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Protein Sources

Food Item	Portion	Protein grams	Fat
Beef Jerky	1 oz	11-13	1-4 grams
Beef Brisket	3 oz	25	11
Beef- ground	3 oz	21	5
Beef- sirloin steak	3 Oz	26	6
Chicken- dark, no skin	3 oz	23	8
Chicken- white, no skin	3 oz	26	4
Egg Substitute	½ cup	8	2
Egg Whites	2 egg whites	7	0
Eggs	1 egg	6	5
Fish Fillet- broiled, baked	3 oz	21	1
Pork Chop	3 oz	24	4
Shellfish	3 oz	18	1
Tuna- water packed	3 oz	22	1
Turkey hot dog	1 link	8	10

❖ Whey Isolate Protein (1 scoop)

Acceptable Protein Drinks:

Bariatric Advantage (vanilla, banana, chocolate, and strawberry) - available in our office- this is a high quality supplement designed for the pre and post-surgical nutritional needs of the bariatric patient.
Optifast- liquid diet program- ask our staff about this Bariatric designed formula for pre-op diet control.

If you are unable or unwilling to purchase protein drinks from our office the following are acceptable alternatives.

- ❖ Smoothie King Gladiator
- ❖ Isopure (20 oz bottle)
- ❖ Protein shots (dilute in Propel)
- ❖ Labrada Lean Body
- ❖ IDS Sports New-Whey 42 liquid protein
- ❖ Worldwide Sport Pure Protein
- ❖ Myoplex (regular)
- ❖ BSN Syntha-6 Core Series
- ❖ Nature's Best Zero Carb Isopure (2 scoops)
- ❖ Myoplex Lite (2 scoops)

Protein Powdered Mixes: A good protein drink should have the following nutrients per serving: Mix with water!! Add ½ cup of fruit, ½ cup of ice and extract for flavoring.

- 20 grams of protein per scoop/serving
- ↔ 7 gram or less of carbohydrate/sugars per scoop/serving
- 5 gram or less of fat per scoop/serving

Double the Scoops=Double the Protein!!

Acceptable Calorie-Free Liquids:

- Water, Crystal Lite, AquaCal, Sugar Free Kool-Aid, Minute Maid Light
- Broths/Soup Base: Chicken, beef, vegetable
- Coffee, tea: use sugar substitute, or nothing at all, to your taste
- V8 Juice and/or any water-based noncarbonated drink that has less than 10 calories per serving and less than 2 g sugars.

Protein Bars:

We recommend "Oh Yeah"! These are sold at Smoothie King or HEB

Multivitamins: You will need to take a chewable vitamin before and after surgery. Our office sells specific chewable bariatric designed vitamins. If you opt not to purchase the vitamins through our clinic the following are acceptable:

- Adult Chewable Centrum- read the label for dosages- usually 1-2 per day.
- Calcium Citrate with Vitamin D- chewable or liquid format: 1000-1500 mg per day, take separately from the multivitamins, read label for dosage.

Acceptable Snacks: Sugar-Free Popsicles, Sugar-Free Jello