



Protein Shakes

Getting enough Protein is essential after weight-loss surgery. **60-70 grams** is about the *minimum* amount of protein required daily post- surgery. Your dietitian will provide you with *your* individual goal.

- You are required be on Protein shakes **two weeks before your surgery, two weeks after your surgery** and you may need to use them **as a supplement** once you reintroduce food because it will be difficult for you to meet your protein goal through food alone.
- Before your surgery, make sure you find protein shakes you like from the list below. Our biggest recommendation is variety—so choose at least 2 shakes you like or a brand that comes in multiple flavors. We recommend having ready-to-drink shakes on hand as well as protein powder.
- After Surgery you may want to choose a protein shake that is at least 20 grams of protein per serving so you do not have to drink as many shakes to meet your protein goal.
- Pre-surgery you may want to choose one that is 15-20 grams so you can allow yourself 3-4 shakes daily without going over your maximum for protein. Protein Powder allows you to adjust the amount of protein in your shake.
- If you find a shake you like that is not on this list make sure to send or show a picture to your dietitian or bring what you found into your next class or appointment for approval.
- Bariatric Advantage, Quest and Syntrax Nectar Brands are available to purchase for your convenience in our office

Powder Protein Shakes: You can mix your powder protein shake with any of the options below as long as it stays within 200 Calories. (During the pre-op diet individuals with Diabetes should only mix with Skim, 1% or non-fat/low-fat lactaid milk to avoid low blood sugar episodes)

- Water
- Non-fat or 1% Cow's milk
- Non-fat or 1% Lactaid milk
- Unsweetened Almond Milk
- Unsweetened Almond Coconut Blend
- Unsweetened Flax Milk
- Unsweetened Cashew Milk
- Decaf coffee (just use for 1 shake per day)

See our "Shake it up" Handout on our website and App for more protein shake ideas and recipes!

PROTEIN SHAKE LIST

SHAKES THAT CONTAIN LACTOSE



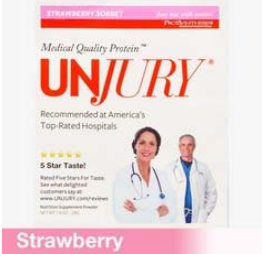



Protein Shake	Label	Grams of Protein	Where to Buy	Additional Info
Quest Protein Shakes (Powder)		21-23 grams per scoop	Capital Health Metabolic & Weight Loss Center!	<i>Sold in tubs and packets so you mix & match flavors- comes in 6 flavors</i>
Premier Protein (Ready to Drink or RTD)		30 grams per Shake	Shoprite, Sam's Club, Costco, BJ's, Walgreens, CVS	<i>Comes in 4 flavors</i>
Worldwide Pure Protein (comes in RTD or powder)		Varies from 15-25 grams per scoop or 23-35 grams per can or bottle	Trader Joe's, Target, CVS, Walgreens, Vitamin Shoppe, GNC	<i>More variety in flavors sold on pure protein website then in stores</i>
GNC Pro-Performance 100% whey		24 grams protein per scoop	GNC, Amazon.com	-----
Atkins Advantage Shake		15 grams of protein per shake	Walmart, CVS, Walgreens, Target	<i>Comes in more flavor varieties online then in store</i>
Designer Whey (sold in mostly powder in stores but also available RTD)		18 grams per scoop or per RTD container	Vitamin Shoppe, Target, Walmart, Trader Joes Designerwhey.com	-----

Syntrax Matrix		23 grams per scoop	Vitamin Shoppe, GNC, Amazon.com	<i>Comes in a wide variety of flavors</i>
EAS myoplex Lite (RTD)		20 grams per shake	Walmart, CVS, Walgreens, Target	-----
EAS AdvantEDGE Carb Control		17 grams per shake	Walmart, CVS, Walgreens, Target	-----

RTD = READY TO DRINK

LACTOSE-FREE SHAKES

Protein Shake	Label	Grams of Protein	Where to Buy	Additional Info
Bariatric Advantage (powder)		27 grams per two scoops	Capital Health Metabolic & Weight Loss Center!	<i>Sold in bags and individual packets so you can buy one general flavor and a few packets for variety. Ask for Samples!</i>
Syntrax Nectar (powder)		24 grams per packet or scoop	Capital Health Metabolic & Weight Loss Center- boxes of 12 packets; mix & match Tubs- sold at GNC, vitamin shoppe and online at Bariatric Advantage.com	<i>Comes in wide variety of flavors. 5 flavors sold in packets in office</i>
GNC Total Lean Shake (powder & RTD)		25 grams per scoop or 23-35 grams per can or bottle	GNC or gnc.com	<i>Seasonal Flavors usually available, more variety in flavors in store</i>

				
Fusion Protein Shakes		27 grams per 2 scoops	Bariatricfusion.com	Available in 8 flavors- sold in tubs and single serve packets. Ask our office for samples!
Unjury (powder)		21 grams per scoop	Unjury.com or Amazon.com	Comes in Savory flavors such as chicken soup. Ask our office for shake samples
Isopure Zero Carb Perfect Whey (powder)		18 grams per scoop or per RTD container	Walmart, GNC, Amazon	Avoid any Isopure products enhanced with caffeine
Ensure High Protein (RTD)		16 grams per bottle	Walmart, CVS, Walgreens, Target	Make sure 8 oz bottle; NOT 'Ensure Active' High Protein
Muscle Milk (100 calorie, Light, Genuine series, Pro-series all okay in 11 oz RTD) (Also in powder- only okay in Light version)		Range	Walmart, CVS, Walgreens, Target	Choose 11 oz RTD shake ONLY. Has a multiple variation; make sure it is 100-200 calories and less than 4 g sugar

<p>Boost Calorie Smart (RTD)</p>		<p>16 protein per bottle</p>	<p>Walmart, CVS, Target, Walgreens</p>	<p><i>Only Boost Calorie Smart variety meets criteria</i></p>
<p>BiPro Protein (powder)</p>		<p>20 grams per 1 scoop</p>	<p>Biprousa.com</p>	<p><i>Only 80 calories per scoop—make sure to mix with any option on the first page except water to equal 100 calories</i></p>

RTD = READY TO DRINK