

**REGIONAL BARIATRIC ASSESSMENT & TREATMENT CENTRE**

**PROTEIN: Are You Getting Enough?**

Go for PROTEIN to promote healing.



Protein needs will be greater after bariatric surgery. Aim for **60 - 80 grams** each day to help your body recover as well as reduce hair loss and muscle breakdown.

Include a protein-rich choice at each meal and snack, look for lower-fat options, and always eat protein first.

<b>Protein Foods</b>	<b>Portion</b>	<b>Protein Content (grams)*</b>
<b>First Phase – Liquid Diet</b>		
Almond or rice milk, unsweetened	125 mL (1/2 cup)	1
Milk, 1%, skim, low-fat buttermilk	125 mL (1/2 cup)	4
Pudding, ready-to-eat, low-fat, low-sugar	60 mL (1/4 cup)	1
Soy beverage, unsweetened, low-fat	125 mL (1/2 cup)	3
Yogurt, 1% M.F. or less	60 mL (1/4 cup)	3
Yogurt, Greek-style 0% M.F.	60 mL (1/4) cup	6
<b>Second Phase – Minced or Pureed</b>		
Cottage cheese, 1% M.F.	60 mL (1/4 cup)	7
Egg, poached	1 large	6
Fish, lean, white (bass, cod, haddock, pickerel)	60 mL (1/4 cup)	7
Fish, canned in water (salmon, tuna)	60 mL (1/4 cup)	9
Hummus	30 mL (2 tbsp)	2
Ricotta cheese, low-fat	60 mL (1/4 cup)	7
Tofu, smooth	60 mL (1/4 cup)	3
<b>Third Phase – Soft Foods</b>		
Cheese, Mini Babybel Light®	1 piece	6
Cheese, Laughing Cow, Light®	1 wedge	2
Cheese, low-fat (20% M.F. or less), diced	30 mL (2 tbsp)	4
Cheese string	1 string	6
Chicken	60 mL (1/4 cup)	10
Chickpeas, canned	60 mL (1/4 cup)	3
Cream cheese, fat-free	15 mL (1 tbsp)	2
Deli meat, chicken or turkey, fat-free	1 slice	5
Ground chicken or turkey	60 mL (1/4 cup)	7
Kidney beans, canned	60 mL (1/4 cup)	3
Lentils, canned	60 mL (1/4 cup)	4
Peanut butter	15 mL (1 tbsp)	4
Seafood: crab, scallop, shrimp	60 mL (1/4 cup)	6
Soy beans (edamame)	60 mL (1/4 cup)	4
Texturized vegetable protein, uncooked	30 mL (2 tbsp)	5
<b>5 – 6 Months After Surgery</b>		
Ground Beef, extra lean	60 mL (1/4 cup)	10
Nuts: almonds, peanuts, walnuts	30 mL (2 tbsp)	3
Red meat (beef, pork, veal)	60 mL (1/4 cup)	9
Soy Nuts	30 mL (2 tbsp)	9

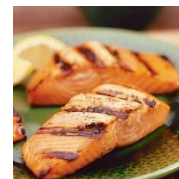
Source: Health Canada – Canadian Nutrient File, USDA National Nutrient Database for Standard Reference

\*Protein content may vary between particular brands

## REGIONAL BARIATRIC ASSESSMENT & TREATMENT CENTRE

### Daily Protein Guidelines:

- Aim for **60 – 80 grams** of protein each day
- Choose **lower-fat** protein sources
- Always **eat protein first**.



### Keep Track of Protein

Start small and build on it. Set your first goal as 40 grams per day and slowly work up to 60 grams per day.

Breakfast: } 15 – 20  
g

Snack:

Lunch: } 15 - 20 g  
Snack:

Dinner: } 15 – 20 g  
Snack:

**Total**  
**45–60 g**

### Sample Menu

**TOTAL**  
50 g

Food Item	Protein (g)
1 poached egg	6
1/2 slice whole wheat toast with 15 mL (1 tbsp) peanut butter	4
60 mL (1/4 cup) cottage cheese	7
60 mL (1/4 cup) canned fruit	
60 mL (1/4 cup) tuna with mayo	9
2 melba toast	
60 mL (1/4 cup) Greek yogurt	6
30 mL (2 tbsp) applesauce	
60 mL (1/4 cup) chicken	10
15 mL (1 tbsp) cooked vegetables	
15 mL (1 tbsp) mashed potato + <b>Protein Booster</b>	2
1 cheese string	6

### Make Your Own Shake

**TOTAL**  
9-12 g

#### Blend together:

125 mL (1/2 cup)	Skim milk
30-45 mL (2-3 tbsp)	Yogurt, low-fat/-sugar
15-30mL (1-2 tbsp)	<b>Protein Booster</b>
Few	Frozen berries
2.5 cm (1")	Frozen banana
1-2 drops	Vanilla extract
As needed	Artificial sweetener

### Protein Boosters

Item 30 mL (2 tbsp)	Protein (g)
Cottage cheese	3
Greek-style yogurt	3
Skim milk powder	4
Whey protein isolate powder	6

#### Add a protein booster:

- To milk products like milk, pudding, or yogurt
- To warm foods that can be stirred like cream soup, cooked cereal, mashed potato.