

Bariatric Protein Supplements

After having bariatric surgery

This handout is for patients who have had bariatric surgery. It explains the different types of protein supplements and lists some product options.

Types of Protein in Shakes and Powders

Protein Type	Comment
Isolated whey (dairy)	Best source – easy to digest and absorb
Whey (dairy) Casein (dairy)	Good source – may contain small amount of lactose
Egg	Good source
Soy (vegan)	Avoid if you are male or have a history of breast cancer
Pea (vegan) Hemp (vegan) Rice (vegan)	Add another protein source to your diet to provide all essential amino acids

Suggested Protein Products

In the tables on pages 2 and 3, we have printed in **bold** the specific name or version that we suggest for you. These products all contain more protein than total carbohydrate. Other brands not listed may also meet your needs.

Tips

- Note whether the product you are buying is a **shake** or a **powder**. The nutrition content will be different for each.
- If you are sensitive to **artificial sweeteners**, read the ingredients list carefully.
- If you have problems digesting isolated **whey**, you may want to try one of the vegan options.



Make sure that your protein drink contains more protein than total carbohydrate.

Form	Product	Protein Source	Grams of Protein in 1 Serving	Serving Size	Calories in 1 Serving
Powder	Beneprotein	Whey isolate	6 g	1 packet	25
Powder	Egg Protein	Egg whites	Varies	Varies	Varies
Liquid	Fair Life Milk	Whey	13 g	8 oz.	Varies
Powder	Garden of Life Raw Organic Protein	Pea	22 g	1 scoop	110
Powder	GenPro unflavored	Whey isolate	30 g	1 Tbsp.	60
Powder	Isopure Zero Carb	Whey isolate	25 g	1 scoop	110
Powder	Muscle Milk Light	Whey isolate	25 g	2 scoops	198
Shake	Muscle Milk Light	Whey isolate	28 g	17 oz.	150
Powder	Nectar unflavored	Whey isolate	10 g	1 scoop	40
Powder	Nutiva Hemp Protein	Hemp seed	15 g	3 Tbsp.	90
Powder	Orgain Plant Based Protein	Brown rice, chia, pea	21 g	2 scoops	150
Powder	Orgain Grass Fed Whey Protein	Whey from grass-fed cows	21 g	2 scoops	140
Powder	Pea protein	Pea	Varies	Varies	Varies
Shake or Powder	Premier	Whey, casein	30 g	11 oz.	160
Powder	Rice Protein	Sprouted brown rice	Varies	Varies	Varies

Form	Product	Protein Source	Grams of Protein in 1 Serving	Serving Size	Calories in 1 Serving
Shake	Slim Fast Advanced Nutrition High Protein	Milk protein concentrate, soy protein isolate	20 g	11 oz.	180
Powder	Soy protein	Soy protein isolate	Varies	Varies	Varies
Powder	Sun Warrior Warrior Blend	Pea, hemp seed	16 g	1 scoop	90
Powder	Unjury unflavored	Whey isolate	21 g	1 scoop	90
Powder	Unflavored (at Winco in bulk section)	Whey	Varies	Varies	Varies
Powder	Vega One All-in-One	Pea, flaxseed, saviseed	20 g	1 scoop	170

What to Look For

Read the Nutrition Facts label on any supplement you buy. When choosing a product, look for **more grams of protein than total carbohydrate**. This label shows that 1 shake provides 4 g total carbohydrate and 30 g protein.

Nutrition Facts	
Serving Size 1 shake	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 370mg	15%
Potassium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 30g	60%
Vitamin A 25%	Vitamin C 25%
Calcium 50%	Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For this product, 1 shake contains 4 g total carbohydrate and 30 g protein.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management Center: 206.598.2274