

Protein Supplements

Protein supplements are essential during the first few weeks after your surgery to meet your protein needs.

- Follow the package directions for mixing protein supplements with food or drinks.
- Try to find a supplement that contains **20-30 grams** of protein per serving.
- Protein supplements should contain less than 5 grams Total Fat and less than 10 grams Sugars.
- Generic products are fine as long as they have the same nutrition profile as the name brand.
- Unflavored protein powders may be added to yogurts, cottage cheese, soups, smoothies, mashed potatoes, or applesauce to help boost protein intake.

Protein Supplement	Amount	Grams of Protein
Bariatric Advantage High Protein Meal Replacement Powder	2 scoops	27
Body Fortress Super Advanced Whey Protein	1 scoop	30
Carnation Breakfast Essentials No Sugar Added	1 package with 1 cup skim milk OR 11oz. Ready-To-Drink bottle	13
EAS Myoplex Lite	11 oz.	20
EAS Myoplex Lite Powder	1 packet	20
Ensure Active High Protein Shake	14 oz.	25
Isopure Zero Carb Drink	20 oz.	40
Isopure Zero Carb Powder	1 scoop	25
Muscle Milk Light	10-17 oz.	20-28
New Whey Liquid Protein	3.8 oz.	42
Orgain Organic/Vegetarian Protein	11 oz. shake 2 scoops powder	25 21
Premier Protein Shake	11 oz.	30
PURE PROTEIN 100% Whey Protein Powder	1 scoop	25
PURE PROTEIN Shake	11-12 oz.	15-35
Syntax Nectar Whey Protein Isolate	1 scoop	23
Tera's Whey Simply Pure Whey Protein	2 scoops	20-22 g
Unjury	1 scoop	21

We do not recommend any specific brands or sources. Protein supplements are available at many stores and websites. Please let us know if you need help finding supplements.