

PROTEIN INTAKE AFTER BARIATRIC SURGERY

Information for Patients

Protein is essential for the growth and repair of your body and all its tissues – It is important to eat adequate protein each day for this purpose. After bariatric surgery, it may be difficult to meet your daily requirements for protein. As expected meals will be much smaller and for some protein foods may be not well tolerated for some time. The following guideline will help in estimating your current intake and to plan how much more you need.

Ideally you should aim for **60 to 80g of protein** in your diet each day. Initially you may need a couple high protein drinks or yogurts, daily to achieve this amount. As your food tolerance improves, you will be able to get more of your protein requirements from foods.

FOOD	SERVING	CALORIES (Kcal)	PROTEIN (g)	IRON (mg)
HIGH PROTEIN DRINKS				
Skimmed milk powder Added to Skimmed Milk	2tbsp (30g) + 200ml (6.6 fl oz) skimmed milk	266	17.5	0.14
Sanatogen Protein Drink (powder)	2 tsp + 200ml (6.6 fl oz) skimmed milk	92	13.6	
Upbeat High Protein Dairy Drink	250ml bottle	150	20	
Meritene shake (previously known as Build Up)	1 sachet + 200ml (6.6 fl oz) skimmed milk	192	16	4.54
Meritene soup (previously known as Build Up)	1 sachet + 150ml (6.6 fl oz) skimmed milk	251	11.8	6.06
Asda Protein Water	500ml	127	30	
DAIRY SOURCES				
Milk- skimmed	100ml (3.3 fl oz)	34	3.3	0.03
Milk- skimmed	1 pint 568ml (20 fl oz)	193	18.7	0.17
Milk- semi-skimmed	100ml (3.3 fl oz)	48	3.3	0.02
Milk- semi-skimmed	1 pint 568ml (20 fl oz)	277	18.7	0.11
Soya milk- low fat, no added sugar (fortified)	100ml (3.3 fl oz)	34	3.3	0.43
Liquid Yoghurt- 0.1% fat	100ml (3.3 fl oz)	28	2.8	
Yoghurt- low fat	1 pot (125g; 4.5oz)	93	4.4	0.1
Skyr Natural high protein yoghurt	100g	63	10.6	0.43
Yoghurt – high protein, 0% fat (e.g. Danone, Chobani)	1 pot (150g; 5.3oz)	120	12	
Total 0% Yoghurt by FAGE	1 pot (170g 6oz)	97	17.5	
Arla protein drinks	Bottle (479ml)	254	26	
Cheese - cheddar reduced fat	1 x match box size (30g; 1.1oz)	82	9.8	0.06
Cheese- cheddar full fat	30g; 1.1oz	123	7.6	0.09
Cheese – Low fat cottage cheese	2 Tbsp (30g; 1.1oz)	25.5	4.4	0
Cheese – low fat soft cheese	2 Tbsp (30g; 1.1oz)	47	2.6	0
Cheese - Babybel light	1 serving/item (20g; 0.7oz)	43	5.3	0

FOOD	SERVING	CALORIES (Kcal)	PROTEIN (g)	IRON (mg)
MEAT & FISH				
Fish- white	1 fillet (100g; 3.6oz)	72	16.6	
Tuna- spring water	½ can (65g; 2.3oz)	70	16.5	0.65
Salmon – small fillet	(100g; 3.6oz)	205	22.9	0.42
Salmon- smoked	70g	129	16	0.16
Prawns	70g	49	10.8	0.7
Sardines – in tomato sauce	1 tin (120g)	210	22.2	3.2
Mackerel - smoked	56 g (2 oz)	169	11.8	0.63
Chicken breast- skinless raw	100g; 3.6oz	106	24	0.5
Chicken drumstick- no skin	100g; 3.6oz	152	26.6	0.9
Turkey - slices	3 medium slices; 67g	76	15.4	0.27
Beef – lean slices	2 medium slices; 56 g	77	14.2	1.5
Ham - slices	2 medium slices; 56 g	60	10.3	0.39
Minced beef - extra lean	56 g (2 oz)	70	12.3	0.84
Pork sausages	2 sausages (114g)	163	10.5	0.56
Birds Eye cod fish fingers	4 (112g)	244	14	0.25
Tesco chicken nuggets	5 (65g)	170	9	0.25
VEGETARIAN SOURCES				
Egg	1 average egg (50g; 1.8oz)	71	7.1	0.99
Quorn- chicken fillet	2 fillets (100g; 3.6oz)	76	11.5	0.6
Linda McCartney vegetarian sausages	2 sausages (88g)	141	16.4	0.25
Hummus -reduced fat	¼ pot (50g; 1.8oz)	149	3.2	0
Baked beans	½ can (200g; 7.2oz)	160	10	2.8
Kidney beans - canned	½ can (120g; 3.2oz)	109	8.3	2.4
Tofu	½ pack (125g; 4.5oz)	104	10.1	6.7
Chick peas- canned	½ can (125g; 4.5oz)	142	9	1.9
Lentils	2 tablespoons uncooked (30g)	31	2.6	1.1
Quinoa	3 tablespoons uncooked (45g)	137	6.2	3.5
Soya beans	Small handful uncooked (20g)	74	7.2	1.9
Mixed nuts (without salt)	Small handful (20g)	116	4.8	0.59
Cashew nuts (dry roasted without salt)	Small handful (20g)	116	3.1	1.2
Peanuts (dry roasted without salt)	Small handful (20g)	118	5.1	0.42