

## Protein Shake Guidelines

Protein shakes and powders are great ways to increase your protein intake both pre and post-operatively. In fact, many patients consume at least 1 shake per day even months out from surgery to help meet protein goals!

### How do I choose a protein shake or powder?

- Whey or Soy protein based
- 14 grams of sugar or less per serving
- 5 grams of fat or less per serving
- Minimum 10 grams of protein per serving , maximum 30 grams

### Where do I purchase protein shakes and powders?

- In stores: CVS, Walgreens, Walmart/Target, Grocery stores, GNC etc.
- Online: Unjury.com, GNC.com. BariatricAdvantage.com

### Protein supplement options:

Ready to Drink Shakes	Calories / shake	Protein	Sugar	Fat
EAS AdvantEDGE Carb Control	110	17g	0g	3g
Isopure Plus Nutrition Drink	190	15g	11g	0g
Carnation Instant Breakfast – No Sugar Added	150	13g	12g	5g
Ensure High Protein Shake	210	25g	5g	2.5g
Muscle Milk Light	160	20g	0g	4.5g
Pure Protein – 23g shakes	120	23g	1g	1g

Powder-Based Shakes*	Calories / scoop	Protein	Sugar	Fat
GNC Lean Shake 25	100	12.5g	1.5g	1.5g
Unjury	100	20g	2g	0g
Bariatric Advantage High-Protein Powder	150-160	27g	1g	1.5g
Pure Protein – 100% Whey	140	25g	3g	2g
GNC Pro Performance Whey Protein	130	20g	2g	2.5g
Genisoy Natural Soy Protein Powder	110	25g	0g	1.5g
Whole Foods 365 Whey / Soy Protein	80-110	16-23g	0g	1g
Jay Robb Whey Protein Powder	110	25g	0g	0g
Muscle Milk Light	100	12g	1g	3g

\*Add powders to yogurt, cottage cheese, soups, milk, unsweetened soy milk, or water