



## CHOOSING A PROTEIN SUPPLEMENT

**Protein supplements are important to help meet protein goals, especially on the liquid diet immediately after surgery. Choose a protein supplement from the list below or choose one that meets the guidelines outlined.**

### GUIDELINES FOR PROTEIN SUPPLEMENTS

*ONE SERVING should provide:*

- ✓ **20-30 grams PROTEIN**
- ✓ **150-160 or less of CALORIES**
- ✓ **5-8 grams or less of CARBOHYDRATES**

#### Types of Protein Supplements:

##### Whey Protein Powders:

- Bariatric Advantage® High Protein Meal Replacement
- Champion Performance™ Pure Whey
- Cytosport™ 100% Whey
- GENEPRO Next Generation Protein
- GNC Pro Performance® AMP Pure Isolate
- Nature's Best Isopure®
- Syntrex® Nectar Medical Protein Powder UNJURY®

##### Ready to Drink Protein Shakes:

- Atkins® Plus Protein Shake
- Core Power® High Protein Milk Shake
- Ensure® MAX Protein or Boost® MAX
- Equate™ High Performance Shake
- Muscle Milk® Lite or 100 calories
- Premier Protein® Shake
- Slim Fast® Advanced Nutrition or Advanced Energy
- ZonePerfect® CARB WISE Shake

##### Pudding Option:

- Power Pak Pudding® Fit & Lean

##### Clear Liquid Protein:

- Isopure® Clear RTD Zero Carb
- LiquaCel® Concentrated Liquid Protein
- Medtrition® PROSource
- New-Whey 42 Liquid Protein
- Nutricia Pro-Stat® Renal Care, sugar-free
- Premier Protein® Clear Protein Drink
- Protein2O® Protein Infused Water
- Proteinex® or Proteinex® P2Go
- Syntrex® Nectar (fruit juice flavors)

##### Gelatin Option:

- BariWise™ Sugar-Free Protein Gelatin
- Gelatein® 20 High Protein, sugar-free

##### Plant-Based Protein:

- ALOHA Organic Protein Drink
- Garden of Life® Organic Protein Unflavored Powder
- OWYN Plant-Based Shakes
- Sunwarrior® Protein Classic
- Vega® Protein & Greens or Protein & Energy
- Vega® Sports Performance Protein

- Protein powders mix best in cold liquids (water, skim milk, unsweetened almond or unsweetened soy milk). When used in hot liquids, proteins tend to clump.
- When using hot liquids, first mix protein powder in 2-4 ounces of room-temperature water and dissolve. Then mix with desired hot liquid (no hotter than 140°F).
- Use unflavored protein in broth, soups, and other foods as needed to optimize protein intake.
- **AVOID: Glucerna Shake, Special K Shakes, Slim Fast Original, Boost or Boost Glucose Control, Ensure Original or Ensure Plus, Odwalla juices, or Naked Juice Drinks. These drinks do not have enough protein and can be too high in sugar.**