

Protein supplements are an important part of any bariatric procedure. **Before surgery**, protein supplements can help promote weight loss by keeping you full between meals or as **meal replacements**. They will also be used to prepare your body for surgery during your liver shrinking diet. **After surgery**, protein is required for healing, preventing loss of lean body mass, minimizing hair loss and preventing protein malnutrition. It can be difficult to consume enough protein from food sources due to the small capacity of your new stomach and tolerance to protein foods. The resources below are some examples but it is not all inclusive. The most important thing is to find one you like!

Finding a Protein Supplement

There are many different protein supplements available on the market. Some are **ready to drink** while others are a **powder** that can be mixed with *water, unsweetened almond/soy/coconut or skim milk*. When finding a supplement you like, make sure it meets the following criteria:

- ✓ **At least 20 grams protein**
- ✓ **Less than 5 grams of sugar**
- ✓ **Less than 5 grams of fat**



Examples of approved supplements:

Light Muscle Milk – premade*
Premier Protein drinks – premade*
Pure Protein Shake – premade*
Equate Protein Shake - premade
Vega One – plant based*
Orgain Organic Protein– plant based or Whey*
Garden of Life Raw Protein – plant based
Garden of Life Sport – plant based

Optimum Nutrition Gold Standard 100% Whey *
Isopure – clear liquid protein
MRM – egg white protein
Jay Robb Whey Protein
EAS Myoplex Lite or EAS Lean
Nectar – unflavored versions for hot or cold items
Quest Nutrition Protein Powder
Designer Whey

You can find these protein supplements at a variety of locations:

Local grocery store
Trader Joe's or Sprouts
Walmart or Target

Costco or Sam's Club*
GNC or The Vitamin Shoppe
CVS or Walgreens

Supplements such as Ensure, Boost, Slim Fast, Special K protein **DO NOT** meet the criteria listed above, however you may see these displayed in the same section as other protein supplements.

Some protein supplements are specifically formulated for the bariatric patient. We recommend **Bariatric Advantage** where you can use our **15% discount** code **DELMAR**. Our Bariatric Advantage representative can also help with shipping products directly to your home. Visit <https://oldedelmarsurgical.bariatricadvantage.com/category/protein> for more information.

Online resources for Bariatric Supplements:

<http://www.bariatricadvantage.com/catalog>
<http://www.mybariatricpantry.com/>
<http://www.bariatricchoice.com/>