

Choosing Protein Supplements

Bariatric surgery reduces your stomach size to either a ping pong ball or a medium banana. Your meals will be very small, and protein-rich foods can be difficult to eat. Protein shakes and powders are an important way to help you meet your protein goals the first 6 – 9 months after surgery.

When you eat fewer calories, you will lose weight quickly, but some of that weight can come from muscle, not just fat. Exercise is the best way to build muscles, but you must also eat enough protein spread out over the day. It is **not** a good idea to try and get all your protein in just 1 meal.

You may need to try different options before you find one that meets your nutritional needs, tastes good, and agrees with your body. Use this guide to help you choose the product that works best for you.

Please talk with your dietitian about which protein supplements you're using. You can also bring your product or the label to your appointment.

Choose protein that meets these guidelines:

1 serving should contain:

- Less than 180 calories
- Less than 31 g protein
- Less than 8 g total carbohydrate
- Grams (g) of **carbohydrates** should be lower than grams (g) of **Protein**

Nutrition Facts	
75 servings per container	
Serving size	1 scoop (30g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 55mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	50%

Nutrition Facts	
Serving size	1 Shake (11 fl oz)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 30g	60%

What type of protein should I choose?

- **Isolated whey** is easy to digest and has all essential amino acids. This is a good choice after a workout.
- **Soy** protein contains all the essential amino acids.
- If you choose vegan proteins, look for combinations of **at least 2** of the following types:
 - Organic Hemp
 - Lentil
 - Seeds
 - Pea which is non-GMO
 - Legume (bean)
 - Nut
 - Rice made from sprouted whole brown rice
- It is OK to use generic products instead of more expensive brands.
- Always read the label! Products come in different sizes with different amounts of protein.
- Premade liquid shakes can be expensive. It can be cheaper to buy powders that you can mix into water or low-calorie almond milk.

Collagen Protein

- It is okay to use *hydrolyzed collagen peptides* as a supplement, but it should **not** be your only protein source. It does not have an essential amino acid called Tryptophan.
- Some products have added amino acids, peptides, or biotin. When selecting a collagen product look for "grass-fed" or "marine" types for the highest quality. If the product is **not** hydrolyzed or in peptide form, it will **not** be absorbed.



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This is a list of some brand suggestions to try. Many of these products are available in flavored and unflavored options with 13-30 g protein

Type	Product Name		Protein Source
Liquid High-Protein Milk	<i>Fairife Milk</i> <i>Darigold FIT</i>		Milk protein concentrates (Whey Isolate, Casein)
Liquid or Powder	<i>Equate High Performance</i> <i>Ensure Max</i> <i>Fairlife</i> <i>Boost High Protein Glucose Control</i>	<i>Isopure</i> <i>Premier</i> <i>Pure</i>	Milk protein concentrates (Whey Isolate, Casein)
Liquid	<i>Advanced Nutrition High Protein Slim Fast</i>		Milk protein concentrates, soy protein isolate
Powder bulk	<i>Beneprotein</i> <i>GenePro</i> <i>Isopure Zero Carb</i> <i>Muscle Milk Light</i>	<i>Orgain Grass-Fed Whey Protein</i> <i>Syntrax Nectar</i> <i>Unjury</i>	Milk protein concentrates (Whey Isolate, Casein)
Powder Singles	<i>Animal Clear Whey</i> <i>Ascent Native Fuel</i> <i>Clean Simple Eats</i> <i>FlavCity</i> <i>Isopure</i>	<i>Jocko</i> <i>Nutrition on the Go</i> <i>Oath Nutrition</i> <i>Pure</i>	Milk protein concentrates (Whey Isolate, Casein)
Powder	<i>Bone Broth</i>		Chicken and/ or beef bones
Powder	<i>Egg Protein</i>		Egg whites
Liquid or Powder	<i>Orgain Plant Based Protein</i>		Pea and brown rice
Powder	<i>Garden of Life Raw Organic Protein, Pea</i>		Pea
Powder	<i>Nutiva Hemp Protein</i>		Hemp seed
Powder	<i>Rice Protein</i>		Sprouted brown rice
Powder	<i>Soy protein</i>		Soy protein isolate
Powder	<i>Ancient Nutrition Plant Protein+</i>		Pumpkin seed, flaxseed, hemp seed, chia seed, sunflower seed, watermelon seed, sacha inchi
Powder	<i>PB-2, PB-Fit</i>		Peanut butter (lower fat and lower sugar)
Powder	<i>Sun Warrior- Warrior Blend</i>		Pea, hemp seed
Powder	<i>Vega Sport</i>		Pea, pumpkin/sunflower seed, alfalfa
Powder Singles	<i>Happy Viking Plant Protein</i> <i>Orgain</i> <i>Nutra Pulse Plant-Based Vegan</i>	<i>Truvani</i> <i>Vade</i>	See package ingredients
Hydrolyzed Collagen Peptides - Powder	<i>Vital</i> <i>Anthony's</i>	<i>Thrive</i> <i>Orgain</i>	Grass-fed bovine (cow), Fish, Vegetarian (eggshell)
Hydrolyzed Collagen Peptides Liquid	<i>Doublewood</i> <i>Neocell</i>	<i>Liquacel</i>	Grass-fed bovine (cow), Porcine (pig)

Tips to Improve Taste and Texture

- Store liquid shakes in the refrigerator to keep them cold.
 - Avoid freezing, boiling, or microwaving liquid shakes.
 - Avoid blending liquid shakes. This can add a lot of bubbles to the liquid.
- Mix powders into a small amount of liquid and mix well.
 - Allow the mixture to rest for 5 minutes to rehydrate prior to stirring into food.
- You can add dry powders to foods for baking, cooking, or freezing.
- To improve flavor:
 - Add very small amounts of powdered or liquid sugar-free water additives.
 - Try orange added to vanilla for a creamsicle.
 - Add very small amount of sugar-free gelatin powder. This will also slightly thicken the shake.
 - Add unsweetened cocoa or dark cocoa baking powder to chocolate to cut the sweetness.

Products to Avoid

Try to avoid:

- Products with added sugars in the first 3 ingredients.
- Products with more than 10 grams of total carbohydrate per serving
- Products with more grams of carbohydrate than protein.
- Products that upset your stomach. You may feel better avoiding gluten or artificial sweeteners.
- These ingredients: lactose, dextrin, maltodextrin, sugar alcohols (anything ending in “ol”)
- Protein waters. Protein is energy and is dehydrating. It is best to have protein for meals and snacks.
- Products with more than 30 g protein per serving. Your body will not absorb this protein well.

Products to Avoid	Protein	Total Carbohydrate
<i>Boost Glucose Control</i>	14 g	22 g
<i>Ensure Clear</i>	8 g	37 g
<i>Ensure Original</i>	9 g	33 g
<i>Ensure High Protein</i>	16 g	19 g
<i>Boost High Protein</i>	20 g	28 g
<i>Carnation Instant Breakfast packet</i>	5 g	27 g Total Carb + the liquid
<i>Core Power</i>	42 g (too much)	9 g
<i>Huel</i>	35 g	30 g (too much)

The UW does not receive any benefit from any of the brand names listed. They are listed as suggestions in alphabetical order only.