14 g of protein
tennis ball = ½ cup = 4 oz. = 28 g of protein

2 tbsp. = 1 ounce = 1/8 cup

4 tbsp. = 2 ounces = 1/4 cup

8 tbsp. = 4 ounces = 1/2 cup

Nuts: Choose no more than 2 tbsp. a day

- almonds, 28 = 6 g of protein
- walnuts, chopped, 2 tbsp. = 4 g of protein
- nut butter, natural, 2 tbsp. = 7 g of protein

Beans and Legumes (½ cup = 6-8 g of protein and 15 g of carbohydrate)

- black beans, kidney beans
- garbanzo beans
- hummus
- refried beans, fat free

Soy Protein

- tofu, firm, 3 ounces = 7 g of protein
- edamame, shelled, ½ cup = 8-12 g of protein
- soy nuts, ¼ cup = 11 g of protein

Dairy or dairy alternative (1 serving, varies = 6-18 grams pf protein, 5-15 g of carbohydrate)

- skim or 1% milk, 1 cup
- soy milk, light and unsweetened, 1 cup
- Greek yogurt, light and flavored (≤ 100 calories per serving), 5-6 oz.
- cottage cheese, 1% or fat free, ½ cup
- ricotta cheese, part-skim or fat free, ½ cup
- mozzarella, shredded, part skim, 2 tbsp.
- cheese, low fat, 1 ounce

Protein Supplements

Each serving should provide:

- 150-160 calories or less;
- at least 20-30 grams of protein;
- no more than 5-8 grams of carbohydrates

- ✓ **EAT PROTEIN-RICH FOODS FIRST**, then non-starchy vegetables, then fruit.