

Protein

Protein is found in meats, fish, dairy, eggs, beans, nuts, peanut butter and soy. The goal is to get *at least* 60 grams of low-fat, high quality protein from “real food”. Eat protein foods first and keep a food journal to see how much protein you are eating. Protein foods, especially meat and dairy, are naturally high in fat, so buy fat-free or low fat versions to keep the total calories as low as possible.

If you can’t get in 60 grams of protein each day, you may need a protein supplement. Some supplements are powders that you mix with water, milk or crystal light. Mixing it with milk will give you extra protein and calcium. Look for a protein supplement that offers about **12-15 grams of protein** per scoop and no sugar (check your ingredient list – Ensure and Boost are too high in sugar). An alternative sweetener like Splenda or Aspartame is okay. Avoid supplements with ephedra.

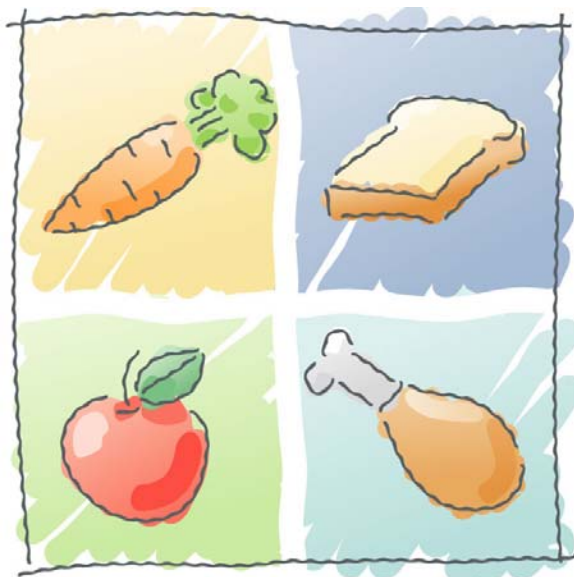
Some supplements are already mixed up for you (“ready-to-drink”) and are convenient because you can keep them in your desk drawer, cabinet and purse. Try to get a ready-to-drink supplement that has at least 1 gram of protein per ounce.

Most of these supplements can be found in the grocery store, drug store, Vitamin Shoppe (on Rivers Ave. in North Charleston), GNC Stores or at www.bariatriceating.com.

EXAMPLES OF HIGH PROTEIN SUPPLEMENTS

	NAME	Flavors	Serving size	Calories	Protein (g)	Protein grams/ounce	Fat (g)	Carbs (g)
Ready to Drink	Glucerna Shake	Strawberry, chocolate, vanilla, butter pecan	1 can (8 oz.)	200	10	1.25	7	27 (5g fiber)
	Carnation Instant Breakfast (no sugar added)	Chocolate	1 carton (11 oz)	150	13	1.18	5	16 (2g fiber)
	Isopure	Many fruit flavors plus green tea	20 oz	160	40	2	0	0
	New Whey Protein Bullet	Orange, punch, grape, raspberry	3 oz	176	42	14	0	2
	Slim Fast Optima	Chocolate, vanilla, strawberry, cappuccino	1 can (11 oz)	190	10	0.9	6	24 (5g fiber)
	Atkins Advantage Shake	Strawberry, chocolate, vanilla	1 can (11 oz)	160	15	1.36	9	4 (2g fiber)
Powder: mix in milk, water, crystal lite	Unjury powder	Strawberry, chocolate, vanilla, unflavored, chicken	1 packet	100	20	2.5 (if mixed in 8oz)	0	4
	Muscle Milk Light	Many flavors including banana, chocolate and caramel	2 scoops	195	25	3.125 (if mixed in 8oz)	6	11 (1g fiber)
	Dry skim milk	Plain	3 Tbsp	90	9	1.125 (if mixed in 8oz)	0	13
	Carnation Instant Breakfast (no sugar added) <i>made with skim milk</i>	Strawberry, chocolate, vanilla	1 cup	160	12	1.5 (if mixed in 8oz)	0.5	24
	Nectar (try mixing it in crystal light)	many fruit flavors plus chocolate, vanilla, cappuccino	1 scoop	100	23	2.875 (if mixed in 8oz)	0	0

Sample Menu (provides 72 g protein)
B'fast
½ c. egg beaters, scrambled (12g)
1 slice wheat toast (2g)
½ c. mixed berries (0)
Snack
4 oz fat-free cottage cheese (14g)
Lunch
½ c. refried beans (6g) with
¼ c. low fat shredded cheese melted (6g)
½ c. tomato salsa (2g)
Snack
6 oz. light yogurt (6g)
Dinner
2 oz. grilled tilapia (11g)
½ c. green beans (1g)
½ cup applesauce (0)
1 c. skim milk (12g)



Protein Content of Foods		
Food	Serving size	Protein (g)
Soy flour, defatted (TVP)	1 cup	47
Flounder, baked	3.5 oz	30
Chicken or Turkey, light meat	3 oz	28
Beef round roast	3 oz	25
Seitan	4 oz	24
Edamame (shelled)	1 cup	22
Snapper	3 oz	22
Tuna in water	3 oz	22
Pork roast	3 oz	21
Halibut, cooked	3 oz	18
Lentils, boiled	1 cup	18
Mutton (lamb)	3 oz	17
Shrimp, cooked	12 lg, 3 oz	17
Soy nuts	¼ cup	17
Kidney beans	1 cup	16
Refried beans	1 cup	16
Tempeh	½ cup	16
Black beans, boiled	1 cup	15
Chickpeas, boiled	1 cup	15
Cheddar cheese	2 oz	14
Cottage cheese	½ cup	14
Mung beans, boiled	1 cup	14
Yves vegetarian ham	1 slice, 2 oz	14
Black-eyed peas, boiled	1 cup	13
Boca burger, original	1 patty, 2.5 oz	13
Fage, fat-free yogurt	5.3 oz	13
Hummus	1 cup	12
Yogurt, low fat	8 oz	12
Quinoa, cooked	1 cup	11
Milk, skim, 1%, 2%, or whole	1 cup	8
Peanut butter	2 Tbsp	8
Soy milk	1 cup	7
Bulgur, cooked	1 cup	6
Egg, whole	1	6
Mozzarella cheese	1 oz	6
Tabouli	½ cup	6
Tofu, firm	3 oz	6
Pasta, cooked	1 cup	5
Rice, brown, cooked	1 cup	5
Spinach, boiled	1 cup	5
Feta cheese	1 oz	4
Bread	1 slice	3
Broccoli	½ cup	3
Egg white	1	3

Websites:

To see the protein content of foods, visit <http://www.highproteinfoods.net/>

To see the protein, fat, carb content of foods, visit <http://www.calorieking.com/>

For recipes and more nutrition information:

<http://www.muschealth.com/weightlosssurgery>