








PROTEIN OPTIONS POST BARIATRIC SURGERY

I require _____ grams protein and _____ litres fluid per day





VLCD / LCD's or High Protein nutritional supplements - Nutritionally complete or contain good complement of vitamins/minerals as well as high protein. You need to include at least 2 of these in your post-op recovery period.

PRODUCT		Available:	Protein content	Other
Optifast™, Optislim™, Tony Ferguson™, Sustagen™ (flavoured or neutral) Resource™ Formulite™ Feel Good shake™ BN slim shake™		Pharmacies, Supermarkets https://formulite.com.au + HealthSmart pharmacy Box Hill public hospital www.costpricesupplements.com.au https://www.bnhealthy.com.au	Approx. 20g – 30g per serve pending product chosen	Range of flavours but only Sustagen comes in a neutral (ie. no flavour) version
<p>Why based neutral flavoured protein powders – excellent source of good quality protein. Neutral/unflavoured are best as can be made into smoothies or added to soups, muffins, egg dishes or mash. NB do not contain all the vitamins/minerals of above so needs to be added to other foods that give variety and nutrition.</p>				
Beneprotein™		www.greatideas.com.au Or pharmacies can order it in	6g per 1.5 TBS of powder	Can add to liquids, pureed and mashed foods








<p>Boomers™ whey protein concentrate</p>		<p>www.wheyprotein.com.au</p>	<p>30g powder = 24g protein</p>	<p>Neutral flavour. Mixes really well.</p>
<p>Planet Food™</p>		<p>Supermarkets</p>	<p>30g powder = 25g protein</p>	<p>Neutral flavoured</p>
<p>Coles whey protein concentrate</p>		<p>Coles</p>	<p>30g powder = 22.7g protein</p>	<p>Many flavours including neutral</p>
<p>Skim milk Powder</p>		<p>Supermarkets</p>	<p>1/3rd cup added to 250mls of low fat milk = 18.5g protein</p>	<p>CHEAP! Can be added to other foods/fluids to increase protein content.</p>
<p>High protein milk</p>		<p>Supermarkets</p>	<p>12.8g per 250mls</p>	<p>Use in coffee, tea, on cereal and in cooking.</p>
<p>Whey based protein waters – these are excellent sources of good quality protein that is provided in a clear liquid form. This makes them ideal to be consumed in between meals. Some contain electrolytes which is beneficial especially early on in recovery or before/after or during exercise.</p>				




<p>Bodiez™ protein water</p>		<p>Supermarkets Chemist Warehouse</p>	<p>475ml bottle = 30g whey protein</p>	<p>Ready to drink or powder sachets Flavoured options or clear, unflavoured option</p>
<p>Myprotein™ clear whey protein</p>		<p>https://au.myprotein.com</p>	<p>1 scoop = 20.2g protein</p>	<p>Many flavours including Mojito!</p>
<p>Whey based readymade drinks – convenient and readily available</p>				
<p>Up and Go Energize™ Rokeby Farm™ breakfast Smoothies™ Aussie Bodies™ protein smoothie YoPro™ drinking yoghurt™</p>		<p>Supermarkets</p>	<p>16 – 30g protein pending product</p>	<p>Pre-packaged</p>
<p>Plant based protein powders – soy based contains the best protein profile but if these are not tolerated, pea and brown rice are an option.</p>				
<p>Natures Way™ Pea protein And Soy protein</p>		<p>Supermarkets and Pharmacies</p>	<p>35g serve of soy formula= 26g soy protein 30g of pea formula = 22g plant protein</p>	<p>Vegan / vegetarian Soy variety has a neutral and vanilla flavour option.</p>



Boomers		www.wheyprotein.com.au	40g serve brown rice = 34.6g protein	vegan/vegetarian
High Protein Soups – some people find things taste sweeter after the surgery and therefore soups can be well tolerated. These may need vitamised (pending brand and flavour) initially to be made into a liquid in the early post-op diet phase.				
Optifast VLCD soup		Pharmacies	20g per serve	
Formulite™ lupin soup		https://formulite.com.au		
Heinz plant proteinz™ creamy coconut, pumpkin and chickpea		Woolworths	17g per 330ml serve	
Collagen protein – clear and easy to consume protein. Collagen is not as a complete source of protein as animal or soy protein so best to be used to ‘top up’ your protein intake rather than be the major source.				
Protein perfection™ Protein water		www.greatideas.com.au www.costpricesupplements.com.au	2 scoops (40g) = 15g protein	Powder made up with water. Range of flavours. Also have a Jelly (20g protein per serve)



<p>Gelpro Peptipro™ collagen powder</p> <p>NB. Can be added to other products to increase protein content</p>		<p>Go Vita health Food stores or www.gelatinaustralia.com.au www.costpricesupplements.com.au</p>	<p>15g powder = 15g protein</p>	<p>Flavourless and can be mixed into any fluid hot or cold</p>
<p>Feel Good™ Tasteless protein powder</p> <p>NB. Can be added to other products to increase protein content</p>		<p>www.costpricesupplements.com.au</p>	<p>15g powder = 15g protein</p>	<p>Flavourless and can be mixed into any fluid hot or cold</p> <p>Also has flavoured sachets (7.5g protein per sachet)</p>
<p>Formulite™ recovery protein</p>		<p>https://formulite.com.au</p> <p>+ HealthSmart pharmacy Box Hill Public Hospital</p>	<p>15.4g protein per serve</p>	<p>Flavoured and unflavoured sachets</p> <p>Also contains BCAA's and electrolytes</p>