

# Protein list for Bariatric Surgery Patients

Allied Healthcare Professionals (AHPs)  
Nutrition & Dietetics

## What is this leaflet for?

This leaflet is designed to provide you with more understanding of the importance of protein rich foods in your diet after bariatric surgery. It is important that you start to include protein-rich foods in the diet in the work-up to surgery to keep your body as strong and healthy as possible and to develop good habits that you can continue after surgery.

## Why is protein important to have in my diet?

Protein is important as it is:

- Essential building block for the body; it is used to make every cell in your body
- Necessary for growth and repair
- Important in helping to fight infections and keeping you feeling well
- Helpful in preventing hair loss after surgery
- Essential in helping you to lose weight from fat stores rather than muscles.

## Where can I find protein?

Good sources of protein include:

- Red meat, poultry and fish
- Beans and pulses
- Eggs
- Dairy products (for example, milk, cheese and yoghurt)
- Non-dairy alternatives (for example, soya or lactose-free products)
- Meat alternatives (for example, tofu or Quorn).

## How much protein do I need?

It is recommended that you aim for a minimum of 60-80g of protein in your diet each day.

After bariatric surgery, it may be difficult to meet your daily requirement for protein. As expected, meals will be much smaller, and some people find protein foods may not be well tolerated for some time.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Top Tips:

- Plan your meals in advance; base your meals and snacks around foods that are high in protein
- Fill up half of your plate with protein at each mealtime
- Eat the protein part of your meal first
- Chew the protein well, to stop it from getting stuck when you swallow and to help your body to digest it better
- Use this protein list to help you to estimate your current protein intake and to plan how much more protein you need.

Food	Serving	Protein (g)	Calories (kcal)
<b>High protein drinks, soups and products</b>			
Skimmed milk powder added to skimmed milk	2 tablespoons + 200ml skimmed milk	17.5	266
Sanatogen Protein Drink (powder)	2 teaspoons + 200ml skimmed milk	13.6	92
Meritene shake	1 sachet + 200ml skimmed milk	16	192
Meritene soup	1 sachet + 150ml skimmed milk	11.8	251
Asda Protein Water	500ml	30	127
<b>Dairy foods</b>			
Milk: skimmed	100ml	3.3	34
Milk: skimmed	1 pint (568ml)	18.7	193
Milk: semi-skimmed	100ml	3.3	48
Milk: semi-skimmed	1 pint (568ml)	18.7	277
Soya milk: low fat, no added sugar	100ml	3.3	34
Liquid yoghurt: 0.1% fat	100ml	2.8	28
Yoghurt: low fat	1 pot (125g)	4.4	93
Yoghurt: high protein, 0% fat	1 pot (150g)	12	120
Arla Protein Yoghurts	1 pot (200g)	20	140
FAGE Total 0% Yoghurt	1 pot (170g)	17.5	97
Arla protein drinks	1 bottle (479ml)	26	254
Cheese: cheddar reduced fat	1 x match box size (30g)	9.6	76
Cheese: cheddar full fat	1 x match box size (30g)	7.6	123

Food	Serving	Protein (g)	Calories (kcal)
Cheese: low fat cottage cheese	2 tablespoons (30g)	4.4	25.5
Cheese: low fat soft cheese	2 tablespoons (30g)	2.6	47
Cheese: Babybel Light	1 item (20g)	5.3	43
<b>Meat &amp; fish &amp; poultry</b>			
Fish: white	1 fillet (100g)	16.6	72
Tuna: spring water	½ can (65g)	16.5	70
Salmon: small steak	100g	19.5	130
Salmon: smoked	70g	15.3	126
Prawns	70g	15.8	75
Sardines in tomato sauce	1 tin (120g)	20.4	198
Mackerel: smoked	56g	11	130
Chicken breast: skinless raw	100g	25	126
Chicken drumstick: no skin	100g	22.6	163
Turkey slices	3 medium slices (67g)	10.5	60
Beef: lean slices	2 medium slices (56g)	16	100
Ham slices	2 medium slices (56g)	10.6	60
Minced beef: lean	56 g	11.2	74
<b>Meat alternatives</b>			
Egg	1 egg	6.3	72
Quorn: fillet	2 fillets (100g)	12.6	90
Houmous: reduced fat	¼ pot (50g)	4.6	121
Baked beans	½ can (200g)	9.6	173
Kidney beans: canned	½ can (120g)	8.3	140
Tofu	½ pack (125g)	10	95
Chickpeas: canned	½ can (125g)	9	141.5

Food	Serving	Protein (g)	Calories (kcal)
Lentils	2 tablespoons uncooked (30g)	7	100
Quinoa	3 tablespoons uncooked (45g)	5.6	160
Soya nuts	Small handful (20g)	7	54
Mixed nuts	Small handful (20g)	4	100
Cashew nuts	Small handful (20g)	4	110
Peanuts	Small handful (20g)	5	110

## Where can I get more information?

Contact details for your dietitian are below.

### **Nutrition and Dietetics**

New Cross Hospital

Wolverhampton

WV10 0QP

Telephone: 01902 695335

### **You may also find the following useful:**

NHS Website: [www.nhs.uk/conditions/weight-loss-surgery](http://www.nhs.uk/conditions/weight-loss-surgery)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。